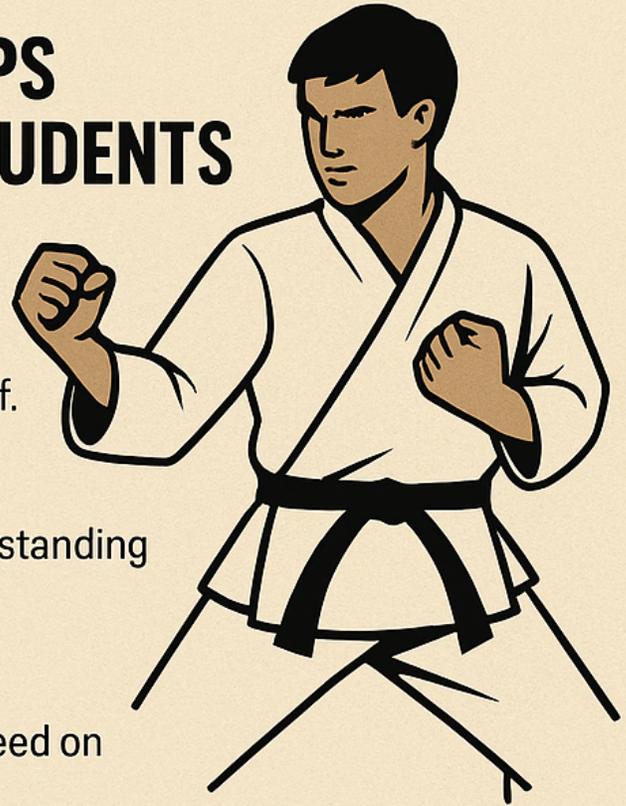


STAND STRONG AGAINST BULLYING

BULLY PREVENTION TIPS FOR MARTIAL ARTS STUDENTS



CONFIDENCE IS KEY

Walk tall, make eye contact and show you believe in yourself.



USE YOUR VOICE

Speak firmly and clearly when standing up for yourself.



STAY CALM

Don't react with anger, bullies feed on strong reactions.



BUDDY UP

Stick with friends and teammates whenever possible.



SET BOUNDARIES

Practice saying "Stop" with confidence.



DON'T BE A BYSTANDER

Support others who may be bullied



TELL A TRUSTED ADULT

Coaches, parents, and teachers can help.



USE MARTIAL ARTS WISELY

Martial arts is for defense, not aggression



LEAD BY EXAMPLE

Be respectful, kind, and show others how to act with honor