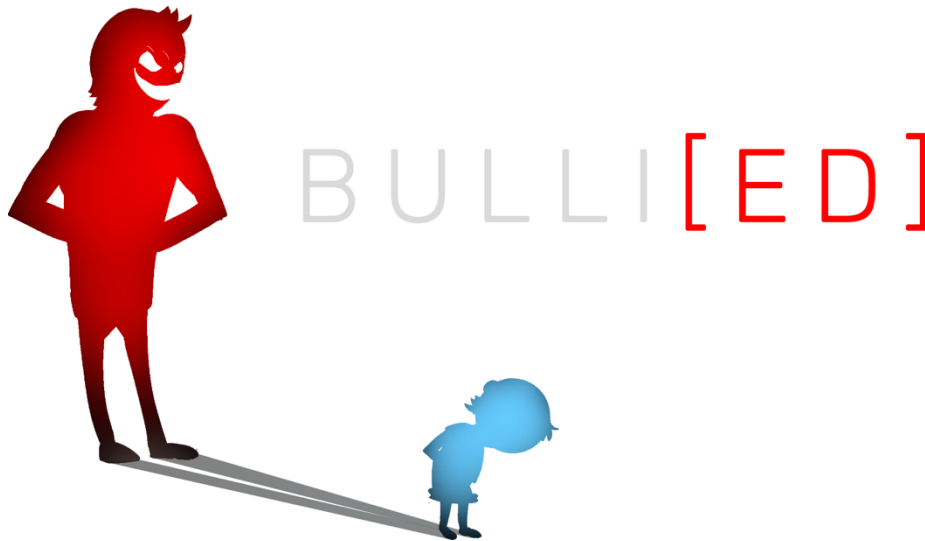


BULLI[ED]

Ending the Bullying Cycle & Taking The Power Back

By J.D Wood



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FREE FIRST LOOK – SECTION ONE PREVIEW

WHAT FOLLOWS IS AN EDITED PLAIN TEXT SAMPLE COMPILED FROM SECTION ONE OF THE BOOK. IF YOU ENJOY IT, PLEASE SUPPORT US AND PURCHASE THE FULL VERSION AT <http://www.bulli-ed.com/bullied>

Bullying. Every single person who has been in a free social setting for any length of time has either been a part of, or witness to, some form of bullying.
Think about it!

The “nerd” in your third grade class?

The IT guy at your office?

The young foreign girl with a harsh accent who can’t speak fluently?

The overweight guy in your group of friends?

The loner at a house party who stands by the wall?

The person who has an unflattering video put on Facebook?

The comment section on Youtube content?

I’m sure you know or have known people who fall into at least one of these stereotypical depictions of bullying in one form or another, even if you may not have realized it was bullying at the time.

According to the Canadian Institute of Health Research, Among adult Canadians, **38%** of males and **30%** of females reported having experienced occasional or frequent bullying during their school years. In the United States, about **49%** of children in grades 4–12 reported being bullied by other students at school at least once during just the **past month**. There are enough statistics on bullying online to fill this entire book!

If you’re reading this, you may be a parent who is afraid their child is being bullied. You may know for a fact that they are, and want to find a way to help. You may be someone who is currently being bullied, and want help for yourself. One of the major problems that bullying causes is that it is so widespread and common that it goes unnoticed by people who can help, with many victims bottling up their emotions and feeling completely isolated. In the U.S, Only about 20 to 30% of students who are bullied notify adults about the bullying. By the time these

kids are adults, it has become a pattern in their lives, and they have trouble coping in many situations, especially confrontations and communicating with authoritative figures.

Now if you have downloaded this book, you've probably searched the internet for help already. You've probably been asked to donate to one of many of the Anti-Bullying charities and campaigns all over North America, maybe you've even signed a petition or two to "raise awareness" or you've gotten a colorful wristband that indicates you're against it! Heck, maybe you took a *child yoga class* to end bullying through "calming" the children! (yes, that is a real thing)

As you've surely seen, there are an astounding number of people who speak out against bullying. There's lot's of people asking you for money so they can continue making signs, trinkets, posters, even ones who might go into schools directly and speak in front of the kids! Once in a while, the bully is directly confronted and given some form of minor punishment (they are kids, what more can we do?!), and the "victim" child is given counselling, a how-to workshop or YouTube video series intended to help them feel safe or even magically empower them!

