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The image shows a group of diverse young adults in a classroom setting, all giving thumbs up. The text and logos are overlaid on the image. The background is a bright, modern classroom with large windows.

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# Table Of Contents

Foreword

Chapter 1:

***Bullying Basics***

Chapter 2:

***Teach Your Child To Speak To An Adult***

Chapter 3:

***Solo Children Are Targets***

Chapter 4:

***Can Your Child Benefit From Self Defense Classes***

Chapter 5:

***Speak To School Officials***

Chapter 6:

***Teach Composure And Confidence***

Chapter 7:

***The Importance Of Teaching Your Child Not To Bully***

Wrapping Up

# Foreword

This behavioral pattern is very negative and usually causes a lot of problems for the one on the receiving end of the bully's target. This distinctive pattern of deliberately trying to harm or humiliate others is the main characteristics of a bully. These actions of intimidation allow the bully to always be a position to get what they want. Get all the info you need here.



## ***Bully Buster***

Provide Your Child The Needed Help Against Bullying

# Chapter 1:

## *Bullying Basics*

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### Synopsis

Studies have shown that bullies are made and it is not a negative behavioral pattern a person is born with, therefore it is possible to control such impulses and this is best done at a very early age where the initial signs can be detected by those living in close proximity to the child.

Popular perception of the terrible two times in a child's life is the starting point of asserting their will and if this is left uncorrected, it will eventually cause the child to evolve into a bully.



## **The Basics**

Most bullies are very careful thinkers and are sensitive to those around them as they are usually able to identify the most like and suitable target before making their move.

They usually pick on individual who lack assertiveness and radiate a clear aura of fear and uncertainty that immediately presents the ideal picture of being a target.

A good percentage of bullies eventually evolve into fairly normal grownups but yet they are still very much capable of being assertive when the occasion calls for such a display.

However there are the odd few who tend to take things too far and even as adults are unable to act and rationalize things in a civil manner thus becoming a nuisance and a threat to society at large.

This is even more of a problem for those within close circles of the bully who have not grown up.



# Chapter 2:

## *Teach Your Child To Speak To An Adult*

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### Synopsis

More often than not children, who are the victim of bullying, will almost always keep this fact to themselves for fear of repercussions if they tell on the bully. This is not an ideal scenario as detection is hard if there are no witnesses or victims who are willing to step up and speak of the traumatizing experiences.





## **Teach Them To Speak To Someone**

However parents should take the initiative to explain to their children just how destructive this behavior can be and get them to always tell if they happen to be the victim of a bullying incident.

From the victim's point of view however this is of course easier said than done and such occurrences almost always go undetected until something devastating happens to bring the incident to light.

Even then, it would be very rare for the victim to tell on the bully for fear that they will either be ridiculed or that no one would believe their side of the story.

Making a child understand and appreciate that bullying is not something to be accepted would be a good place to start. Besides this the parent would also have to find ways to reassure the child and to encourage the child to speak up should he or she ever encounter such experiences.

These lessons are usually learnt at home, where the child may feel that even in this supposedly protected environment, his or her opinions and needs are not being considered, thus creating the mindset that it is ok to put up with the same treatment outside too.

All adults should be alert and weary of children who seem to have the potential to be a bully and ensure that the victims are encouraged to tell on them until the habit is eliminated altogether.



# Chapter 3:

## *Solo Children Are Targets*

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### Synopsis

Children who are unable for one reason or another to mix well and get along as a group will eventually be left to their own devices, thus making them an ideal target for bullies.



## **Kids Alone**

Parent should take it upon themselves to teach their children how to always be willing to participate in positive group activities as this will be one way of ensuring the children are always occupied in activities that will be beneficial and that will foster togetherness.

From a very young age, children should be allowed and even encouraged to play as a group and whenever a child shows preference to be solo the parent should take this seriously and encourage the child to develop the required social skill that will enable comfortable interaction with others.

Getting the child involved in games where there is participation of others is important. Buying toys that require the child to seek out other children to use the toy together will not only create the ideal platform for basic interaction but will also help the child learn to be part of and dependant on group activities for social fulfillment.

Children who grow up getting used to being alone will usually have low self esteem issues and will make ideal targets for bullies.

Therefore mixing and learning to be an excited addition to any group will help the individual overcome the fear of being ridiculed or rejected and will also teach the child all the relevant skill that would be required to help get along with others in a group.

Children should always be taught to be unselfish in their behavior as this will be a good winning point that will attract others to them. Teaching the child how to share and yet have some autonomy over his or her things is something to be encouraged.



# Chapter 4:

## *Can Your Child Benefit From Self Defense Classes*

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### Synopsis

Although most self defense training does not really advocate the use of violence, having some knowledge of this art form will help keep the child from being bullied indiscriminately.



## **Classes**

If the primary reason for encouraging the child to take up self defense classes is so that he or she will be able to adequately defend themselves, the parent should ensure that this particular point is made clear and further reinforced by the self defense coach.

