



The 7 Steps To Motivate Your Child's School to Stamp Out Bullying

(and NOT Just Give You Lip Service)

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‘Troublemakers’ are... just that!

Firstly, let's be clear. Anytime someone else's behavior, actions or attitude makes you or your child feel scared or uncomfortable, it's an attack — no matter how subtle or indirect the action may be.

An attack is ANY deliberate adverse act that's intended to antagonize or hurt an unprovoked person's body, mind or spirit.

For the purposes of my training, I define any 'doer of an unprovoked adverse act' as a TROUBLEMAKER, rather than a bully.

I think the word 'bully' is used so much these days that it's losing context. I also think the term 'Troublemaker' describes these people for what they really are.

It's important to stress though, that if you (or your child) deliberately or inadvertently provokes someone into attacking you, it will be very difficult, if not impossible to Be Safe in Your Space, because in your tormenter or assailant's eyes, *you* are the troublemaker; it's *you* who has given a justification and strong motivation, for *them* to counter the threat that you've posed.

Inducing problems with others in this way is definitely not conducive to being genuinely happy and contented, which is the whole point of knowing how to use non-violent self defence.

When you are truly 'Safe in Your Space' you'll experience a tangible feeling or sense, of being free to express yourself and to just be... you.

Okay, now that we've established that, let's begin with the fundamentals.

Record it! Information is the key

If any negative situation is prolonged and continuous, a very useful non-violent strategy to begin releasing anxiety and regaining control is to document the details of the event that's causing you concern in a chronological order.

Take notes or keep a diary listing all the details that are causing you or your child concern.



Record such things as:

- Dates
- Times
- Places
- People involved
- The circumstances and details
- Your feelings

It's particularly important if possible, to record the name of every witness. If witnesses to an incident are not 'on-side', don't say anything to them, just write down their details nevertheless.

Document every occasion a troublemaker says something antagonistic or launches an 'attack'. Record EVERYTHING no matter how slight or trivial they may seem.

Then, if a situation deteriorates enough to warrant making your complaint official, you'll have what's required to initiate legal action if and when you feel it becomes necessary. We'll look at exactly how to do this in a few moments.

If you do decide to go to the authorities with this kind of information, the troublemaker concerned - and their parents for that matter, will inevitably try and wriggle out of it by justifying a point here or an incident there.

However, if you've been compiling a comprehensive journal, you can be quietly confident that the perpetrator of your child's harassment, will be blissfully unaware of what they have said or done and when.

So when your complaint becomes official, you'll have them firmly against the wall, on *your* terms and in your time. The tables will be turned and you'll be in control of the situation!

I for one firmly believe that the pen is mightier than the sword.

Also for less extreme situations, written notes are vital for formulating a response, because when reviewing these detailed records, it's possible to do so with 'mindfulness' or focused clarity.

Journaling a chronological order of events is an excellent way of being able to constructively think through a problem without emotion so it can be permanently resolved.



Also, if a problem is keeping you awake at night, get a pen and paper and jot down a list of your concerns. This will help you to let go, knowing that your concerns are out of your head and on the page. So then, your higher self can allow you to get some sleep.

Journaling allows you to actually DO something even if the information you gather is never used formally. Journaling is the first step in reducing and eventually eliminating the feelings of being frustrated, powerless and not having control.

This is one of the key strategies of knowing how to Be Safe In Your Space and where you can play a vital role as your child's coach because... you talk! Let me explain.

When your child tells you about a situation, resist the temptation to make reflex comforting statements along the lines of "There, there darling. Mommy will make everything alright". Instead, try saying something along the lines of "That sounds awful, I can see why you feel upset".

As the conversation progresses you then start to ask gentle questions for clarification and you take notes. For example;

"When did this happen?"

"What were you doing when 'Amy' said that?"

"Has she ever done that to other kids?" "When?"

"Who were you sitting next to?"

"Where was Ms. Smith when all this happened"?

"Has this happened before"?

And so on. By doing this the child feels as though they are being heard and this is comforting.

As things progress these talks will lead to you working out counter strategies together. In fact, this is precisely what my Be Safe In Your Space for Kids parenting program is for.

