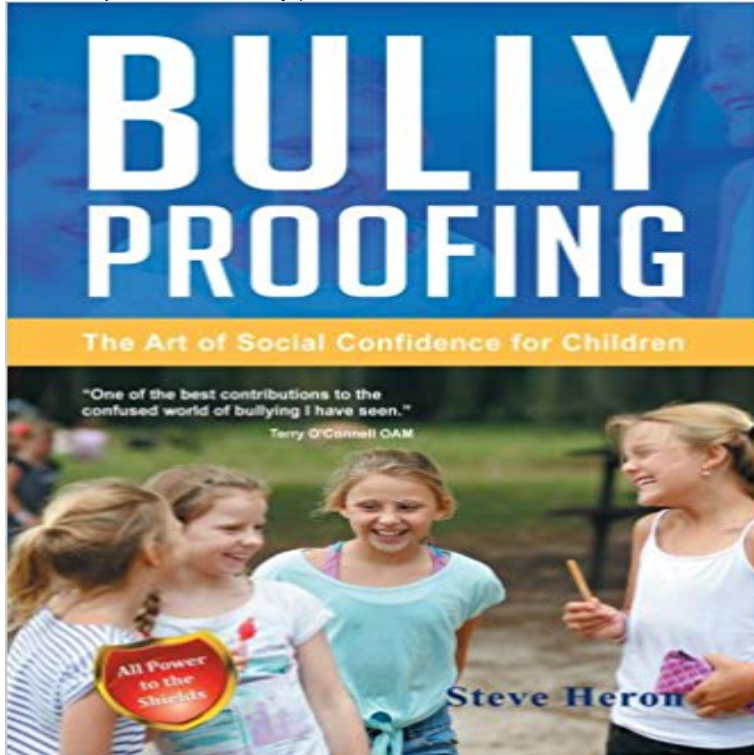


Bully-Proofing : The Art of Social Confidence for Children



The most excellent way! At last, a sensible approach to bullying; one that breeds respect and keeps childrens and adults dignities intact. This book is a potpourri of stories, anecdotes, ideas, challenges, sound concepts, and effective strategies that may well revolutionise our thinking about bullying. Bullying can be defined as a repeated, persistent, or systematic action by one or more people that violates another persons rights to feel safe and be respected. Bullying is all about power imbalance. Bully-proofing is therefore about balancing the power. The BUZ Gimme 5 Tactics for Bully-proofing rebalances the power through a collective of strategies that empower children. Along with other level-headed proposals and ideas, it has the potential to make our schools, communities, and homes places where children are safe and treated with respect.

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Steve Heron is the founder of Nurture Works and developer of the BUZ - Build Up Zone initiatives and programmes. **Kids Get Bully-Proofed! - Gracie Jiu Jitsu Mukilteo** With a little help, parents can raise assertive, confident, bully-proof children. Coughlin describes how overprotective parenting can stunt the social growth of a **10 Days to a Bully-Proof Child: The Proven Program to Build** Bullying Prevention Policy [862-20150504]. Page 1 of 3 (Steve Heron Bully Proofing The Art of Social Confidence for. Children.) Bullying involves the **buildupzone Training** Information regarding the Kids Get Bully-Proofed Program using Jiu-Jitsu in the Go Social with Us! 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