

How to Stop Bullying Now!

The whole issue of "bullying" really bothers me. Maybe because I was halfway good at, in a very subtle way, back when I was in school. Then from 1996-2001, when I was Assistant Principal at Greenfield-Central High School, I got very good at putting a stop to bullying issues.

Bullying runs deep, and it runs long. Many of the issues that I dealt with were deep seated and went way back into the Middle School years and sometimes even the Elementary school years! Unbelievable!

For a school Administrator to stop "bullies" takes someone with real courage. A person not afraid to get "cussed out" many, many times by the parents and guardians of children who would never do anything like "bullying" another child! Most Administrators don't want to be sworn at, so they look for an easy way out. This in turn only leaves the children who were being bullied **at more risk**.

Many school Administrators and teachers "just don't get it!" It takes a lot of hard work to get to the bottom of bullying issues.

How can you, as Parents and Guardians, put a quick stop to this sad issue?

...document...document...document!

- Get your child a "composition notebook" from Wal-Mart (cost: \$1.25 ea.)
- Have him/her put their name on it, and in it, just in case he/she would lose it, it can be returned to him/her (although in this case, **it is imperative** that he/she not lose it).
- Every time that someone bothers him/her, teases him/her, bullies him/her have your child write down the following in their notebook:
 1. name of the person who did this to them
 2. time of the infraction
 3. exact place-location of the infraction
 4. what occurred to your child: was he/she pushed, made fun of, shoulder-bumped, teased, had their locker door closed on them)
 5. have your child go immediately to their next class, and tell the teacher in charge of the class what occurred, and that they want this incident e-mailed to the office.
 6. have your child document "who" the teacher was that they reported the incident to, the time they told the teacher, and have them write down what the teacher told them that they were going to do about it. I would advise you to role play this scenario with your child a few times so that they can get used to it.
 7. As the parent/guardian, you may tell the school administration that your child will be documenting these incidents because you expect the bullying to stop immediately, and that you are putting them on notice. This will

force the school corporation to take immediate action on the bullying issue.

If you have this type of documentation, and the bullying persists, seek Legal Counsel. Your child deserves better than this. They deserve to go to school in a safe, fun, learning environment. They deserve to grow and bloom as a beautiful young person. No one deserves to have this taken away from them.

While we are at it, I want to refer you to an excellent article on Zero Tolerance in schools. If you are interested, the url is:

www.nonnonsenseselfdefense.com/zerotolerance.htm

I hope that the above information is helpful to both you and your child.

Sincerely,

Sensei Brown
6th Dan Chung Do Kwan Tae Kwon Do
November 25th, 2009
© Brown's Karate Studio, Inc.