

Children's Anti Bullying Program

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Introduction:

There are many websites and resources of information for martial arts we recommend

www.bnmaa.co.uk www.worldblackbelt.com www.blackbeltmagazine.com

www.mastarr.com www.officialgrade.com www.the-s-factor.com These websites are

packed with information about many subjects and general advice. The programme

below is a simplistic overview and course of action to take specifically directed at the young martial artists.

Dealing with bullying:

Firstly there are many ways and opinions on this controversial subject. Some involve punishment of the child responsible, others segregation or expelling a student/bully from the class.

It is possible the easiest way is to expel a difficult student, and although it saves hassle it doesn't really look good when a student is expelled for any reason. Most martial artists have a good attitude and would only expel a student as a last resort, if all options had been exhausted.

Punishing including smacking can reinforce the wrong signal, for instance telling a child beating up someone is wrong then giving that child a beating for beating up someone. This sends a very mixed message and children don't have the experience, knowledge or understanding that most adults call on to make judgement calls.

Children often respond solely to their feelings and simply through frustration lash out.

Some children have these actions reinforced by the people in their surrounding family

life. We are born with 20 -25% transference of response and we learn the other 75-80%. Some people highlight how long it takes to teach a child, it isn't teaching it's learning that takes the time. If any child or adult put a finger in a pet's cage and a pet bit it they would learn never to do that again instantly. You or the pet didn't teach it but it was learned so quickly, and this is because two things instinct and that a problem was identified.

How do we get a bully to identify their behaviour is a problem? As responsible adults we need a response that will encourage them to stop bullying immediately.

Bully's may be gratified at being in control and enjoy through fear they create, everyone is looking they are the centre of the attraction and they feel important. The thing is that's how the bully sees it, but it isn't usually how everyone else sees it. Many bullies excuse their behaviour by expanding the number of things the person they have been bullying has done to them or others. In most cases bullies actually bully their friends.

When bully's have been caught the school should talk to the bully, the victim and other witnesses and gain knowledge of what actually happened. When you are satisfied you have to deal with the bully and not just a one off incident record and detail the incident and who was involved. When you have written down this information a gentle talk to the parents or phone call to explain the incident and that you will ask their child to write a letter of apology to another student who they have been bullying. All responsible parents will appreciate your efforts to ensure their child is on a strong moral path to become a good citizen. The parents should be invited along to a

meeting with their child (The Bully) where you the martial arts instructor guides the content of the apology letter and reinforces a responsible action and helps them understand how what they have done is really viewed.

Under your guidance and in a sincere non-aggressive tone ask questions that create guilt and highlight bad behaviour, use parallels that are within the child's understanding. The objective is to get the bully to identify the problem and then write the answers down in the letter, or write the answers in the letter yourself if the child cant write. The parents should also be asked questions that enforce bullying as a shame full behaviour.

Questions to the child could be

Guilt:

1. Do you hurt your friends a lot?
2. What will other people think of you if you're a bully?
3. Have you got any real friends or are people frightened of you?
4. How do you think xxx felt when you hurt them?
5. Why did you want to hurt xxx ?
6. If you were older we would have called the police?
7. Its such a shame you have done this, you can be such a good student?
8. Do you think you should say sorry to xxx and your mum & dad?

Questions to the bully's parents

(pre advise parents and get their response and agreement)

1. How do you feel about xxx being hurt by your son/daughter?
2. What do you think about the letter of apology?
3. We want you to be proud of your family and sorry xxx has let you down?

Questions that follow provide content for the letter and have a positive spin, in favour of the child's responding to the guilt trip.

1. How can you say your sorry to xxx?
2. Can we tell them you wont hurt them again?
3. That you didn't mean to hurt them?
4. Ask the mum and dad if they are proud of their (son/daughter) now they are behaving like a grown up?

Obviously these questions give you an idea and guide the process. You may add and devise your own questions to.

Behaviour doesn't change overnight and further incidents may happen and if it is the same bully and same victim another approach is a meeting with the bully, victim and other witnesses supervised by the martial arts instructor. Asking similar questions that evoke guilt and encourage the victim and bully to talk and mediate with each other and others in the group.

Remember the children in the mediation group including the bully and victim will need guidance and not anyone to answer for them. You will need to simply sum up so the children understand and get the children themselves to provide their own answers.

The worst thing is for you to identify problems; the children, bully or victim must do this themselves they must not be told by anyone else. The predominant issue is if they don't see it as a problem (even if you do) they may listen but not learn. Teaching is a harder job if they don't understand the problem; if they understand the problem they find the answers.

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