As you can see, journaling is just one of the many ways to gain self confidence in situations that sometimes seem insurmountable.



The 7 steps to motivate your child's school to stamp out bullying

So, what you should do if your child has experienced consistent bullying and harassment at school and despite you raising your concerns with the school, no resolution seems to be in sight?

Firstly, let me start with a caution. Don't jump to conclusions!

Since the dawn of time kids having been teasing each other and despite of all our modern day political correctness, anti bullying policies and procedures, they always will.

As we have discussed, the first step is to take the time to communicate with your child to clearly ascertain if there is a genuine and *ongoing* bullying or harassment situation going on.

As you've no doubt discovered, kids can often be friends one day, feuding the next day and then be best friends again the day after that.

If you are satisfied beyond doubt that your child is being subjected to constant psychological harassment, verbal abuse - or worse; physical abuse, its then time to bring your concerns to the attention of the school.

Another reason why it's so important to take the time to find out exactly what's happening is so you can approach the problem in a measured way. There's no point charging down to the school and emotionally blurting out to the teacher;

"Some kids in Timmy's class are picking on him!"

So firstly, as soon as your certain that there's a problem at school, start documenting the events, the places, the circumstances and the people who are involved either actively as well as indirectly and who was in charge at the time.

It it was a cyber bullying incident, get a screen shot of the offending posts as well as screen shots of everyone who 'liked' the post or 'shared it'.

Let's now go through the steps on what you can do.

Step 1.

Speak to your child about it.

The fact is most kids are afraid that Mom or Dad are going to blunder into the school and blab to the teacher about their problems which will be misunderstood and lead to them being faced with even more problems.



So, it's vital that you reassure them how you understand this fear or concern and that you'll not do or say anything that will betray their confidence in you.

Ideally, try and get their permission to speak to the teacher. This will help them to gain trust in you as their coach and tactician.

Step 2.

I also must advise that you resist the temptation of confronting the teacher at the school when you go to pick up or drop off your child and definitely don't go marching into the school with all guns blazing.

Instead, send your child's teacher a polite email or call them on the phone to say that you have a 'concern' that you'd like discuss and when would be a good time to either talk or meet up.

When you do get a chance to talk, do so in a factual way, rather than in an emotional way. Say something such as:

"Thanks for meeting me Ms. Smith, I just want to let you know that Timmy has been having a hard time lately because Johnny and Freddy have seen Timmy as a target and have been saying 'XYZ' to him in the playground.

It's not an isolated incident, apparently its been going on for a few weeks now and Timmy is quite upset".

At this stage leave it at that. Allow the teacher to respond.

More than likely the teacher will say something along the lines of:

"Thanks for letting me know about that. I'll keep my eyes and ears open and I'll try to sort this out".

Then, stress to the teacher that your child is concerned that you speaking to them will make their situation go public and make things worse, so you would appreciate discretion on their part.

Do NOT mention the fact that you've been taking detailed notes about what's been happening. When you leave the meeting record everything that was said in your journal.

Also, bear in mind that teachers *want* a harmonious class and playground and they don't want to see any bullying going on.

They ARE on your side.



Sometimes though, the troublemakers are sneaky and the teacher whose dealing with dozens of kids may not have picked up on anything as yet.

Also, the teacher might be new and inexperienced or is a replacement teacher and has not yet grasped the social dynamics within the school.

Always give the teacher the benefit of the doubt. Also, keep journaling.

Step 3.

If problems persist its time to increase the pressure. Call the school and ask for an appointment to see the deputy principal.

At the meeting explain to the deputy the situation in the same way as you did to the teacher.

Then add on:

"I met up with Timmy's teacher Ms. Smith on (the date) and she said she'll keep her eyes and ears open. Unfortunately, the problem is still there and if anything, it seems to be getting worse."

More than likely the deputy will say something along the lines of "Thanks for letting me know about this, I'll speak to Timmy's teacher and find out what's going on".

Leave the meeting, journal everything and make a note in your diary for a date that's two to three weeks in the future.

Step 4.

If the problem persists and you haven't heard anything back or if you feel that you were just given some lip service, it's time to increase pressure with a letter or email to the principal.

