



## FOR PARENTS

### ***"Yes, Kids Have Sweaty Palms, Too"***

Get the tools to protect your child SAFELY. An empowering workshop offering insight, skills, resources and solutions into the challenges of school bullying/youth violence.

Since a strong code of silence continues to exist among kids, parents need to know how to listen between the lines, recognize the signs, learn how to keep the channels of communication open while navigating your child safely through rough waters.

#### **Discover:**

1. What it's really like to be a kid today.
2. What issues kids confront and how they are coping.
3. An overview of bullying: frequency, severity and ramifications.
4. How home influences affect your child's behavior, self-esteem, development and language.
5. How you can tell if your child is a bully, victim or gang member.
6. How to help and protect your child.

## FOR KIDS

### ***"Keeping Your Cool When The Heat Is On"***

Our children's workshops are participative and promote discussions in respect, kindness and friendship. Role-playing allows bullies, victims and

bystanders an opportunity to experience deeper empathy for one another and practice safe and effective strategies.

### **Here's What We Cover:**

1. What is bullying?
2. Who bullies?
3. What is the difference between bullying and peer conflict?
4. What constitutes telling as opposed to tattling?
5. What is a bystander? What can a bystander do to help the victim?
6. Effects of bullying on the: a) victim b) bully c) bystander
7. Removing shame and blame.
8. Self-esteem discussion, boosting and activities.
9. Define the difference between tolerance and acceptance?

Frightened children shadowed by the fear of being bullied at school are distracted and unproductive. CAB removes the blocks that impede learning, such as fear, thereby widening children's educational opportunities and enhancing their quality of life.

## **FOR EDUCATORS**

### ***"What's Up With Kids Today?"***

Learn how to encourage and promote a safe and peaceful environment in your school. Our workshops provide preventive strategies and policies to reduce bullying in the school environment. We will work with you on how to enlist parental cooperation and student involvement.

#### **"Learning Is Impaired When Children Are Scared."**

1. Overview, including latest statistics and the damaging effects of bullying on the learning process and society.
2. The nature of bullying and its impact on the bully, victim, bystander, classroom and school environment.
3. Activities to enlist your students' cooperation.
4. Overload and Expectations: "I'm pulled in too many directions." The demands are often overwhelming. Creating a balance.

## **TEACHERS AND PARENTS WORKING TOGETHER**

Parents are the school's best allies. Parental influence on their kids' academics and behavior means the odds are greater that kids present themselves at school every day with the right disposition to learn.

**Learn how to create strategies to increase parent involvement and ensure parental support.**

We are currently developing Yoga, Fitness and Nutrition Workshops.  
Stay tuned!

## **Services**

- Workshops also available for parent groups and associations
- Private and group sessions
- Media Consulting