



Youth from throughout the Portland area learn to use their bodies and voices to stop unwanted behavior while attending a free bully prevention training workshop at the One With Heart martial arts center in southeast Portland.

# Bullying Prevention 101

Kids given tools to live safe, healthy

BY MINDY COOPER  
THE PORTLAND OBSERVER

In an effort to tackle bullying in schools, a local martial arts school is offering free bully awareness prevention trainings to ensure kids have the tools to live safe and healthy lives.

For over 25-years, the martial arts center One With Heart has provided self-defense trainings to women and children in the Portland area, including an Indonesian style of martial arts called Poekoelan Tjimindie Tulen.

In an effort, however, to reach

every age of the community, the center is offering a two-hour workshop designed for children ages 7-10 years old to raise awareness about bullying and train youth with practical skills to handle unwanted behavior.

The class, "No Go Yell Tell Bully Awareness and Prevention," is geared specifically to handling situations with bullies, said Katherine White, One With Heart's self-defense program coordinator.

She said the training is offered free of charge because of the center's commitment to making sure all chil-

dren have the tools they need to live safe and strong healthy lives.

For the past several years, bullying in schools has been getting increased national attention due to the rising number of kids throughout the country falling victim to the many forms bullying can take.

According to the Oregon Department of Education, a safe and civil environment is necessary for students to learn and achieve high academic standards, and harassment, intimidation or bullying and cyberbullying, like other disruptive or violent behavior, are conduct that disrupts a student's ability to learn and a school's ability to educate its stu-

dents in a safe environment.

The pain of bullying can be inflicted through various methods, including online (cyberbullying) or via texting, over the phone and face to face.

According to White, bullying in schools is one of the biggest challenges kids face today.

"I think bullying is clearly an ongoing problem," she said. "Statistics say 160,000 kids everyday stay home from school because they don't feel safe, and the long term impact is huge."

Although there is not one stand alone affect, the pain can be emotional, mental, and physical as a result of age, class or income status, disability, ethnicity, gender, height, race, sexual orientation or weight.

White said because a lot of bullying with kids isn't always meant to be hurtful, the center's training is a combination of teaching skills and being very clear about understanding how to use body language and voice to set boundaries.

She said creating empathy in the process is extremely important, so you can learn to respect others boundaries in addition to your own.

"We teach it is important to understand when it is appropriate to use a physical defense in combination with creating empathy so you can also be able to hear and see when what you're doing isn't okay with someone else."

White said parents are encouraged to participate in the interactive

trainings to learn side-by-side with their children.

"When parents come to training they leave with more confidence on how to talk to their kids and help them," she said. "They will have this experience together."

Parents will also be given information and tools to support their children in responding to any unwanted behavior.

"We are all in this together in raising children," she said. "The adults in their lives need to work together to guide and show kids we are all coming together to support them."

Through storytelling and role plays, kids who attend the session learn age-appropriate skills for setting boundaries and keeping themselves safe.

"We think by raising awareness and developing skills, kids, when faced with bullying, can create a positive outcome for everyone," said White.

White said they plan to hold a workshop one to two times a month, alternating between their two locations, including a center in both southeast Portland and St. Johns.

The next session will be held this Saturday, July 23, from 2 to 4 p.m. at the One With Heart center located at 4231 S.E. Hawthorne Blvd. The St. Johns class will be held on Aug 20.

Pre-Registration is required by calling 503-231-1999 or visiting the website [onewithheart.com](http://onewithheart.com).

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