

# Bully Proof Bootcamp

## *How to STOP Bullying without Violence for Boys and Girls Ages 7 - 16*



Would you like to host a Bully Proof Bootcamp at your school or community? Would you like to learn how to defeat a bully using your brains and not your fists? Bring a Bully Proof Bootcamp to your school or community. Contact me Coach David Alexander at coachalexander@gmail.com to bring a Bully Proof Bootcamp to you! Private lessons are also available! See more here: [Bully Proof Bootcamp Private Lessons Flyer.pdf](#)

Every 7 minutes a child is bullied and every month in the United States, 3 million children miss school due to fear of bullies. In this Bully Proof Seminar, my goal is to instill in your child unshakable confidence so they can overcome bullies without violence. This is surprisingly very easy to do and can be learned in just 2 to 3 hours depending on the amount of seminar attendees. Are you going to let your child be a victim? Or are you going to “Bully Proof” them?

*“I found Bully Proof Boot Camp to be an informative class full of practical skills to use when confronted with bullying behavior. I appreciated Coach David’s emphasis on confrontation avoidance and the non-violent tools he provided my nine-year-old daughter with...my daughter just thought the class was flat-out fun.” - H.C.*

### Seminar Techniques:

- A step by step plan to deal with a bully.
- Play “The Bully Games”. (What? What?, Ninja, Whack a Mole, Shadow and more...)
- How to verbally defeat a bully or “How to Fight Fire with Water”.
- How to develop unshakable confidence.
- Why I Love Bullies! (This may surprise you)
- How to defend yourself if physically attacked without hurting the bully or getting in trouble.
- NEW! How to defend yourself against an assault by a larger and more aggressive bully. (Private Lesson Only)
- NEW! One On One roll playing practice. (Private Lesson Only)
- NEW! More Q & A time with parents and kids. (Private Lesson Only)
- NEW! If you suspect that your child “is the bully”, I can help “De-Bully” them! (Private Lesson Only)

This seminar will be taught by Coach David Alexander (Self Defense Expert and Bully Tamer!) I am a father of two boys (7 & 10) and a martial arts black belt.

For more info email Coach David Alexander coachalexander@gmail.com

## “When victims stop being victims, bullies stop being bullies”

My Bully Proof Bootcamp philosophy is an amalgamation of personal experience dealing with bullied kids and adults as a self defense instructor and listening to their stories and is also inspired by the Gracie Bullyproof program (as seen on Oprah) and Izzy Kahlman author of Bullies2Buddies and How to Stop Being Teased and Bullied without Really Trying and a Nationally Certified School Psychologist.

### Attend a Bully Proof Bootcamp to go from this:



### To this:



#### Tips from Izzy:

- Raise confident children based on inner belief not false praise.
- Guide children, but allow them to handle normal playground conflicts.
- Socialize your children and seek social skills classes if needed.
- Expose your child to various groups and activities.
- Find groups or activities that support your child’s uniqueness.
- Role-play laughing remarks off, banter, and creating comebacks.
- Introduce coping skills to release anger or hurt feelings.
- Empower children to manage anxiety.
- Maintain strong family connections with parents and siblings.
- Talk to your child about how they feel or the challenges they face.
- Help your child build relationships with peers by creating opportunities.
- Encourage your child to smile and laugh at their mistakes.

*It is important for parents to observe their child with an objective eye. Notice the very things a bully would notice. Does your child walk with their head down? Does your child wear bright green fur socks?*

*Does your daughter run over to you when the rest of the girls go to the break room? Does your son only sit with girls at lunch? Many parents believe that the above examples make their child oh so lovable.... But many of these behaviors are a giant welcome sign to bullies. I am an advocate of individuality and creativity, but be warned that it takes a strong and confident child to pull it off. So either make sure your child can rock those fuzzy green socks and stand up to teasing or leave them in the drawer for weekends!*



Contact me at [coachalexander@gmail.com](mailto:coachalexander@gmail.com) to help your community by hosting a Bully Proof Bootcamp at your facility! Together we can end the violence.

Pricing: FREE ESTIMATES (Send an email to [coachalexander@gmail.com](mailto:coachalexander@gmail.com) with the following information)

- Contact Name:
- Contact Email:
- Contact Phone #:
- Date you want to train or when you would like to host a seminar:
- Expected # of participants:
- Comments:

I will get back with you with an estimate ASAP. Thank you for caring about your community! Coach David Alexander

**We offer a 100% No Risk Ironclad Money Back Guarantee!**

