WA Institute of Martial Arts

Anti Bullying Proposal
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Introduction

The WA Institute of Martial Arts are advocates of bully prevention for children.

We currently have three locations in Greenwood, Currambine, and Myaree servicing over 1,500 students.

We conduct award winning bully defence workshops for our students, schools, and the community. During these workshops we will go through some skills for children and their parents to help them with bullying and help them build confidence and give them the tools of how to deal with bullying when being confronted.

During the workshop we will go through the following:

Rule of RAD

Our Bully Defence Workshops equip children with the right preventative and conclusive tools on how to deal with the different levels of bullying.

We discuss bullying concerns or becoming the bully. We teach how to deal with the different levels of bullying and finish up with some scenario training to make sure that they can react using the skills taught under pressure. During the program we will discuss the “Rule of RAD” following is an outline of the rule:

There are certain steps you can do when it comes to dealing with a bully:

- **Recognise** the danger, who the bully is and where they hang out
- **Avoid** always do your best to avoid bullies and where they hang out. Avoid getting into verbal conflict
- **Defend** no matter what happens you are always entitled to defend yourself by telling someone about the incident or physically if necessary.

We go through methods of dealing with different types of bullying and levels of escalation.
Anti-Bully Pledge

We will go through our anti-bully pledge and what it means. At the end of the workshop everyone will be asked to sign our anti bully pledge that we will display at our school.

I believe everyone has the right to feel safe
I will commit to standing strong against Bullying
I will treat others with respect and kindness
I have compassion not to be a Bully
And the courage to not be a bystander
It is my responsibility to help others who are being Bullied
And to report bullying when I see it or when it happens to me
I will not stand by. I will stand up.

What they can do when they see someone else being bullied

Get There First
Sometime we can see things before they happen. For example, you might notice someone who has been bullied being approached by the bully. When this happens, you can use the “Get There First” strategy.

Step In and Take Charge
If you see someone being bullied, one thing you can do is the “Step In and Take Charge: method.

Distract and Redirect
If you see someone being bullied and you are not comfortable confronting the bully, you can use the “Distract and Redirect” method.

Leave and Report
If you see someone being bullied and you are not comfortable confronting OR interrupting the bully, you can use the “Leave and Report” method.
What Parents’ Can do if their Child is being bullied:

What can parents do if bullying happens?

Here are five key steps for parents if their child is being bullied:

1. **Listen** carefully to what your child wants to say
2. **Reassure** your child that they are not to blame and ask open and empathetic questions to find out more details.
3. **Ask** your child what they want to do want what they want you to do
4. **Discuss** with your child some sensible strategies to handle the bullying
5. **Contact** the school

Strategies to deal with physical bullying

1. **Avoid areas** which allow the bullying students to avoid detection by teachers
2. Stay with **other students**
3. **Talk** to a trusted adult at school or home

Strategies to deal with social or verbal bullying

1. **Walk away**
2. Try to **act unaffected** or unimpressed
3. Try to **deflect** the bullying behaviour (pretend to agree in an offhanded way, okay, yeah, maybe)
4. Use a **power phrase** (back off, NO, stop it, said firmly)

What you can do if you are told or suspect that your child is bullying others

1. Ask your child why they have been behaving this way
2. Talk about taking responsibility for their behaviour
What Children can do when they are being bullied:

If you are being bullied in person

1. Use a **power phrase** (back off, NO, stop it, said firmly)
2. **Walk away**
3. Try to **act unaffected** or ignore the person
4. **Talk** to a trusted adult at home or school
5. **Ask friend, parents or teachers for their help** to deal with the issue safely.

Having the courage to talk to someone is important if you are being bullied. Sometimes, just telling the bully to stop can be effective. If that doesn’t work ask friends, parents or teachers for their help to deal with the issue

If you are being cyber bullied?

1. **Don’t respond** to the message or image
2. **Save the evidence** as a screen shot, you may need to use it as a part of dealing with the bullying.
3. **Block** the sender and delete the message
4. **Report** the situation to the web site or internet service provider
5. **Talk** to trusted people – friends, adults, teachers, parents and police if necessary.

If you see someone being bullied.

1. Refuse to join in
2. Do not watch
3. Tell the person doing the bullying that you will talk to a teacher
4. Say something supportive to the person who is being bullied or invite them to join your group
5. Say something to the person being bullied that the other person’s behaviour is not okay.
2014 Childrens Week Awards Highly Commended

10 September 2014

Ms Michelle Pitter
WAIMA
15B Canham Way
Greenwood WA 6024

Dear Michelle,

2014 CHILDRENS WEEK AWARDS HIGHLY COMMENDED

Thank you for your nomination. I am very pleased to advise that ‘Bully Defence’ has been recognized as Highly Commended in the Metropolitan Communities Award in the 2014 Children’s Week Awards.

