

BULLY PREVENTION

Bully prevention means taking action to stop bullying before it happens or when you see it. It's about protecting yourself and others with confidence and respect.

Connect the dots from 1 to 81 to reveal a picture of a HELPING HAND.

A "helping hand" represents someone you trust, someone who makes you feel safe, and someone you can talk to if you're ever in a scary situation or if someone is being unkind to you or a friend.

Once you've completed the hand, write the name of one person on each finger who you know you can ask for help when you need it. These could be family members, teachers, or trusted friends who are there to support you.



FAMILY DISCUSSION

As a family, how can you help each other practice bully prevention at home and in the community?

Parents/Guardians - How will you support your student in using martial arts principles to stop bullying and build positive relationships.