



## Fighting Back Institute

Kid-Safe Communities is a division of the Fighting Back Institute, a pro-active, non-profit organization that is dedicated to helping parents raise "kid-safe" kids.

We are committed to educating parents and children regarding "danger awareness" and safety issues. Two key areas we focus on are training children to avoid, and if necessary, appropriately respond to bullies and sexual predators.

Working in partnership with other national and international kid-safe and "women-safe" organizations, KSC has access to a broad array of educational and safety training tools to raise the awareness level of children of all ages.

KSC is committed to bringing together law enforcement, schools, civic, church and other community leaders to send a message to those who would harm children their deviant actions are not welcome. Our mission is to establish "Kid-Safe" Communities, one city at a time.

## John L. Terry, III Executive Director

John Terry is the F.B.I.'s executive director and oversees the Kid-Safe Communities program. He is a martial arts instructor and has served both as a law enforcement and martial arts chaplain.

John has conducted hundreds of "kid-safe" and "women-safe" events, and is a regular contributor to radio, print and digital media on a variety of "kid-safe" and "women-safe" issues. He was recently inducted into the US Martial Arts Hall of Fame for his Kid-Safe advocacy work across the nation, and is a member of both the National Crime Prevention Association (NCPA) and Crime Prevention Council of America (CPCA).



### Kid-Safe Communities

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## Bully Busting 101

Tips for Dealing with Bullying



### Kid-Safe Communities

*Helping Families Raise "Kid-Safe" Kids  
in a "Not-So-Kid-Safe" World*

## Recognizing a Bully

At one time, we've all been bullied and it is never fun. 1 in 3 children are bullied in schools every day. How our children learn to react when faced with confrontation can have long term implications.

Helping our children identify a bully, why a bully actually bullies, and how to respond, is crucial to their emotional development.

## A Bully is Someone with a Problem

A bully is usually not a happy person, and tends to act mean or angry much of the time.

Bullies say and do things to frighten or hurt people in some way.

Bullies become bullies, usually because some one has bullied them. They are hurt and looking to ease their pain (or make themselves feel better) by frightening or hurting someone else.

Bullying is a cry for help, but in a bad, unproductive way.



## Bullying Has Devastating, Long-Term Consequences

Children who are bullied learn to run away from frightening situations rather than deal with them.

Children who are bullied take on negative beliefs about themselves, and about others, that linger throughout their lives.

## How To Respond to Bullying

Teaching your children how to respond, rather than to react in fear, to a bully's advances is essential to their positive development.

Parents need to separate fact from fiction, and help children understand they can get away from a bully, and they can stop a bully from hurting them...and they can do it without having to fight.

By learning how to be AWARE of a bully, and how to TALK to a bully, children can learn to stop a fight BEFORE it ever happens.

# Bully-Busting

## The 3 P's of Bully- Busting

**Prevent:** We can prevent a fight by being aware of a bully before he/she is aware of us. Avoiding the bully is prevention.

**Prepare:** We can learn to talk our way out of a fight with a bully before it happens:

- Ignore the bully
- Agree with the bully
- Be nice to the bully
- Walk away from the bully
- Refuse to fight
- Call for help

**Protect:** We can stop a bully from hurting us by getting out of the way, or by learning physical self-defense or martial arts skills.

SOURCES: Bully Buster System, Stop Bullying Now (HRSA)

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