Explain the order of events, not all of the details within your journal, just the order of events including the days when the incidents occurred, as well as the days you met up with the teacher and deputy principal.

Then mention something along the lines of:

"It appears that my concerns for the most part have been falling on deaf ears as my child is still being subjected to ongoing harassment while he is at school.

I would therefore appreciate it if you could intervene in this matter and help us to resolve this situation once and for all."



Keep a hard copy of the letter or email, journal it and then mark a date between one and two weeks in your diary.

Step 5.

If nothing has been resolved in that time send another email or letter that says something along the lines of:

“For the last couple of months my child has been subjected to continual and ongoing harassment at school.”

“I’ve tried my best to follow the correct channels in reporting these issues so that they may be addressed and dealt with in an expedient way.”

“Unfortunately, despite the school’s management and staff’s best intentions, there seems to be no resolution in sight and as a parent I feel this to be unacceptable.”

“I feel it is now necessary for me to point out in no uncertain terms that the school has a duty of care to provide an inclusive educational environment for all children that is free from bullying, harassment and abuse. As far as I’m concerned, this is not occurring, which indicates that there is a systemic problem at the school”.

“Consequently, I would like all stake holders involved in this issue to be informed of the situation and brought together so that my child is able to continue his education and school life that is free from harassment or abuse.”

Keep a hard copy of the letter or email, and journal it. This letter will compel the school to organize an intervention where you will more than likely meet the parents of the offending children.

Whatever you do, avoid launching an emotional tirade against them as it can make *you* look like an unstable and over emotional hover parent, or even a Troublemaker.

If the other kid’s parents turn on you at the meeting, keep disconnected from them. Totally ignore them as if they were invisible. Instead, only speak to the school representative. Let them tell you what they, the school are going to do next. (find out exactly how to do this in my Be Safe In Your Space for Kids Parenting Program)

Remember everything that transpired in the meeting so you are able to journal everything that was said by everybody as best you can.

At some point during one of these stages you’ll probably be asked something like “So what do you want *us* to do?”

Then you can say in a calm yet firm tone;



"I want a 'contract' drawn up by the school where all the kids involved must sign a formal declaration where they agree to never do 'ABC' to Timmy or any other child in the school and to never be the perpetrator of any other forms of harassment or abuse to Timmy or any other child.

Then, if they break that agreement they face suspension."

Step 6.

In a horrible worse case scenario that get's really ugly, you must then compile a detailed report by using everything that you have in your journal and send a formal letter of complaint to the head of the education department and the school principal that chronicles everything that has transpired and how you want departmental intervention from the highest level, because the school is either incapable or unable to resolve the culture of bullying.

If the kids at the school continue their campaign despite of all the intervention or if they threaten your child physically, go to the Police with your detailed report and say that you fear for your child's safety and well being and you'd like to discuss the possibility of the kids concerned to be issued with a restraining order or to be charged.

If the parents of the Troublemaker kids become aggressive towards you or anyone in your family, or if they threaten you, add the details to your report and go straight to the Police to discuss the possibility of them being issued with a restraining order or to be charged.

Step 7.

The next option is talking to a lawyer.

Get them to write a letter that explains to the school and the education department that you are in a situation where due to the constant and ongoing abuse your child has suffered, and continues to suffer while at school, you are preparing to outlay considerable expenses for your child's counseling and therapy sessions for which you will be seeking compensation.

Also point out how you also expect to be compensated for the pain and suffering that you and your family are experiencing as a direct result of the school's unwillingness or inability to resolve their bullying issues.

This letter will certainly get their attention, however realistically speaking, if it gets to this stage, the only real viable option is to make a strategic withdrawal and find another school.



Of course the chain of events I just described lead to the absolute worse case scenario and in the vast majority of cases the teacher and the school will be more than capable of working out an amicable solution.

However, in case they don't, you now have some practical tools that you can use to help regain control of a difficult and unpleasant situation which is another of the key principals in knowing how to Be Safe In Your Space... which is; expecting the best of outcomes while being *prepared* for the worst.

If you have any questions or if you want to share a success story with our community join our FaceBook Page: www.facebook.com/BeSafeInYourSpace