



BULLYPROOF®

BULLYPROOF® is a unique program created by Northern Karate Schools, Canada's leading martial arts + life skills educators since 1972. BULLYPROOF® addresses the serious problem of bullying and provides a forum for dialogue and development. Participants are acquainted with time-honoured martial arts techniques and principles – including courtesy and respect.

While a one-day program, can bring awareness to the issue, it takes time and a serious commitment to solve the root problem. At Northern Karate Schools, we believe that the compassion, confidence and self-control required to eliminate bullying will be achieved through ongoing martial arts education.

BULLYPROOF® ENCOURAGES A THREE-PRONGED APPROACH:

CHILDREN:

- a. Report all instances of bullying until you get help.
- b. Speak out against bullying when you see it.
- c. Develop self-confidence through karate training.

PARENTS/CAREGIVERS:

- a. Listen to your child and document every instance of bullying.
- b. Take action. Talk to the appropriate authorities. (School/Police.)
- c. Follow up vigorously until the problem has been solved.
- d. Support your child in their karate training (& consider participating as well).

SCHOOLS ARE ENCOURAGED TO:

- a. Implement an anti-bullying policy.
- b. Raise awareness among teachers, administrators, PTAs and students.
- c. Support the victim and educate the bully.
- d. Enforce consequences for non-acceptable behaviour.
- e. Provide NKS' BULLYPROOF® training.

**For details about FREE upcoming workshops,
please contact your local Northern Karate School.**

www.northernkarate.com