

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Bullies

By Rexanne Mancini

Bullies by Rexanne Mancini

Bullies are an ugly but very real part of childhood. There's not much we can do to protect our children from these cruel and brutal kids except teach them how to defend themselves from an otherwise unprovoked attack of the bullying kind.

Bullies are kids who have tremendous low self-esteem. They feel better about themselves by tormenting another, usually smaller or weaker child. If a bully decides to pick on someone that is not smaller in size but otherwise imagined as weak, they will usually have a gang around to further ensure the unfairness of the battle. They do not fight fair, nor do they understand compassion, dignity or basic integrity. Gee, wonder where they learned these lovely qualities?

A larger, stronger individual has most likely bullied a child who feels the need to bully another smaller or weaker child. Parents or caretakers who regularly torment or abuse their children are teaching these children to torment and abuse others who are not able to stand up to their size, strength or perceived power. These parents or caretakers are bullies themselves. Adult bullies are spouse beaters, verbal abusers, child abusers and the type of person we see personified in fiction as the menace to weaker, gentler people everywhere. They are the ones we love to hate in movies and books. Sadly, they are merely carrying on the tradition of their upbringing.

All we can do is teach our children to stand up for themselves in this situation ... to avoid kids who have nothing better to do than torture other children and how to defend themselves if they ever do become the target of a bully.

We do not regularly teach our children to kick someone's teeth down their throat or fill their ears with a vicious verbal attack but I do believe that, under extenuating circumstances, children should be taught to fight back, to do whatever it takes to stop their attacker. Children might ignore a name caller or walk away from an instigator, but to do nothing when physically hurt by another child (or adult) leaves them defenseless. I have told my daughters to never start a fight but to always finish one, if possible. They have my total approval in defending themselves, whatever it takes. As much as we don't want to tell our kids to hurt another, do we really want to see our kids get hurt themselves? Of course not.

Bullies

My older daughter was tormented last year for the first few months of school by a group of boys who clearly had no idea how to relate to a cute girl. ;-) She was pretty freaked out ... at first. Then she fought back, giving them a dose of their own medicine. She stood up for herself with dignity and more smarts than the boys were capable of responding to. They are now all very good friends. These boys would fight to the death for her if she were threatened. They huddled around and comforted her when she didn't make the cheer leading team. They STILL apologize for having tortured her! Yes, she is a strong-minded kid. A lot of kids aren't. Those are the little darlings who need to learn to defend themselves the most.

Sometimes, enrolling a child, especially a boy, in a self-defense class works wonders for their self-esteem. They are instructed from the first day that they are not to use their newfound talent on

another human being, however, the inner strength and physical control they learn can do wonders for their shy and reserved natures. Other good avenues for a child in need of a boost are sport lessons, gymnastics or possibly acting or dance classes for a child who expresses a desire to learn the arts. The better kids feel about themselves, the less likely they are to become victims or bullies in life. A good heart to heart conversation, where the child is heard and understood, can also work miracles in healing a wounded spirit.

A child who bullies other children needs to be stopped. They are in desperate need of instruction on caring for and nurturing others. Sometimes, a simple "How would YOU feel ...?" can jar a recessed nerve in their brain to awaken compassion and respect.

Naturally, these lessons are best learned at home but a child who is on his way to becoming a sociopath needs help wherever he can get it.

Approaching the parents of a bully is probably one of the most unrewarding encounters you might have. They most likely have taught their child to be a bully, albeit unconsciously through a variety of abusive behaviors. I think it is imperative that these parents be made aware of their child's antisocial problem, whether from the school or another parent whose kid has become a victim of the bully. In so doing, we might indirectly encourage some of these parents and caretakers to reevaluate their family values and environment.

Rexanne Mancini is the mother of two daughters. She maintains an extensive yet informal parenting and family web site, Rexanne.com - <http://www.rexanne.com> - Visit her site for good advice, award-winning Internet holiday pages and some humor to help you cope. Subscribe to her free newsletter, Rexanne's Web Review, for a monthly dose of Rexanne: <http://www.rexanne.com/rwr-archives.html>

How To Stop Bullying

By News Canada

(NC)—According to Family Services Canada, approximately 12% of children are bullies. Additional

Bullies

research confirms that bullying occurs frequently: once every seven minutes on the playground and once every twenty–five minutes in class (Craig and Pepler, 1997).

To prevent bullying, it is important to consider not only the bully and victim, but also peers, school staff, parents, and the broader community. The best approach at school, is to develop a clearly stated code of behaviour with consistent follow–through.

All school staff should participate in educational sessions, together with parent and student representatives. Once adults learn to recognize problem behaviour and how to stop it, they can supervise and intervene more successfully.

Parent meetings and newsletters should address the problems of bullying. Parents need to talk to their children about bullying and look for signs of potential victimization.

Communication between parents and school is essential, as parents are often the first to find out that their children are being bullied. Peers also play a critical role in the prevention of bullying. If students are taught how to intervene appropriately, or get adult assistance, and to empathize with victims and condemn aggression, bullying can be reduced.

Bullies and victims require individual attention. Bullies should be told that their behaviour is not acceptable and that they will suffer consequences established in the code of behaviour. If a group of children are being bullied, bullies and bystanders should be brought to task. Victims need to be encouraged to speak up and ensured that their school will protect them from further harassment. Parents of bullies should be informed of their children's behaviour and enlisted to discipline the behaviour and mentor their child to help prevent further occurrences of bullying or victimization.

For more information on bullying and how early childhood intervention programs are helping to reduce crime and its associated costs in communities across Canada, visit the National Crime Prevention Strategy Web site at

or call toll–free 1–877–302–NCPC.

– News Canada

provides a wide selection of current, ready–to–use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready–to–use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not–for–profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready–to–use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio

stations, as well as the Web sites Canadians visit most often. Visit
and learn more about
the NC services.

How To Stop Bullying
How To Deal With Cyber-Bullying?
School Bullying Stopped: 5 Ways to Stop Bullies with the Facts!
Are You Frustrated You Have Not Been Able to Stop the Bullies?
Bully Victims Need a Healthy Relationship with an Adult



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!