

School Policies

- Most schools have implemented zero-tolerance bullying policies.
- These policies reduce the number of physical fights, but do not prevent verbal harassment.
- Verbal harassment is often more damaging than physical harassment.

The Three T-steps

- Talk: Respectfully and confidently ask the bully to stop.
- Tell: If the bully won't stop, ask your teachers and parents to help.
- Tackle: If the grownups can't solve it, tackle the bully mentally with Verbal Jiu-Jitsu, and then, if they become physically aggressive, tackle them physically with Gracie Jiu-Jitsu.

Rules of Engagement

- Rule 1: Avoid the fight at all costs.
- Rule 2: If physically attacked, defend yourself.
- Rule 3: If verbally attacked, follow the Three T-steps (talk, tell, tackle).
- Rule 4: Never punch or kick the bully, establish control and negotiate.
- Rule 5: When applying submissions use minimal force and negotiate.

The Critical Conversation

- Regardless of how the fight starts, you will go to the principal's office.
- Following the Rules of Engagement will make it easier to explain your reaction to the bully's aggression.
- Explain all the steps you took to get help and how they did not solve the problem.
- Explain how when the bully attacked you, you purposely tried not to cause injury.

Violation of the Rules

- If you follow the Rules of Engagement, you will not get in trouble at home.
- If you violate the Rules of Engagement, at-home training must stop for a period of time.
- If you abuse your power, we will remove your name from the list of BULLYPROOF belt holders.
- Your confidence in the Rules of Engagement will reduce the likelihood of fights.