

*Special Family Advisory For Parents Of Children Ages 3 and above*

**“If you’re afraid that your child may be being bullied, is being bullied or may be bullied in the future, you must read this informative report immediately.”**

# How To Competely Beat Bullying NOW!

**REVEALED:**

Little known proven tactics that can help you  
Beat Bullying Immediately

**In This SHOCKING REPORT You Will Discover:**



*presented by:*  
Master Ivan Rolls  
Anti-Bullying Expert

- *The true facts about bullying.*
- *The real consequences of bullying.*
- *What constitutes bullying*
- *What to do if your child is being bullied*
- *A simple system that will ensure your child will never become the bully's target again.*

Dear Friend,

Sickeningly, bullying is on the increase. Recent figures compiled from independent surveys of schoolchildren suggest that more than half of all children have been bullied, and more than one in ten have been severely victimised. Verbal, emotional and physical abuse is on the increase in our schools and this has prompted the implementation of a new government led 'zero tolerance' campaign to tackle bullying. The minister for young people, Ian Lewis has recently said "We need a zero tolerance approach to bullying in our schools. No child should know the indignity and distress of suffering in silence". The problem of bullying is going to be tackled head-on, and in Liverpool this has become my mission.

*"Bullying can have such tragic consequences. We must stop failing our young people and give them childhoods full of fun, joy and stimulating learning. We must not let them become the victims of those who seek to hamper their development with cruel words and evil acts. Our experiences as children shape who we are and what we become. Many adults walk around with the consequences of bullying still hanging around their necks. It is time to make a stand and change our children's experiences now, to give them the future they deserve"* Ivan Rolls

As part of our Community Action plan, Family Martial Arts are offering free Anti-Bullying Consultations to all local children. These sessions use role-play and stimulating, confidence building, fun activities to teach children to effectively deal with the bully in a non-violent way. The initial sessions have been a huge success with comments from parents such as *"Excellent. Well presented and very informative. I would recommend this group to anyone"* and the children attending *"It made me feel better about myself and I know that I am not the only person who has been bullied. Now I know what to do"*. Here, are some simple ideas and advice for parents.

# ***Simple Tips & Advice***



## **What constitutes bullying?**

Bullying can be:

- Physical: pushing, kicking, hitting, pinching, any form of violence, threats;
- Verbal: name-calling, sarcasm, spreading rumours, persistent teasing;
- Emotional: tormenting, humiliation, exclusion from groups or activities, texting;
- Racist: racial taunts, graffiti, gestures;
- Sexual: unwanted physical contact, abusive comments

## **How do I know if my child is being bullied?**

Some pointers can be:

- Coming home with cuts and bruises
- Torn clothes
- Asking for stolen possessions to be replaced
- 'Losing' dinner money
- Falling out with previously good friends
- Being moody and bad tempered
- Wanting to avoid leaving the house
- Aggression with brothers and sisters
- Doing less well in schoolwork
- Insomnia
- Anxiety

## **What children get bullied?**

Any child could be the victim of bullying. Quiet, shy children and those who won't tell anyone about their experiences are particularly at risk.

## **What do I do if I think my child is being bullied?**

The worst thing to do is over-react and storm into the school demanding action. Parents often can end up banned from the premises or in trouble with the police.

Ask your child a few questions like: What did they do at school? Who did they play with? Would they like to have played different games with someone else? Or for older children What did they do at lunchtime? Is there anyone at school they didn't like and why?

If you are sure they are being bullied, approach the school in a non-confrontational way and start a diary of events. Putting a complaint in writing first to the class teacher then the Head teacher is essential because it is evidence. Discuss the issues with your child and consider a confidence building activity, particularly if the bullying has had a negative effect on your child's self-esteem. Remember, confidence is the greatest gift you can give your child and children defend themselves with their heads!

## **Here's What You Need To Do Next**

Sometimes we spend so much time doing our best to research before we make a decision, in fear of making the wrong decision, we never make the right decision.

The next step is simply this. Walk into my martial arts academy and measure how graciously you are received and what steps are taken to gain your support and consider our Anti-Bullying Programme.

This step is simple. The step is simply walking through the threshold of my academy with your child in tow and asking this simple question...“Can you help my child?” Can you help my child improve whatever it is you want for them? Can you give me advice that will stop or prevent bullying. And in most cases the improvement you want is simply a degree or measured change in some level of behaviour and happens fast.

Simply walk into our academy. Listen, we know that when a parent first walks into the academy sometimes they are a little nervous and apprehensive. Why? Well it's a new experience. But I assure you it will be unlike any experience you have had before, completely positive. I learned long that no one cares what you know until they know you care. I care about you and your child and we are passionate about stamping out bullying.

What we are talking about you experiencing is my children's programme. A systematic means of improving children...physically, emotionally, intellectually...a programme that has survived over two thousand years of development without having anything written down until recently.

So, your first visit will give you a chance to see how I will create a connection, a relationship with you—the parent and the most important person in your life, your child. But a relationship doesn't start by fax, phone or email. It starts by you walking in, meeting me, eye to eye, introducing yourself and explaining what your concerns are and what you'd like me to help you with.

### **Here's The Offer I'm Willing To Make You**

I guess to make this even easier perhaps we need to remove all risk. So this is my recommendation. Come in and take advantage of a no obligation, no cost, private "Anti-Bullying Consultation". We'll discuss your child and how we can help you achieve your goals. Use the gift card I have provided for two introductory lessons. They will not cost you a penny.

So here's the offer: Risk Free, No Obligation, and Private "Anti-Bullying Consultation." Plus 2 Lessons on me with the gift card I've provided and a free uniform if you decide we can help your child improve all areas of their lives.

To claim your "Anti-Bullying Consultation" and your Two Weeks of Free Lessons

**call me right now to schedule a time: 0800 021 3119.**

Don't delay. Give me a chance to personally help you and your child overcome the challenges that are keeping him or her from true success in all areas of their life.

And just one more thing. If you do decide to enrol on our programme after your trial then rest assured that you have a 'Cast Iron' guarantee from me personally that if my programme doesn't meet your needs and we don't sort out the bullying issue then you don't pay a penny more until we do!