



WHY DO PEOPLE BULLY?

By Eric Alders

Owner / Instructor at The Karate Dojo

You may have first encountered a Bully when you went to school as a young child or you may have encountered a bully in the workplace. Unfortunately bullies are a part of life for both males and females, young and old but why do they do it? The answer is simple, they have little or no Self-Esteem.

Most bullies are bullied at home unfortunately either directly by their family members or they are a direct witness of their family members bullying each other. They are often unhappy individuals that seek out an opportunity to give themselves the short term satisfaction and attention that bullying provides them. Think about it, when someone becomes a bully they tend to pick on people that appear weaker or smaller than them. This gives them a sense of empowerment but it only lasts short term. They may also receive some attention from their peers and teachers, even though it may be negative, the attention is still what they crave. So when you look at it like this, you actually want to feel a little sad for these people that they have not received the proper love and attention at home to prevent such behavior.

The first key to stopping bullying at home with your own children is to make sure that you are honest enough with yourself that your child, and any child for that matter does have the ability to become a bully. If parents or teachers are bringing your child's behavior to your attention then you must be willing to accept this fact and know that it's OK. Nobody is perfect and as parents it is our job to educate our children when life presents these challenges to us all. This is our opportunity to truly educate them and allow them an opportunity to acknowledge that their behavior is wrong, why it's wrong and then examples of how they may handle specific situations better. One of the best ways to do this is with role playing. Put them in a pretend situation, let them know what emotions they might be feeling and that it's OK to have these emotions. However you then want to make sure that they learn the proper way to respond to the emotions they may be feeling, to get control over them, breathe and make a more mature choice.

Also, I would advise that you try to avoid being condescending to or around your child to other members of the family. Everyone will learn through observation so one of the best ways to teach your children proper behavior is to lead by example. If you do make the mistake of snapping at them or another member of the family take that as an opportunity to teach them a good lesson. Be willing to sit down with them, have an honest conversation and let them know that you too make mistakes from time to time, we all do but it's important that we all learn and grow from our mistakes. Tell them that saying "I'm Sorry" is not always their "get of jail free card" and the true way to show you are sorry is by changing your behavior.

I know the school systems are very strict on their

"No Tolerance" policies when it comes to bullying. That means everyone gets in trouble, even if you were the one being bullied and you choose to defend yourself. There are solutions prior to this last choice, physical response. However, I as many parents agree, that when our children are physically attacked we do not expect them to just sit there and get beat up. With that said, students need to be very careful with a physical response if they have not received the proper training for a certified martial arts school or self-defense academy that deals with defense from both the feet and the ground.

I know the above is a controversial topic and one that many parents tell their children however there are options prior to this to avoid the need for physical contact. If your child witnesses someone being bullied, how can they help intervene without starting a fight. Well, work in number and battle the bully with a show of support instead of violence. What does that mean? Well let's say that a boy or girl is being bullied in school and your child sees this. My recommendation of course would be to first find an adult or teacher however they need to role play the situation as if there are no adults around. So, tell them to gather up a few friends and all go over to the person being bullied and put your arm around them in a show of support. Tell them that they can come hang out or sit with you at the lunch table and that you think that they are accepted by you. A standing of support will help to defeat the bully because they will quickly see that the student being bullied has many friends that are willing to accept this person as their friend. This will take the sense of empowerment and attention away from the bully and most likely prevent them for a future occurrence.

How about the lonely kid at the lunch table? Have you taught your children that they must be a leader and not a follower? I bet you have but have you given them specific situations to role play? They need to practice this. Tell them the next time they see someone sitting by themselves at the lunch table that they should go over and sit next to them. Imagine that was you by yourself, wouldn't you feel lonely and unaccepted? If we all teach our children to do this then it would be more common place and accepted by their peers.

You must role play with your children to truly be successful. Make sure that you go through any and all scenarios that you can think of. If you were bullied in your life, then share your experiences with them so that they know they are not alone. Role play situations on the bus, in the hallway, in the cafeteria, at the bus stop and wherever they may run into this situation. If they have the actual practice, with your coaching, then when they are faced with these possible situations they will be a lot more comfortable to do the right thing. The bottom line is that this education starts at home and it is our job as parents to properly educate our children whether they are the bully or the one being bullied. If you are not sure of comfortable how, I suggest that you speak with someone like myself that deals with situations like this on a daily basis.

**Master Alders is the Head Instructor of The Karate Dojo in Jackson, NJ. If you have any further questions on this article or other related topics feel free to e-mail him at masteralders@tkdojo.com or call (732) 367-3656*

CHAMBER CHATTER

by Barbara Anne Vigliotti

Our 1st meeting this year was held at The Hall at Jackson Crossing on January 19th. Pezzolanti one of our members, did the catering. The food was excellent. We presented our new Executive Board for 2011

President John McGeehan
CentraState Healthcare Systems
Vice President Clara Glory
Glory's Discount Market
Vice President Lucia Bartolini
Hans Maxem's Salon & Day Spa
Treasurer Steven Reed, CPA
Cowan, Guteski & Co., P.A.

Guest speakers were the Mayor of Jackson Michael Reina, Senator Robert Singer, and Assemblymen Joe Malone & Ron Dancer.

SAVE THE DATE

On February 26, 2011 the Chamber will be giving out FREE children's books at the Jackson Branch of the Ocean County Library. The Library will be hosting the Federation of Black Cowboys. Sample delicious, authentic Chuck Wagon food prepared by the Kiwanis Club of Jackson. Sit back and hear tales of the rich history of Black Cowboys in America's West, complete with some cowboy tricks-of-the-trade. The Chamber will be collecting gently used children's book from our members. You may drop the books off at our office at 1021 W. Commodore Blvd. or Investors Savings Bank 130 West County Line Road.

On February 10, 2011 Rachel Lubeck of Finishing Touch will be hosting a free business networking and ribbon cutting mixer at 1144 East Veterans Hwy. at 6:00 pm

More information to follow. If you have any events coming up please e-mail me at jacksonchamberchatter@gmail.com The dead line for March will be on February 20, 2011