

Solo Martial Arts

Newcastle



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Disclaimer

The information contained within this 'Stop Bullying' ebook is to help you know more about the subject of bullying. We advise you seek professional advice should you wish to find out more.

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Introduction

Hi, My name is Darren Hunter

I'm the Owner & Founder of SMA Studio here in Newcastle.



I have been studying martial arts since age ten because of bullying problems. This helped me deal with the bullying and the study of martial arts has remained part of my life ever since.

Unlike many other experts out there I talk from personal experience having been bullied mentally & physically from the age of seven upwards. It was very tough!!

My goal is to help your child learn how to have confidence, self esteem and succeed in their life and not become a victim of bullying. I will help them learn how to deal with bullying if it ever happens to them.

This FREE EBook is here to help you understand about bullying and give you a few hints and tips how to help keep your child safe.

I want your child to become a "VICTOR" not the "VICTIM".

If you have any questions feel free to email me or if you live in Newcastle Area better still come along and enroll your child in our SMAKidz Program.



2. Be Confident | Anti bullying advice

As a former victim of bullying in my younger schools days I knew that begin bullied was no fun at all. And no matter what schools and governments may tell you it still goes on today.

So as parents what can we do to help our young ones from been victims of bullying?

The simple step is to equip your child with confidence and the correct tools.

Most bullies look for victims that do not fit in and have low self-esteem, someone who is unable to make friends easily or just looks different to them.

Bullies can be just like animals looking for the weakest in the herd. Why do they do this?

Quite simply bullies pick on what they think are easy targets. Most bullies don't want to get hurt so figure you'll do nothing back to them.

So we have to teach our son/daughter to be confident and stand up to the bully.

Let's imagine your child is just about to start school and meet new friends and classmates.

It's a strange new world and we need to make sure that your child appears to be comfortable in their new surroundings. This is done by communicating with our body language, a good straight posture, shoulders back, chin up making good eye contact when speaking to some one or listening to another.

This shows everyone that you have good self-esteem and are not afraid to meet new people. Next is speaking clearly and not mumbling.



Everyone always wants to be friends with the new kid if they seem interesting because they've got new stories to tell, different interests etc. But let's look on the other side of the coin.

Your son or daughter enters a new school, head down, slouching and unable to make eye contact when new children are trying to communicate. The new children are going to think 'no point talking to them their not very interesting', so your child becomes friendless. Who is going to be interested in your child? The BULLY!

The secret to gaining greater confidence is fake-it until you have-it.

You can easily practice building confidence in your child at home by making your child always keep good eye contact with you when talking. Do not answer their questions if they look at the floor; encourage them to look at you.

Show by example by walking tall yourself. When you take your child to a shop for something i.e. the sweet shop, get your son/daughter to ask a question, speak to the sales person and pay for the sweets.

I'm not saying a child with confidence will not get bullied, but a confident child has a better chance of dealing with the bully.

A GOOD chance is BETTER chance than NO CHANCE!

The best advice if of all is to find a excellent martial art school for children, not one that mainly concentrate on teaching punching and kicking, but one that teaches Life Skills, Good Manners...saying things like "yes sir", and "good morning sir". Where they learn courtesy, learn how to believe in themselves and of course learn simple conflict avoidance techniques that deal with bullying and helping others.

3. Bullying: What is Bullying?

Bullying can happen at any age and to anyone one. Bullying can take place at school, home or online or via texting (mobile phone) out at your local park or even online.

It might involve someone pushing you, hitting you, teasing you, talking about you or calling you names.

No one has the right to hurt you or make you feel bad and if you feel you are being bullied you don't have to put up with it. You can talk to someone about it and take positive action to stop it happening to you...just Beat Bullying!!



Children Being Bullied.

Children can suffer from being bullied in a few different ways:

- *Being called names by other children*
- *Being teased for what they wear or look like*
- *Being pushed or pulled about*
- *Having possessions taken, broken or messed about with*
- *Having rumors spread about them*
- *Being ignored and left out of playing*
- *Being hit, kicked or physically hurt in any way*
- *Being threatened or intimidated*

4. Has my child become a victim of bullying?

Your child means the world to you and nothing is more upsetting or worrying for a parent than to think someone is trying to do harm to their child.

There are many different forms of bullying from physical to mental anguish. Now obviously you don't want to keep asking your child

every day, "Are you ok"? Or "Has anyone tried to hurt you"?

But your child may not tell you they are suffering from a bully's attention.

So how can you tell if your child has become a victim?

My advice is to start and look at your child's behavior and mannerisms over a period of time let "say 4 weeks.



- **Has your child become reluctant to go to school, making excuses of feeling ill?**
- **Has your child requested like to miss school trips?**
- **Has your child stopped eating their pack lunch?**
- **Has your child started losing schoolbooks, pens?**
- **Has your child started to request they'd like certain items of clothing bought (Maybe picked on for having different trainers, shoes or coat to everyone else)**
- **Has your child stopped playing with their friends?**
- **Has your child started fighting with younger brothers or sisters?**
- **Has your child's behavior towards you the parent changed to becoming rude?**
- **Has your child become unnaturally quite around the home?**
- **Has your child's schoolwork started to decline?**

There are many of signs to look out for but these are the most common, I know as I have done one of the above from the list myself when I was bullied as a young child

There is a lot of advice out there today about not talking directly to your child about being bullied but rather asking them questions indirectly like “how was your school day? What did you not like about your day?” Then try to get to the bottom of it by them opening up to you or trying to get them to talk to another family member.