As you can maybe see, I am not a believer in these methods. Other people are, and that is their choice, I have no problem with people trying to make a difference and help these kids in whatever way they see fit. My personal debate with charities, people that raise awareness, wristbands, and child yoga classes, is that they are broad stroke, band-aid "solutions" that have very little to do with what is really happening, and are ineffective, as we can see by not only statistics, but the fact that it is probably happening to someone you know or someone you love. One thing about children that many campaigns don't address, is that they have minds of their own, that each child and situation is different, and "Stopping Bullying" is not something that can be done with the words alone.

If you spent money on this book, it means that you are committed to taking things into your own hands, and directly helping your own personal situation. It means that wristbands and posters don't cut it when it comes to the life of *your child, your own flesh and blood*. I firmly believe that this is the only real way to stop bullying. Its not going to change with Youtube videos or Facebook campaigns, and I'm sorry to say that there's a good chance it isn't possible to completely stamp it

out while still living in a free country (I'll talk more about that later on). But for those people who look for a way to help, who have hope that they can overcome bullying in their own or their child's life, there is, of course, a way. Not everyone looks for answers, which is one of the biggest problems for them, and is why many kids grow up with this ***learned helplessness***.

As a "Victim" of childhood bullying myself, I can speak from personal experience when I tell you that bullying can affect and traumatize a child a great deal, possibly even permanently if not addressed. If you are reading this, as a parent or "victim," than you have taken a bigger step than many people, a positive first step in fixing the problem, whether it be your own, your child's, or a friend's.

This EBook is a labour of love, and I have written and compiled it for you, in the hopes that it sheds some light on the frustrating and difficult situation that is bullying.

One of the major causes of my situation was that I, like many "victims," ***didn't tell anyone*** that I was having these issues! This is why I want to focus first on one of the most difficult problems of the bullying cycle for many people, primarily children; covering up the issue and not letting others in who may be able to help them. If you are an adult seeking help with a bullying problem you yourself, or a friend are facing, understanding the symptoms that others can detect might give you a perspective on your or their behavior, so don't skip the next chapter!

Many children today are facing bullying alone, hiding it out of fear, embarrassment, or not wanting to alarm their parents (yes, kids care about you too!). Children are so sensitive to the feelings and emotions of adults and others around them, and are intuitive about situations (a parental separation, or financial problems, for example), that they may not want to add to their guardians stress! Whatever the reason is for a child to hide bullying from the people closest to them, it can sometimes be very difficult to even spot the problem, to know if they need your help. This leads me to Part I.

My Own Personal Experience

My own trial with bullying began in my very early school years, as early as senior kindergarten. I was a heavysset boy, who wore glasses and had trouble relating to other kids my age, which caused me to gravitate away from many of the “normal” kids.

I thought of my teachers as the easiest people to speak to, and made friends with children who, like myself, felt different from what was supposed to be a child my age. Kids began to tease me about the things I thought made me weird, different and self conscious, and it became a trend that followed me for many years, up until I reached high school, with effects that have even carried on to the present day.

I went through every form of bullying on that list, at different times in different combinations, which goes to show that trying to categorize a child’s situation can be very difficult and complicated. Later on I’ll go through my own story in more detail.

Whichever form you think or know is happening, you need to take action.

As a parent, a child’s mind is deeply influenced by everything you say, do, and embody. They see everything and absorb more than we can imagine with our adult, fully developed brains; we’ve all heard the term that children soak up information like a sponge! But more than the information you tell them, they take in every form of sensory input, all the way to intangible energy, emotional environment and the mood you are in. Whether you are a believer of the Nature or Nurture argument, it is undeniable that kids take on a major portion of their belief systems and behaviors from their surroundings in young childhood. Whether you pay attention or not.

This is where the solution HAS to begin.

Of course, if you’re here now, it may be past childhood, the child may already be facing these problems and its too late to change their upbringing! And that’s okay. In the words of Chopra,

“The past is recollection, memory; the future is anticipation; the present is awareness. When these qualities are freed from the burden of the past, then action in the present becomes the fertile ground for the creation of the future.”

In other words, find the solution, learn from past mistakes and put them behind you, and focus on what you need to do NOW to make a better future, for you or your child.

More on this later on.

This concludes your free preview of BULLI[ED]: *Ending The Bullying Cycle & Taking The Power Back*. I truly hope you enjoyed the material, and maybe even took something that can help you from just this preview. If you want the rest of the Ebook, please click the link below to be directed to our products page.

We appreciate you, and whatever bullies may be affecting your life, just know that you or your child CAN overcome them, and be stronger for it. We at BULLI[ED] are doing our best to show you how!

GET YOUR FULL VERSION OF THE EBOOK HERE:

<http://www.bulli-ed.com/bullied>