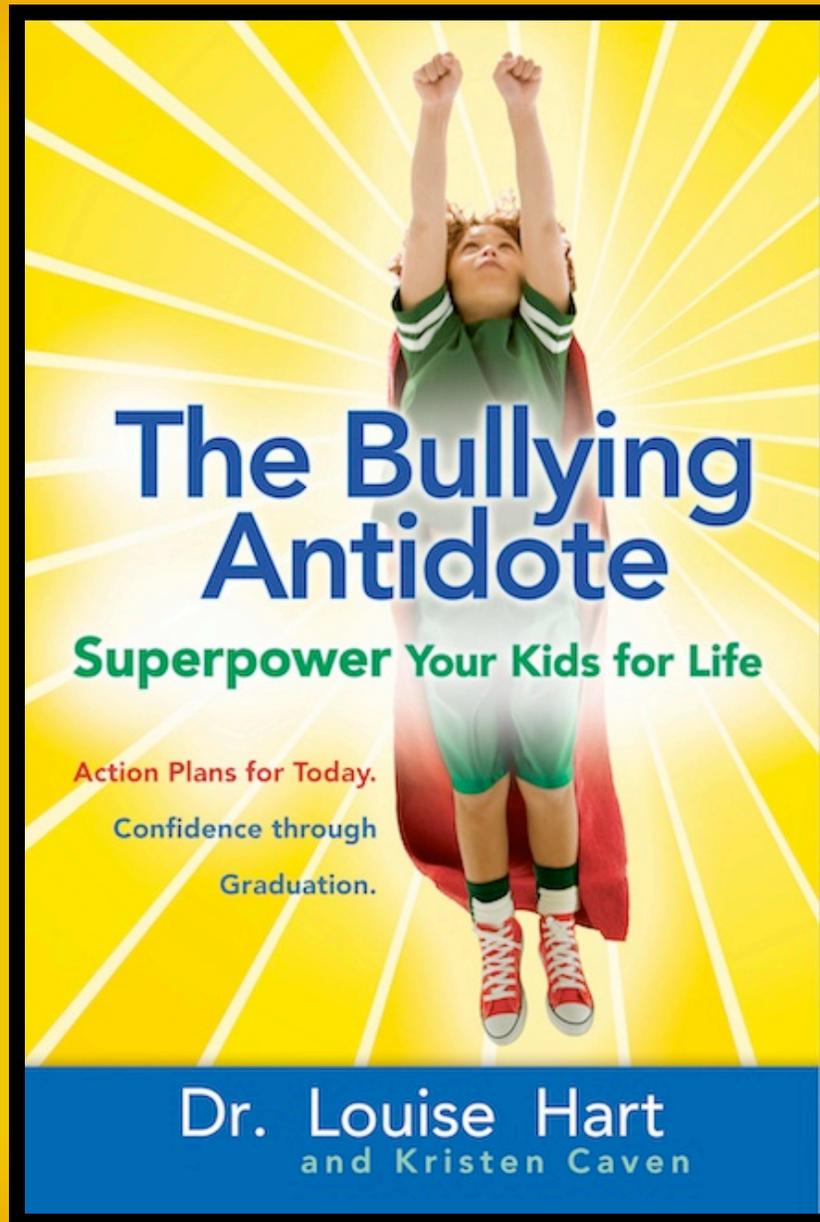
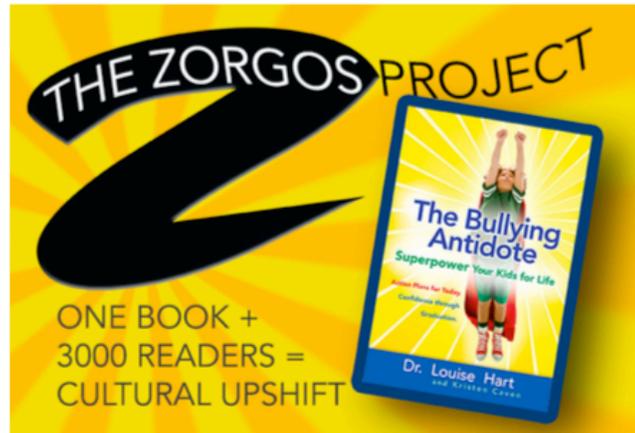


THE ZORGOS PROJECT

www.zorgosproject.org



Introduction



Zorgos means "I will care" and symbolizes a superpower that shifts bullying dynamics into caring and kindness.

The Bullying Antidote provides parents with the research-based tools they need to cure the cultural disease that lies at the root of so many of our social ills.

The Zorgos Project will give 3000 copies of *The Bullying Antidote* to Oakland parents who will read it in school, church, family, or work-based reading groups.

*We know you care! Please help us help
Oakland parents help their kids.*

www.zorgosproject.org



In partnership with

Oakland Parents Together

www.parentstogether.org

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Introduction:

Connecting the Dots: from Bullying to Breakthrough

Excerpted from *The Bullying Antidote*

by Dr. Louise Hart and Kristen Caven

No one wants to raise a bully! And no one wants their child to be bullied. But bullying is happening anyway,—more pervasively, more indiscriminately, and in some cases more violently than ever before. According to a National Institute of Health survey:

- About 282,000 students are reportedly attacked in high schools each month.
- Over half of all students have witnessed a bullying crime taking place while at school.
- A reported 15 percent of all students who don't show up for school report it to being out of fear of being bullied while at school.
- About one in 10 students drop out or change schools because of repeated bullying.
- One out of every 20 students has seen a student with a gun at school.
- The leading cause of death among children under the age of 14 is suicide.
- Every 30 minutes, a teenager attempts suicide due to bullying.
- “Bullycide” is the new term for suicide as a result of being bullied.
- One in three teens has experienced cyber-threats online.

