

AHealthierCharlotte.org, April 2011

Practical Steps for Handling Bullies

Anna Vordermark, A Healthier Charlotte

It's becoming difficult to go an entire day without hearing news about bullies – whether in the classroom, the playground, or on the internet. Are there more bullies now than a few years ago, or just more witnesses with camera phones? Regardless of the reason for the recent attention, bullying is a serious issue and parents and adults play an important role in educating our children.

Charlotte Mecklenburg Schools issued an [anti-bullying policy](#) back in 2008, and many other schools are addressing the issue or revising their plans in light of recent high-profile attacks. Even the President and First Lady spoke out at a White House [conference on bullying prevention](#) in March. While it's important to talk about this issue and to let parents and children know that bullying is not “just fooling around” or a “normal” part of growing up, what can kids and parents do TODAY to stop bullying?

George Lu is Head Instructor for Children's Programs at [The Peaceful Dragon](#), a Charlotte-area martial arts and health center with a variety of programs for children and young adults. Mr. Lu has just released the first in a series of videos designed to help children and parents deal with situations that require self-defense.



In his first video, Mr. Lu recommends two steps which sound simple but need some education and practice to make them work:

- 1) Remove yourself from the situation
- 2) Tell someone about the bully

Simple, right? Check out the video to be sure you and your children understand HOW to remove themselves from the situation and WHEN to tell someone about the bullying – these are the keys to stopping the bad behavior and managing an ugly situation.

Video: How to Deal with Bullies: <http://www.youtube.com/watch?v=sKVySpVqoll>

Have you or your children dealt with bullies? How did you handle the situation? Post your comments below:

###