Having a child who is broadcasting the fact that they are more than capable of protecting themselves or using the self defense knowledge to incite trouble should not be encouraged under any circumstances.

There are several positive elements that can be realized from the art of self defense. One of which is the ability to improve one's physical shape and condition.

A well build child will be less likely to be the target of a bully thus successfully benefiting the child in that area. There is also the other added advantage of being able to improve one's self esteem. Also another good disposition to have as this too will deter the bully from making the child a target.

However the child must be able to understand when and where it would be prudent to exercise the self defense approach, as doing so without actually being aware of the bully counter reactive actions could cause the child to sustain even more injury than would otherwise have been delivered.

Therefore the level of self defense capabilities of the child should be adequate to face the possible repercussions should there be a need to exercise his or her expertise in defending themselves. Most parents



today would advocate some form of self defense training for their child simply to ensure some level of safety when being confronted by a bully.



# Chapter 5:

## *Speak To School Officials*

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### Synopsis

In some rather severe cases there may be a need for further intervention to stop the antics of the bully from gaining momentum within the school system. In such cases it would be necessary to get the school officials involved as allowing the situation to continue may result in some very damaging consequences for both the bully and the victim.



## **Talk To All Involved**

There are been notable cases, where the victim eventually takes matters into their own hands, and in almost all documented cases, the end results were tragic.

Therefore in the quest to keep the situation from going out of control, speaking to the school officials and insisting on their immediate intervention would be the best way to handle the matter.

However from the victim's point of view this may not present the best solution as the child would be worried about the possible repercussions from the bully, should the bully be subjected to the school authority's disciplinary action.

Here the parent would have to take extra measures to ensure the identity of the child is not revealed in any way and also to insist the school take the utmost care in handling the matter swiftly and effectively.

Some of the more traditional methods often adopted by the school in matters pertaining to the bullying issues would be to first get all the relevant information by conducting a thorough investigation into the matter.

Then some schools will use the traditional disciplinary approach which may include suspension or even other forms of punishment to get the bully to understand the severity of the negative action of bullying.

Others may include getting the victim into a support group that will be able to provide the mental and physical assistance needed to fend off the bully effectively.



# Chapter 6:

## *Teach Composure And Confidence*

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### Synopsis

It is a well known fact that bullies often target people they can easily intimidate and threaten. Therefore if the child is taught at a very young age how to face situations with the adequate amount of composure and confidence in place, then they would be less likely to be the target of a bully.



## **Self Esteem**

There are usually some good ways that the parent can teach the child to adopt when faced with a situation where bullying can be quite a possible result of the confrontation.

Teaching the child to assess the situation before taking any action would be the first step to initiate. Teaching the child the art of trusting their instincts will also be helpful when trying to size up the situation at hand.

The child would also need to be very aware of the surrounding related to the situation should some action be called for. All these various thought processes should be done with an air of confidence that will help to counter intimidate the bully.

Keeping a cool head by speaking in a monotone that shows complete indifference to the possible threat will help to deflect any immediate threat from the bully.

However it should be noted that any action taken on the part of the victim should not be done in a manner that might be perceived as trying to challenge the bully.

This would almost always have negative repercussions and the victim can eventually end up being blamed for the whole situation.

Standing one's ground with an air of composure that belies the actual feeling of fear underneath should be something the parent encourages the child to practice.

Doing this in front of a mirror would be ideal as the child will be able to gain confidence in actually seeing how positive the visual effects can be.





# Chapter 7:

## *The Importance Of Teaching Your Child Not To Bully*

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### Synopsis

It is every parent's responsibility to teach their children the negative connotation tagged to being a bully. The children should be made to understand the severity of the negative act of bullying and its very specific consequences.



## **Teach Them Well**

If the element of bullying is detected in a child, the parent should take steps to understand the reasons this particular behavioral pattern is present in the child's demeanor.

Making a serious attempt to understand what triggers this behavior will help the parent tackle the problem from a more knowledgeable point of view.

Sometimes there would even be the need to call in professional help to sort out the child's tendency to resort to bullying to get their way.

This is very important and should be done as soon as this negative behavior becomes apparent in the child's everyday approach to things that don't go their way.

Failing to handle this bullying habit may eventually create more problems both for the child and the parent, especially when the bullying situation goes out of hand and bodily damage is sustained by the victim.

# Wrapping Up

Teaching a child to learn to resolve matters without resorting to bullying is very important and this can actually be started from a very early age.

Most children will attempt some form of bullying among their sibling and here is a good opportunity for the parent to start to instill some good styles for the child to adopt when trying to teach them other options besides bullying.

Starting these lessons in a calm and gentle manner would be wise, as the child will eventually follow the parent's lead in the way matters are handled.

However there may be times where a more severe action needs to be taken in order to teach the child that the bullying tactic is unacceptable, and this should be done firmly but without unnecessary force.