

# **Bully Proof Your Child – At Home**

Stop the Fight  
Before  
It Starts!

**A 12-Step Program  
For Parents**

To Help  
Your Child  
Resolve Conflict  
Peacefully

**Parent's Guide**

By  
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with Adryan Russ

# Defeat the Bully the Smart Way

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Youth Peace Literacy™

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## *To You, The Parent*

Dear Parent . . .

There's a lot of bullying going on in the world today. We see it on the news, between countries, or between country leaders and their people. We see it where we live — at work, traveling to work, and in the businesses we visit to acquire what we need to get by in this world. We see it at home, between parents, between parents and children, and, of course, between our kids themselves.

That, in fact, is where bullying begins — when we're kids. We get bullied, perhaps become bullies ourselves, and never learn how to stop the bully — the bully inside ourselves or the bully that harasses us. When our parents and grandparents were young, there were a lot of people who brought up a child. There was a larger sense of community and an understanding that it really does take a village to bring up a child to become a valuable member of society.

Today, we have fewer options. Grandparents rarely live with us. Daycare centers sometimes take care of our children while we're at work. Our children may be learning math and science at school, but who's helping them learn a code of conduct that will enable them to survive in our society — without getting hurt and without hurting others?

This Bully Buster System™, which you are about to begin at home, is designed to address the number-one social concern for young people today — bullying. We believe that the only way a child can learn how to deal with bullying is with help, not only from the school and the community at large, but from you, the parent. The system is incomplete without YOU.

That's why we want to welcome you to the program, and thank you for caring enough to invest in it for your child. If you have any questions, comments or concerns, don't hesitate to contact us in any of the ways listed on the last page of this program. It is our hope that you will not only help your child learn important information, but that you, too, will find it valuable — for yourself and everyone around you.

Respectfully,

*Dr. Terrence Webster-Doyle*



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