



N.I.N.J.A.

The Anti-Bullying System



- N : NEVER BULLY**
- I : INTERRUPT THE BULLYING**
- N : NEVER ENCOURAGE BULLYING**
- J : JUST BE FRIENDS**
- A : ALWAYS TELL AN ADULT ABOUT BULLYING**

N.I.N.J.A.: The Anti-Bullying System provides 5 simple and easy-to-remember anti-bully strategies to combat bullying from the perspective of the bullied, the bystander, and even the bully.

N.I.N.J.A.: The Anti-Bullying System is designed to be introduced to a group through a live presentation and demonstration of these strategies. Members of The Way of the Shadow Martial Arts Academy Demo Team perform a variety of bullying scenarios and demonstrate how to integrate the various anti-bullying strategies in each one. The audience is encouraged to participate through interactive dialogue with the presenter. The audience is able to see each of the five strategies demonstrated in a fun, engaging, and memorable way. Our presenters are able to tailor each presentation to address bullying issues that the group may be facing.

Never Bully

The easiest way to get rid of bullies is if everyone decided not to be one!

Interrupt the Bullying

Put a stop to the bullying by using methods such as saying “Stop it!”, speaking up, calling for a teacher, or simply walking away. Interrupting is NOT physically pushing, fighting, or putting yourself in a dangerous position.

Never Encourage Bullying

Don't encourage the bully by laughing, playing along, or joining in. Develop your self-confidence!

Just be Friends

Everyone can use more friends; befriending the victim or even the bully can eliminate the negative effects of bullying as well as the need to bully.

Always Tell an Adult About Bullying

Talk to a trusted adult (parent, teacher, counselor, coach, etc.) about bullying for advice, help, and support. Battles are more likely to be won with help.

For information call: (310) 327-1837



www.TheWayoftheShadow.com