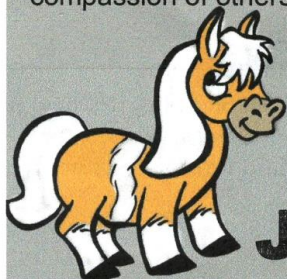




**Just Say Whoa® to Bullying** is a unique approach to teaching bullying prevention by utilizing animal-assisted activities to help children *recognize and respect the differences in one another*. By understanding that everyone has something valuable to offer, children learn respect, acceptance, tolerance, and compassion of others.



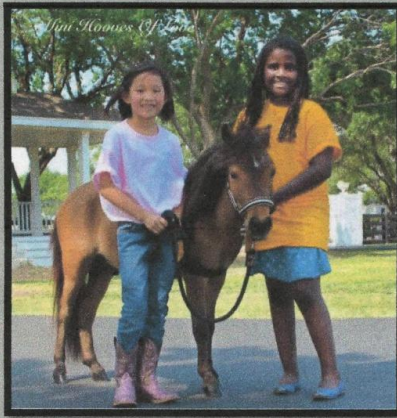
Utilizing the story of a real-life miniature horse named Amos and his friends, our program instills these core values and encourages good character. We build a foundation of understanding and promote a positive social environment, which – in turn – fosters kindness and good citizenship.

Parents and family members play a huge role in the success of their children. Read on for ways that you can help your children.



For more information, please visit our website at [www.Whoa2bullying.com](http://www.Whoa2bullying.com)

**Just Say Whoa® to Bullying**



**Early intervention is the key.** A child's success begins at home. It's never too early to talk to your children about appropriate behavior and others' feelings, as well as their own. When your child is able to express himself to you and to others, you can begin to teach them about being kind and compassionate, to explain what bullying is, and to guide them through bullying situations.

**Get involved at your child's school.** We know that parents have busy schedules. Between raising a family, working, and taking care of home life, there is rarely extra time. But if you participate at your child's school, you have the opportunity to spend quality time with your child and the ability to learn about the other children, as well as get to know the teachers and administration. There are many opportunities for you to volunteer!

**Be a good role model.** Practice compassion with your neighbors and family members to show your children the beauty of kindness. Bring your child along when you go over to assist an elderly neighbor. Or when you're ordering food at a restaurant, treat the waiter with respect. Remember, your children are watching and listening to you at all times. If you are mean or abusive to people, your children will learn that behavior is OK.

Remember: practice what you preach.

**Talk with your children daily.** You've heard this before and it's one of the best ways to help and protect your children. Ask about their day at school, their friends, what they did, their favorite part of the day, recess, lunch, their friends. Ask questions, even if their answers are short. And listen carefully to their answers. There could be clues if your child is experiencing bullying but not coming directly out and saying so.

According to the National Crime Prevention Council, here are clues that your child could be getting bullied:

- Withdrawal
- Drop in grades
- Loss of friends
- Avoidance of school or other activities
- Need for extra money or supplies
- Faking illness headaches, feeling sick
- Bruises
- Lack of self-esteem
- Torn clothing, damaged items
- Changes in eating or sleeping habits
- Self-destructive behavior like running away hurting themselves or talk of suicide