



**LAKE COUNTY
BRAZILIAN
JIU-JITSU**

Bully-Proof Checklist

Home • School • Online

Quick Wins for Kids

- ☐ Posture check: stand tall, chin up, eyes forward, hands visible.
- ☐ Voice check: calm, firm, loud enough to be heard.
- ☐ Space check: keep one big step of distance if someone is hostile.
- ☐ Buddy plan: walk with a friend between classes, lunch, and dismissal.
- ☐ Report rule: tell a safe adult the same day, every time.

The 3 Ts (Response Ladder)

- ☐ T1: TALK — “Stop. That’s not OK.” → “I want you to leave me alone.” Then walk away.
- ☐ T2: TELL — Identify 2–3 safe adults. “I’m being bullied. I need help with who/where/what/when.”
- ☐ T3: TACKLE — If physically attacked: protect your head, base, clinch to control, disengage, get an adult.

Rules of Engagement

- ☐ Avoid the fight when you can. Move, walk, get help.
- ☐ Verbal attack: set a boundary (T1), then Tell (T2).
- ☐ Physical attack: defend and control without striking (T3), then Tell.
- ☐ Use minimal force and stop when they stop.
- ☐ Get an adult immediately after any incident.

Parent Coaching (5 Minutes, Twice a Week)

- ☐ Rehearse body + voice: strong stance and boundary script (3 reps).
- ☐ Role-play: hallway bumping, lunch teasing, bus seat “move.”
- ☐ Run the “Tell” script: have your child report to you; praise the reporting.
- ☐ Debrief rule: same-day conversation; focus on facts, not shame.
- ☐ Celebrate reps, not results: confidence comes from practice.

School Coordination

- ☐ Know the policy: save the school’s anti-bullying policy and contacts.
- ☐ Map escalation: Teacher → Counselor → Assistant Principal/Principal.
- ☐ Email paper trail: summarize incidents in writing within 24 hours.



Cyberbullying Basics

- ☐ No engagement: don't reply. Screenshot, save, block, report.
- ☐ Privacy settings: friends-only, location off, no school identifiers.
- ☐ Device hygiene: daytime use in common areas; lights-out cutoff.
- ☐ Adult access: age-appropriate oversight and open passwords.

Practice Drills at Lake County Brazilian Jiu-Jitsu

- ☐ Greeting Drill: eye contact, smile, "Hi, I'm ____."
- ☐ Stand-Tall Script: "Stop. That's not OK." then walk to an adult.
- ☐ Technical Stand-Up: get up safely, create space, exit.
- ☐ Clinch-and-Call: secure control if grabbed, call for help, release when safe.