



Bully Busters: How to Help Your Child

New insight into an age-old problem

In this presentation, we will explore modern issues and concerns regarding bullying in child environments. Respectful age-appropriate strategies will be presented and (if time allows) participants will be given an opportunity to practice skills.

Course outline is based on Health Canada, Growing Miracles, and Invest in Kids Recommendations.

Presentation Objectives

Participants will explore what is bullying and how it is created

Participants will understand the prevention of bullying

Participants will learn non-punitive, respectful tools to help the victim, the bully, the bystander and the accomplices in the bullying situation.

Target Audience

Parents, teachers, and caregivers

Presented by:

**Judy Arnall, BA, International award winning Speaker and best-selling Author of
“Discipline without Distress: 135 tools for raising caring, responsible children without time-
out, spanking, punishment or bribery.”**

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