

How To Break Free From Bullying

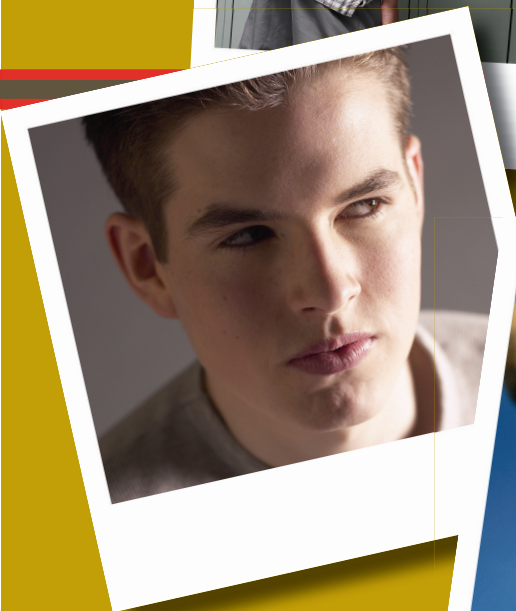


Bullying is a serious social issue for children and parents.

Martial arts training can stop the bullying before it starts.

- Almost 30% of youth in the United States, or more than 5.7 million children, are estimated to be a bully, a target of bullying or both.
- Studies show that bullies are generally physically aggressive, hot-tempered, easily angered and impulsive, with a low tolerance for frustration.¹
- Children and youth who are bullied are typically anxious, insecure and cautious and suffer from low self-esteem, rarely defending themselves.¹ Bullied students often have problems concentrating in school.²
- There appears to be a strong relationship between childhood bullying and adult legal and criminal problems.
- Adults who were bullied as youth have higher levels of depression and poorer self-esteem than other adults.²

- Self-defense training prepares children for confrontation, as it teaches them how to avoid confrontation.
- Martial arts replaces a bullied child's insecurity and low self-esteem with confidence and a greater self worth.
- Martial arts channels a bully's aggressiveness and anger into healthful physical activity, discipline and a positive attitude.
- Martial arts helps to create the child who will become the educated, well-employed and socially conscious adult.
- Martial arts gives your child the skills and attitude to break free from bullying. Talk with your school administrators about starting a "break free from bullying" program.



Access more information and links from the National Youth Violence Prevention Resource Center at www.safeyouth.org.

[1] Olweus, D. (1993). *Bullying at School: What We Know and What We Can Do*. Cambridge, MA: Blackwell Publishers, Inc., pp.34-43.

[2] Rigby, K. (2001). Health consequences of bullying and its prevention in schools. In J. Juvonen & S. Graham, Eds., *Peer Harassment in School: The Plight of the Vulnerable and Victimized*. New York: Guilford Press.

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