

Yours Can Be A Bully-Free School

Anxiety affects school-work, concentration, attitude and mood. Bullying behavior is chosen by those with low self esteem.

Short circuit bully related anxiety by giving your students the skills to increase personal self esteem.

Individuals who benefit most from this presentation: bullies and victims of bullies.



Adolescence doesn't have to be cruel. Let's teach compassion.

This serious topic is presented in a lighthearted, informative and energetic manner. It is essential for people of all ages.

**-Daniel Cohen, Ph.D., Director
New York Testing and Guidance Center**

Principals, Guidance Counselors and Teachers

Contact N.E.C. Iankowitz directly (via email or phone) to schedule a FREE consultation regarding the individual needs of your school. When leaving a message, please be sure to leave your area code with phone number along with the name of your school.

Registration

Initial 40 minute Consultation: FREE

40 minute Presentation Fee Schedule:

\$250.00 (up to 30 children)

\$350.00 (31-65 children)

\$500.00 morning or afternoon session (up to 4 hrs)

** travel expenses may apply outside the Lower Hudson Valley region.*



Certified Family Nurse Practitioner
Anti-Bully Educator
Author, *Marcy and Her Friends*

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Email: NECIankowitz@yahoo.com

(write re: Bully-free presentation in subject line)

Website: www.NECIankowitz.com

NEC Iankowitz MS, APRN, BC

Presents

What Makes A Bully Tick?

(and what can we do about)



N.E.C. Iankowitz offers **bully-free** presentations to elementary, middle school and high school students throughout Queens, Westchester, Dutchess and Putnam counties.

Contact N.E.C. Iankowitz directly to tailor a program to meet the specific needs of YOUR school.

TELEPHONE: 845 878-7708

► About the Presenter

N.E.C. Iankowitz MS, APRN,BC is a board certified Family Nurse Practitioner. Since 1984 her professional goal has been to facilitate wellness by teaching people how to boost their own immune systems.



*Bullying hurts
the mind, body
and spirit*

The immune system weakening effects of anxiety and stress are well documented. Bullying contributes to anxiety and stress. Iankowitz believes it is necessary to diffuse bullying for many reasons, including the physical health of our children.

Why offer this presentation to middle school or high school students? *"I never met a bully with high self-esteem. Since low self-esteem seems to correlate strongly with bullying behavior, it makes sense to me to try to nip classroom bullying in the bud by boosting self-esteem in our children."*

Goals Of This Presentation Are To:

- 1) Empower students by teaching the importance of self esteem and how to build it
- 2) Offer the skills necessary to recognize and deal more effectively with bullying behavior in ourselves and in others
- 3) Explore the differences between appropriately sticking up for a friend and just 'looking for a fight'
- 4) Encourage self appraisal and offer tools necessary to avoid confrontation fueled by displaced aggression
- 5) Help students spot and steer clear of individuals with anger management issues



Let there be
light!

**Through Role Playing and
Guided Open Discussion** each

student experiences the value of honest self-appraisal, and learns the differences between constructive and destructive criticism. A question and answer period



Communication
is the key. Let's
learn how to use
it effectively

permits students to verbalize concerns and observations, highlighting the importance of non-judgmental communication. *"Nobody has cornered the market on bullying. It's found in grocery stores, movie theatres, schools - wherever we find people. Let's give our kids the tools necessary to help cope positively with what life inevitably brings their way."*



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