Clearly, the consequences of bullying are no longer black eyes and stomach aches.

This book sets out to take a deep and cross-disciplinary look at the causes and effects of bullying, in search of a cure. The sad truth that we found is that many common and widespread parenting practices contribute to the bullying epidemic, as do many other

common and widespread factors of our society. Bullying and other risky behaviors have deep roots in history that have taken advantage of the enormous changes sweeping over families over the last two generations. Parents with the best of intentions and corporations not intending to harm have ushered in some enormous negative consequences.

Yet just looking at these realities with clear vision is a step to healing the problem. One study we reference in depth has revealed the connection between Adverse Childhood Experiences (ACEs) and later-in-life diseases, both mental and physical. Having this information gives us the motivation to protect our kids' childhoods—and helps us find solutions for a national health crisis.

We are excited to report that there is a great deal of good news as we approach the tipping point. Kids and parents everywhere are standing up and saying, “that’s enough!” Principals and community leaders are taking new approaches that give would-be bullies better options. Bullying is even being confronted on national and governmental levels. And many ingrained cultural practices are finally being called what they really are: bullying.

While it’s important to label bullying behavior when we see it, it’s equally important not to label a child as a “bully” or “victim.” Although we occasionally use those labels to describe general roles or identify the two parties involved,, it’s important to see both the child who bullies and the child who is bullied as whole persons...with needs, desires, strengths, and weaknesses, all of which contribute to who they are as a person. It is important to see that no child is beyond help Therefore, we choose to use the words “bullying dynamic” in this book, defining the issue as a power structure problem that can be changed with awareness, knowledge, and skills.

This book is for any parent of a child who has bullied or who has been bullied, including parents who have experienced bullying themselves. This book is for all parents, wannabe parents, and grandparents; for married, single and divorced parents; for child-care providers and educators; for policy makers, and for everyone else involved in the lives of children. Our focus on prevention is especially helpful for parents of younger children.

Part One takes a wide-angle look at “where we’re at.” The first chapter explores the welfare of children and their dreadful problems that all relate, somehow or other, to

bullying. The second examines the enormous cultural shifts that exacerbate these problems, and the third digs into and exposes the roots of bullying found in widespread parenting practices.

Part Two focuses on understanding, interrupting, and preventing bullying. Recognizing the deep wellspring of power that parents have to change the bullying dynamic, we then transition to a positive focus, and envision a bully-free world.

Part Three focuses on how a positive approach to parenting and healthy emotional development can prevent anti-social behaviors.

As you read, you will find the information loops around and back on itself with some very large and sprawling concepts about empathy, communication, rights, care, positivity, optimism, human rights, warm family environments, upstanders, mindsets, spirals, patterns, power, emotions, and positive child development.

By the time you finish, you will have a big-picture understanding of bullying, and you will be empowered to prevent it in your home and community. Because you will be in possession of a secret power...

The Bullying Antidote: *Zorgos*

Bullying is a power dynamic where one person exerts control over another physically, emotionally, or socially. Bullying can be persistent—a focused and repeated pattern—or it can be a single, traumatic event. In the bullying dynamic, one person always loses.

There is no pill, no quick fix for the enormous problem of bullying. But there are thousands of solutions...and we'd like you to have access to them all.

There is a superpower with which we'd like to endow your child, and all children. This power enables them to repel bullies and transform their relationships; it allows them to get what they need without resorting to bullying.

Your child, by possessing this superpower, will:

- Use their heart and mind for the greater good,
- Refuse to put up with bad treatment from peers or from strangers,
- Recognize bullying and stop it before it starts,
- Trust themselves and inspire others,
- Become a model to others with their upstanding qualities, and
- Uplift those around them to think and act in positive ways.

Not only does this superpower prevent bullying, but in fact, it is the antidote to bullying. This superpower is both a challenge to and a balm for the culture of negativity that has been passed down through generations—and is now practiced by families, peers, and the media. An antidote restores health, happiness, and balance, so life can go on about its business.

What is this superpower? Is it friendship? Is it problem-solving? Is it understanding? Yes, it is all of these things. It is also empathy, compassion, connection, kindness, and respect. It is safety, self-esteem, and human rights. It is relationship, assertiveness, peace, wholeness, and foresight. It is resiliency.

But to make this huge superpower concept easier to remember, we're just going to call it *Zorgos*.

People who have *Zorgos* are bigger than bullying. You know people like this. You know people who are great leaders, who are peacemakers, who are insightful and kind. They are powerful individuals! People with *Zorgos* are mentally healthy, emotionally intelligent. They keep their balance, and they believe in themselves.

What we nurture is what we get. Instead of nurturing bullying, we need to invest in *Zorgos* at every level of society.

And just in case you were wondering, *Zorgos* is the Esperanto word for “*I will take care.*”

There are a lot of moving parts, although at heart the idea is very simple. Every chapter in this book is full of information and insight that comes from the cutting edge of psychology and brain science. We will show and teach you what works. It's not easy building *Zorgos*, but once you get the idea, you will be amazed to see it empower everyone around you. This book is about how you can superpower your kids for a good life.

This is an excerpt from *The Bullying Antidote* by Louise Hart, Ed.D. and Kristen Caven, a book that “triumphs as an in-depth guide to the troubling world of bullying” and is “an in-depth trove of easy-to-implement strategies in abuse prevention.” Louise Hart (www.drlouisehart.com) is also the author of *The Winning Family* and *On the Wings of Self-Esteem*. Kristen Caven (www.kristencaven.com) is also the author of *Perfectly Revolting* and *The Souls of Her Feet*. **Learn more about bullying by perusing and subscribing to *The Zorgos Reader*: zorgos.wordpress.com.**