

# Bring Bullying to Bay

## A New Assembly Program by Renowned Storyteller, Jim Cogan

Learn how to bring all forms of bullying to bay through:

# CARE

**COMMUNICATION — ACTION — RESPECT — EMPATHY**

Supports PEACE BUILDERS through Positive Reinforcement, Praise, No Put Downs, Helping Others, Seeking Wise People and Righting Wrongs.

### Elementary Program

- ☐ Recognize bullying
- ☐ Avoid being a target
- ☐ Get help from wise people
- ☐ Develop positive friendships

### Secondary Program

- ☐ Avoid being a victim
- ☐ Create an anti-bullying environment
- ☐ No bystanders
- ☐ Stop cyber-bullying

**Add on an evening program for parents**

*Jim gives students the tools to stand up to bullying on behalf of themselves and others as they discover the power of empathy and the value of friendship.* — Orange County Performing Arts Center

*Jim's animated, interactive, and poignant stories detail various ways bullying creeps into schools and how, by using cooperation, action, respect and empathy students can take a stand to make their school bully-free.* — Performances to Grow On

### For Booking Information or to Contact Jim

#### Jim Cogan Storyteller

Email: [cogantales@yahoo.com](mailto:cogantales@yahoo.com)

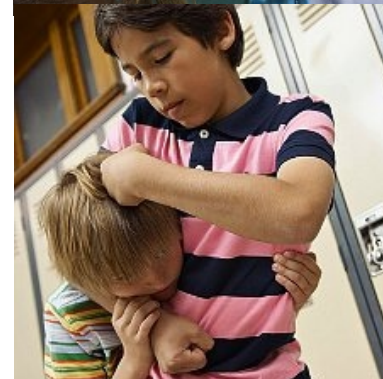
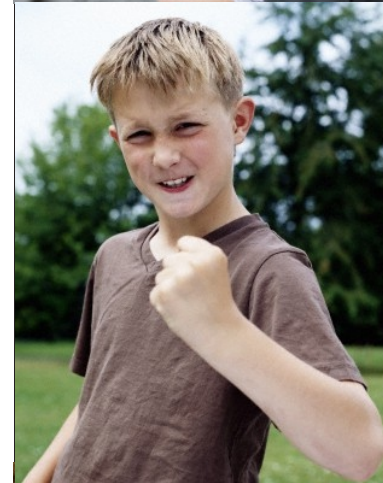
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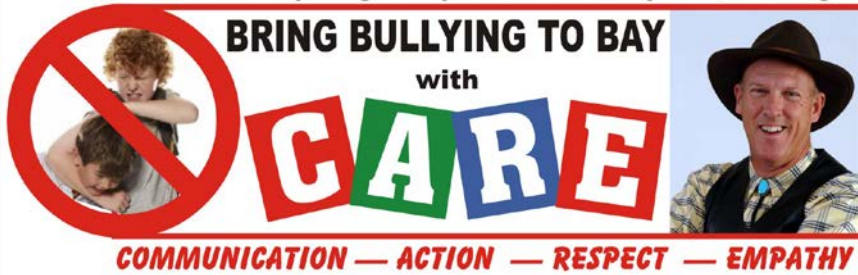
Jim can also be booked through the:

Orange County Performing Arts Center 714-556-2122 x 4310

Performances to Grow On 805-646-8907



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Research indicates that a mix of individual and community action can significantly diminish, even eliminate, bullying at the elementary school level (*intimidation, stealing, spreading gossip or malicious lies, direct verbal abuse, physical bullying, prevention of individual involvement in school activities, etc.*) and even outside school grounds (*cyber-bullying and physical intimidation or abuse*).

Jim Cogan's *Bring Bullying to Bay* wraps prevention strategies into an easy to remember code all children can remember **C.A.R.E.**

### **C. Communication:**

The first major prevention step is to recognize bullying for what it is and talk about it with someone who can help stop it. Bullying can be described as "negative, hurtful actions, often repeated, by a single person or a group toward a person who has difficulty defending himself or herself. It is almost always intended to cause physical, emotional or social harm to the victim. **Cyber-bullying is a particularly malicious form of bullying.**

Jim makes this point clear in all his programs: Know what bullying is and know that you always have someone with whom you can discuss the problem and get help.

### **A: Action:**

A second strategy is action: action to protect yourself and action others can take to help you and the community. A bully knows that a community of students and adults who take a stand, who refuse to stand idly by while bullying takes place, who know how to enforce rules and how to protect every individual's right to be free from harassment is not a place where bullying can be tolerated. If there are no bystanders, there will be few if any isolated victims as all in the community will respond swiftly and strongly to such an assault on school values and personal safety. Jim also uses his stories to outline various ways to avoid being the target of a bully and actions one can take to neutralize it if it occurs.

### **R. Respect**

A third strategy is positive: a school that teaches and rewards respect will likely have fewer problems with bullies as such a climate is, in itself, anti-bullying, pro-acceptance, and pro-active in defending such school values. Jim uses audience participation, role playing and pauses in his stories to emphasize the effectiveness of building a community based on acceptance, tolerance and respect.

### **E. Empathy**

Perhaps the most useful of all strategies to combat bullying is teaching students about the power of empathy (*the ability to understand, feel, be concerned about another's situation*) for it build's in every student an innate capacity to CARE. Bullying should not be tolerated or go unnoticed in a community of empathetic individuals. Bullies will quickly realize they have no place to hide and no audience to please. Students will explore the causes of bullying and develop strategies to bring it to bay .

