

Help to prevent bullying with Hoshin Jutsu Australia

- [Local News](#)

3 Apr 12 @ 12:21am by Boel Eriksson



Principal of Hoshin Jutsu Australia in Avalon, Rose Smith, has organised a workshop to help prevent bullying. Pictured are some of her Hoshin students. Picture: KELLIE LAFRANCHI

A WORKSHOP focusing on skills to avoid becoming a victim of bullying will be held at the northern beaches this month.

Parents and children are invited to attend the workshop, which will examine the behaviours that sometimes lead to children and adults becoming victims of bullying.

Organiser Rose Smith, who is the principal of Hoshin Jutsu Australia in Avalon, said she knew it was controversial to talk about how a victim's behaviour could sometimes attract bullies.

Do you agree that certain behavior can attract bullies? Coment below

Several people will speak at the event.

One of them is psychotherapist Adriana Villars from South Pacific Private psychiatric hospital at Curl Curl.

The hospital's director of program development and training, Tracey Hammett, said the "number one" problem for victims was low self-esteem, but it was also important to look at family dynamics.

"Bullies target vulnerability because they are in denial of their own vulnerability and pain," she said.

“Parents need to teach their children to know their boundaries, speak up and say ‘I don’t deserve to be treated like this’, and seek help if needed.

“Some parents really need to learn more about social and communication skills, and how to deal with conflict.”

Ms Hammett said many mothers and fathers should seek therapy to learn more about their own weaknesses to become better parents, and to avoid passing on negative behaviours to their children.

“There is no such thing as a perfect person ... but it is also ridiculous that most have this unconscious parenting style often inherited from their parents,” she said. “Parenting is not an innate skill.”

She said children who bullied often came from a family where intimidation, controlling and threatening behaviour was used. “Their repeated pattern of problem behaviour is either learned from their family, or developed to cope with a difficult family situation.”