



Bullying Prevention—At the Root Cause Level

Many anti-bullying programs focus on stepping up and helping someone who is being bullied and/or reporting it. We go deeper, to the root causes of bullying, and foster a kinder and gentler environment for everyone.

No one who feels good emotionally is a bully. Like all socially undesirable behaviors, it has its roots in the emotional pain of the person exhibiting the behavior. On the flip side, individuals who are confident and emotionally strong are not the subject of bullying attention. Bullies target susceptible individuals.

We help students develop higher levels of self-esteem and confidence. This reduces their chances of being bullied and reduces their likelihood the bullied will become of becoming bullies. By understanding that others may also be in emotional pain, we nurture a more caring environment. An environment where a potential bully receives an encouraging word or compassion, rather than contempt, is better for everyone. Bullying is an attempt to feel better by someone who does not have skills or knowledge to obtain emotional relief in more constructive ways.

Imagine students who are emotionally empowered enough to realize a bully's attentions are not about themselves, or their value, but about how the bully feels. Imagine a student who makes bullying comments to an emotionally intelligent student being responded to with the query, "I'm sorry you are feeling bad today. Is there a constructive way I can help you?" Compassion can cure.

At Bullying Prevention, You Will Learn:

- Constructive techniques to feel better
- What makes someone behave like a bully
- How to help bullies become nicer to be around
- Why kindness and compassion provide long-term benefits
- How to use emotional guidance to avoid dangerous situations
- How to increase your own self-esteem and confidence, thus reducing the likelihood you will be a target



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

