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So I Won't Have to Fight: Bully Solutions from Martial Arts Masters

Brad Scornavacco

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"Whether you have a child who is being bullied, are being bullied yourself, or know someone else who is being bullied, I highly recommend you read So I Won't Have to Fight: Bully Solutions from Martial Arts Masters. As a psychologist, I have referred numerous clients for training within Mr. Scornavacco's approach. The results are always consistent -- growth in confidence and self-esteem and better social relationships at school and at home. As both a parent and professional, I find So I Won't Have to Fight: Bully Solutions from Martial Arts Masters a timely and needed approach for any parent, educator, or adult committed to developing a culture of respect in our schools, homes and community." Kathrine M. Koehler-Hak, Ph.D., NCSP, BCBA-D, Licensed Psychologist, Board Certified Behavior Analyst-Doctoral, Nationally Certified School Psychologist. Bullying in schools has gained national attention. Each new victim's tragic story raises the same confounding questions: Where do bullies come from? Who is to blame for children turning into bullies? Is bullying a rite of passage kids have to go through? Can bullying be stopped -- and if so, how can I help my child? There is no single cause of bullying. Children inherit varying tendencies toward aggression that are amplified or minimized by their experiences. Abusive, indulgent, and permissive parenting practices all increase the propensity of children to bully others. Children who constantly feel threatened and lack self-control are quick to bully, and self-centered children with inflated self-esteem believe it's their right to bully others. Status-seeking, the need to belong, and vulnerability to authority put pressure on kids to bully anyone who gets in their way. Advances in technology allow cyber-bullies all-day, everywhere access to their victims. Bullying can only be stopped when we dispel common myths about bullies. Bullies don't suffer from low self-esteem; they have inflated self-esteem. Bullying is more than simple

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