We invite you and up to four of your colleagues to attend the Awards Ceremony on UNICEF’s International Children’s Day Wednesday 22 October 2014, when the winners will be officially announced in the West Australian.

In celebration of Meerilinga’s 30 years as Convenor of Children’s Week in WA , this year, the Award Presentation Ceremony will be held under the Big Top at Circus Joseph Ashton, located at the Sorrento/Duncraig recreation space, corner Marmon & Warwick Rd’s Duncraig, on Wednesday 23 October from 10:15am–12.30pm. The Presentation Ceremony will commence at 10:30am sharp and conclude at 12:00 noon. Plenty of parking is available on site.

Please RSVP your attendance with full names of attending guests and any special or access needs before Friday 19 September 2014 to Gemma Capper on telephone 9489 4022 or email at marketing@meerilinga.org.au

If children are attending the ceremony we would appreciate the enclosed photography consent form be completed and returned to Gemma. On receipt of your RSVP, tickets for the ceremony will be mailed along with presentation protocols.

Congratulations and I look forward to meeting you at the Award Ceremony.

Yours sincerely,

Lisley Morechi
Chief Executive Officer
Meerilinga Young Children's Foundation Inc.
Media Releases

Received Highly Commended Award from Children’s Week for our Bully Defence Program.

Confidence key for kids

THE WA Institute of Martial Arts (WAIMA) bully defence workshops have been nominated for a Children’s Week Communities Award for Metropolitan Services. Operating in schools around Perth, the workshops aim to equip children with the tools to deal with different levels of bullying.

“It’s all about confidence; giving children the confidence to speak up, use their words and be able to say ‘no’,” WAIMA director Phil Britten said.

The workshops are based upon the Rule of RAD: Recognize danger or a potential threat, Avoid to a trusted adult or physically if necessary. “Most situations can be avoided... only 16 per cent are physical,” Mr Britten said.

“Children learn how to stay safe and get away from these situations.”

Mr Britten said WAIMA aims to get parents and children together to work out what’s right for their family values and encourages parents to have a voice in how much they’re involved with bullying.

“We are focused on children and trying to provide a safe and secure community, but it’s really nice to be appreciated for trying to help stop bullying!”

Inspirational artwork.

WAIMA instructor Andrew Richardson playing the bully with student.
Curtin University studies show Karate Kids do better with our program:

Curtin university have completed a research study on our program and this is one of the key findings:

Key findings

- **Psychosocial effects of regular MA training**

  What this study was able to show is that the wide ranging health-related impact of martial arts training is not confined solely to physical benefits.

  The psychosocial effects of regular martial arts training can have long lasting and wide ranging implications for the development of emotional resilience and school success through the development of cognitive skills, such as increased focus, attention, persistence, and motivation.
Karate kids do better

Emma Clayton

Research shows that children who learn a martial art may be better off when it comes to physical and mental health.

Dr. Clayton’s study aimed to further understand how the training delivered at WAIMA helps promote children’s overall wellbeing.

“What attracted me to the study of martial arts training as performed at WAIMA is that it is rigorous, pedagogically designed and formalised,” she said.

The focus of WAIMA’s martial arts training program is not only on the development of technical skills and physical agility, she said but also on the development of character building.

Instructor: Terrance Cook with Maya Lane (11), Callum Lane (9), Charlie Vearing (8), Baaz Hiles (4), Cooper O’Malley (5), Ethan Don (10) and Kasley Lane (11). Photo: Martin Entwistle/Community
Channel 9

Channel 9 News

Karaté Kids | 9 News Perth:

Published on Oct 16, 2016

A video showcasing children's karate classes and their enthusiasm for the sport.

Peer Pressure | Today Perth News

A segment highlighting the importance of peer influence in children's behavior.
Summary

The WA Institute of Martial Arts is always innovating ways to continue to strengthen core values. We are determined to work closely with the community to combat bullying and give children the confidence they need to deal with bullying when they are being confronted.

The duration of the workshop is one hour and participants will walk away with some valuable skills that could potentially save their life and also a gift bag full of information and free gifts. The cost of the workshop is $10 per student with a minimum cost of $250 per session.

You can find out more about what we do through our multi media:

Website: www.waima.com.au
Facebook: www.facebook.com/waimaclub - don’t forget to like us!
YouTube: www.youtube.com/waimaclub
Newsletter: Subscribe via our website

WAIMA’S Anti Bullying Vision Statement

The WA Institute of Martial Arts will strive to be the community leaders in combating bullying.

We will offer superior personal protection programs and teach world class character development skills that will build leaders and be advocates to pass this message onto the wider community.

We are genuinely interested in educating the community giving them the knowledge to combat bullying and violence and have the confidence and resilience to deal with bullying.