

Bully Proof



Assertiveness Training for Kids



"Kids believe there is a strength in not telling on Bullies, when actually it's a weakness. We need kids to understand that there is great strength in standing up and reporting bullying behavior. Sometimes kids feel it's ratting or snitching on the bully when really those are the codes of conduct of thieves and criminals. Bully Proof kids know that the target of a bully is never to blame and they know how to properly report bullying behavior."

Frank Zinck
Creator

Here's what people are saying...

"Simply Amazing!!"

"Empowering!!"

**"Best program I've
have ever seen!!"**

"Extremely informative!"

"Frank's energy is captivating"

**"Bully Proof gave me my
daughter back!"**

**"Bully proof should be
mandatory in every school"**

Mental Self-defence is the key to the Bully Proof formula. Teaching kids how to not look like an easy target and giving them body language skills they find easy to use and understand.

Bully Proof, started in 1993, is the internationally recognized workshop for kids designed and created by Frank Zinck, a black belt and senior instructor in Kyushu-ryu Ju-jitsu and Karate-do Shotokai. Frank's expertise on the subject of bullying has helped kids around the world and he is continually being sought after to lecture to kids, parents and teachers.

Bully Proof is assertiveness training for kids.

- ☉ Most kids believe that when they are confronted by a bully they must either fight and get beaten up or run away and look like a coward. Bully Proof provides kids with a unique third option.
- ☉ Kids believe that there is great strength in not reporting bullying behaviour. Bully Proof kids know this line of thinking is a weakness and strength comes from reporting.

☉ Kids think by telling they will be "Ratting out" the bully. Bully Proof kids know that is the code of conduct of thieves and criminals and because victims have done nothing wrong bullying behaviour should be reported.

- ☉ Learn why bullies bully?
- ☉ Learn the sad future of a bully.
- ☉ Understanding what bullies do to intimidate you.
- ☉ Understanding what bullies expect to see and using that against them.
- ☉ Understanding the body language of the bully and the target.
- ☉ The psychology of bullying.
- ☉ Why some kids are bullied more than others.
- ☉ Learn how to stand before the bully.
- ☉ Learn how to talk to the bully.
- ☉ Learn how to calm your fear and your body.
- ☉ Calming awkward reactions.
- ☉ Reporting bullying.

Much more!!!

**It's very important that parents attend the workshop.
There's lots of information for them as well.**

Cost: \$20.00 per child.

To Register Call: 464-8794



For workshop or general information please contact

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email: bullyproof@budocentral.com

Visit our website at www.budocentral.com