

Anti-Bully

What Is KMW Kids?

How is KMW kids different than other kids self-defense or bully prevention programs?

- Uses Krav Maga Principles
 - Don't get hurt
 - Use instinctive movements
 - One solution for multiple problems
 - Effective for any size or ability
 - Train as close to reality as possible
- Emphasizes Function Over Form
 - Students learn from doing
 - Start with gross motor movements and refine details throughout learning process
- Comprehensive: Integrates Verbal and Physical Components
 - Many anti-bully programs only focus on the verbal aspect of training
 - Many self-defense systems only focus on the physical aspect of training
 - Stresses context as much as techniques

"Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time." -StopBullying.gov

Types of Bullying:

- Physical
 - Involves the use of physical force with the purpose of intimidating the target.
 - Ex: pushing, punching, kicking, pinching, etc.
- Verbal
 - Involves direct verbal attacks to degrade or demean the target.
 - Ex: name calling, taunting, threatening, etc.

Anti-Bully

- Emotional
 - Involves indirect verbal or indirect physical actions with the purpose of distressing the target.
 - Ex: spreading rumors, overt exclusion, etc.

Bullying Broken Down

- Must first clearly understand what the bully gets out of the action.
 - Q: What incentive does the bully get from bullying?
 - A: A feeling of superiority over others (peers)
- “Contemporary Advice”
 - Avoid the bully
 - Ignore the bully
 - Tell an adult
 - Hang out in a larger group of kids
 - Find activities that you enjoy
- The problem with the contemporary advice is that it does not work!
 - The majority of the advice given today doesn’t address the root of bullying, the bully’s desire to create and maintain a power imbalance for the purpose of feeling superior.
- What’s Wrong (short term)?
 - None of the tactics above directly address the power imbalance. In fact, some tactics may actually increase the imbalance of power. Here’s how:
 - Avoid the Bully
 - When the bully notices avoidance, the perceived power gap is increased.
 - Ignore the Bully
 - The bully may work harder to cause a reaction from the target.
 - Tell an Adult
 - The target has deferred to a higher authority, thus giving the bully more perceived power.
 - Hang Out in a Larger Group of Kids
 - The bully may be more likely to act out if there is a large audience.

Anti-Bully

- Find an activity that you enjoy
 - While this may build the target's self-esteem, it does nothing to change the bully's perception of the target.
- What's Wrong (long run)?
 - In the long run, these tactics may actually hurt the targets' psychological and social development more than they help. Here's how:
 - Avoid the Bully
 - Nowhere in life is avoidance the best course of action to a plaguing problem
 - Ignore the Bully
 - Ignoring can become a habit. If the severity of a problem increases after the child has developed a habit of doing nothing it is very hard to break the cycle. This can lead to learned helplessness. Beyond that, this tactic does nothing to quell the pain.
 - Tell an Adult
 - Immediately appealing to a higher authority at the first sign of discomfort may stifle a child's development.
 - Note: this is by far the best of the "contemporary advice" options, but it must be combined with other more assertive techniques.
 - Hang Out with a Larger Group of Kids
 - This is essentially another means to avoid the bully.
 - Find an activity that you enjoy
 - This is essentially another means to ignore the bully.
 - Note: this may be good for short term distraction and self-esteem, however the root of the problem will still remain.

Leveling the Power Imbalance

- The perceived power gap between the target and the bully can be leveled by:
 - A. Increasing the target's perception of his/her own power
 - B. Increasing the bully's perception of the target's power
 - C. Decrease the target's perception of the bully's power
 - D. Decreasing the bully's perception of his/her own power
 - E. Combining A, B, C, and D
 - The most realistic, effective, and efficient bully defense is always E.

Anti-Bully

- *The payoff for the bully is that they want to feel superior by creating and maintaining a power imbalance. As soon as they don't feel superior over one target (i.e. the power imbalance is corrected), they will pick a different target.

The Importance of Body Language

- The Importance of Body Language
 - Affects how others view us
 - Affects how we view ourselves
 - It is incredibly important to present a confident image to the world; this often takes training. Work on each of these aspects individually, but the benefits will be increased significantly when combined.
- Eye Contact
 - Keep chin up, don't look at the ground
 - Look people in the eye (at least a half second)
 - Start with people you know well
 - Challenge yourself-say hi to those you don't know as well
- Posture
 - Shoulders pulled back when sitting and standing
 - Palms angled slightly forward
- Stance
 - Feet shoulder width apart -balanced at all times
 - Arms relaxed by sides of body
- Smile
 - Easy to do
 - Shows confidence and happiness
 - Makes others feel good
 - Keep in mind that the tips above usually don't come naturally. It takes training, but if you keep trying you will notice a difference.
 - "Fake it till you make it!"

Using Your Voice

Anti-Bully

- The voice is an incredibly powerful tool to prevent bullying.
 - Conveys information
 - Gives child an opportunity to be appropriately assertive
 - Demonstrates power to self and to bully
 - Can be practiced easily

- Tips for using the voice to fend off a bully:
 - 1) Voice must be louder than the bully expects
 - 2) Commands must be short and direct (Ex: "Stop!" or "Back Off!")
 - 3) Body language must support the command

Continuum of Bully Prevention

- The Continuum
 - Body Language--->Verbal Assertiveness---> Physical Self Defense

- Reasons Why Kids Don't Act
 - Afraid of bully retaliation
 - Afraid of consequences from authority figures (parents, teachers, etc.)
 - Afraid they might hurt bully

When Do I Use Krav Maga?

- When Do I Use Krav Maga?
 - If you are angry, don't use Krav Maga.
 - If you are scared, use Krav Maga.