Best advice is that as early as possible start telling your child that your there 100% for them and that should anything happen to them they are to let you.

The reason most children will not open up to you is that they may feel stupid, that they themselves must have done something wrong, or that you the parent may be annoyed at them that something happened. The child just needs to be educated that you're their guardian angel and are there to help.

5. Mobile phone Bullying

Bullying is not just the physical been punched and kicked at school. Your child could be receiving bullying messages via their mobile phone and may be too embarrassed to tell you.

Mobile phone bullying shouldn't be an issue as new sim cards are readily available so best advice is **SIMPLY – change you're NUMBER! ASAP.**



Believe it or not, mobile phone bullying is on the increase in our modern society.

Problems associated with mobile phones include

- **Silent calls**
- **Insulting and threatening texts**
- **Abusive verbal messages**

What these individuals are doing is completely illegal and continued threatening message can amount to harassment (1997 Harassment Act)

Simple ways to help protect your child from mobile bullying

- Educate your child to never give their mobile number to other than a family member and close friends.
- Educate your child when answering the phone always just say “hello” and never give out their number to strangers.
- If a bully manages to get your home telephone number, leave an answer machine on and let it take the call, you can always pick up the phone if its someone you wish to talk too. A genuine caller will speak; an abusive caller will generally just hang up.

Mobile phones are great modern convenient devices, but my advice would be to have a genuine one-on-one chat with your child and educate them on the simple things to do, ignore and replace their number. Let your child know that if it happens to them to tell you straight away that the cost of a new number is NOTHING compared to bullying! – they may feel silly and not want to cost you money or put you out in any way.

Lets help our children enjoy the modern world and not been scared and bullied in it!!

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6. Self Protection Training skills

There is a big difference between Self Defence training and self-protection training.

Self Defence is when you have to start and protect yourself after someone has already started assaulting you.



Self Protection is the means to do whatever you can before someone try's to assault you. So how can self-protection skills help you child?

The first thing to do is talk to your child about Awareness. Just like the Ninja's of old Japan...these basic skills I teach to all our junior members in my SMAKIDS program.

It's the ability to be able to recognize dangerous situations. If your child is walking down the street with head phones on, eyes looking down towards the ground they have no idea who is ahead of them or if anyone is coming up behind them.

If your child see's a gang of young kids ahead of them in plenty of time he/she has the option of turning back round and find another route or crossing over the road they are on to the other side.

When in the school play ground its also best to stay out in the open where the adult on duty can see them and were your child can see everyone approaching. Children always know who the bully is in school, so when they start to walk across to class its a lot better and safer to start walking away, keeping a good distance.

Other little silly things are to place yourself in a better position in the classroom. Yes I know people that sit at the front are always called things like teachers pet etc. We educate children to be always trying their best. This is why they are at school, to learn and be the best they can. Why do the ones that don't sit at the back?

However it's very hard for a bully to call you names and throw things at you right in front of the teachers.

To get seated at the front if that's not your place is easy, never say a person is picking on me, I always hated it when teachers would single me out. Instead say something like "I really want to learn and am finding it hard to hear you at the back, may I sit closer to the front of the classroom please?"

There are many other easy little tricks and ways to keep you out of dangerous situations and the best form of self defence is not to be THERE!!

I teach children how to control distance from an aggressive bully, how to avoid bullies and lastly I teach very simple escape self defence techniques should all else fail and they try to punch or hit your child.

7. Social Media Bullying

Facebook is the most commonly used social network on our planet.

You have to be age 13 years or over to legally be able to open an account according to Facebook's own regulations.



But unfortunately children as young as 7 and 8 are opening social media accounts because all you have to do is lie about your age etc. on account setting. Does your child have an under age account?

In my opinion I would not let my child open a social media account until they were of an age could probably understand it.

Especially if you have young children because there are sexual predators out there lying about their true identity in order to groom young boys and girls. I know it's not a nice thought but it is a fact of life!

Social Networks can be a great way to connect with your friends and family but if everyone takes a dislike to you they can be a serious source of unhappiness.

The modern term for this is cyber-bullies. So what can these horrid individuals do?

- Often post abusive messages on your profile wall
- Often add rude comments to a picture you've uploaded
- Often put a video or photo on his or her own profile that makes fun of someone and encourage their friends to send it to others

What can make Cyber Bullying even worse is if the same person on the social media is also bullying you at school. It can feel like there is no-escape for your child!

So what can you do?

You cannot do anything about what they may write about you on their profile walls but you can do something about it on your own personal profile wall.

Steps to take

- Delete friends on your friend's list – if they are bullying you online they are no longer friends and why chat with someone that wants to hurt you?
- You can block individuals so you no longer see their comments
- Refuse friends request from anybody at school that is upsetting you
- You also have control over who see's your pictures etc. by using the setting tabs.
 - A profile that's not you
 - Report them to Facebook

Added Steps

- Take screen shots of abusive message before deleting them off your profile wall.
- Make a note of the time and day messages or pictures were sent
- Try changing your username.

Having any evidence will be good to use should you have to go to police or school board.

There are some really nasty people out there that may set up a fake profile account pretending to be you sending out abusive messages to others on your behalf. If you see a profile in your name pretending to be you, report this ASAP to the customer services department on the social site.

I hope this eBook has been of some help to you? Please keep checking my stop bullying webpage, which is constantly updated with information on bullying.

For further Information, help and advice:

Please Call our Academy us on: **0191 447 6944** **Click on the image and watch this video.**

The Effects of Bullying

"See Something, Say Something!"

