



For more information:
1-888-932-8228
www.hojaworld.com/nobullying

HOJA's No Bullying Presentation

The Idea:

- Over the years, many schools have asked us if we would consider putting together an anti-bullying presentation because their students not only enjoy our performance but also regard us as significant role models.
- We've always been grateful for the opportunity to be a powerful influence in students' lives, and we've taken a lot of pride in living up to that responsibility with the positive message we deliver in our shows. Each of us was affected by bullying while growing up (some of us significantly so), and we are very excited to do what we can to help give kids a happier experience growing up.

The Vision:

- Many anti-bullying presentations focus primarily on relating what it feels like to be bullied and encouraging students to not bully others. While this is important (and will be included in our presentation) it can create the feeling that, unless the 5 or 6 or 10 'official bullies' of the school were listening and are going to change their behavior, not much is going to change around here.
- We believe (as many researchers do) that how the other kids react and support the bullying (the ones watching, laughing, cheering, ignoring, etc) not only adds to the pain experienced by the victim, but also is what creates a school environment where the act of bullying other kids is perceived as a rewarding experience.
- We are confident we can make a significant impact on the middle 80% or so of the student population who are not regularly bullying or being bullied, but whose attitudes and behaviors can transform the school environment into a place where bullying simply is not able to thrive.

The Research:

- The research for our presentation is based primarily on the work of Barbara Coloroso and Dan Olweus who stress the importance of the role of the 'bystanders', citing that the action/inaction of peers reinforces bullying in more than 80% of bullying episodes.
- The research strongly suggest that demonstrating to students how they play a role in bullying no matter what they do (whether they help, laugh, do nothing, walk away, tell someone) significantly impacts how they react when they see bullying next time.
- When students collectively feel that they are more important and powerful than the bullies and they take pride in helping to create a positive school environment, the school administration's role of dealing with bullying incidents can become much easier.
- Parental involvement and support is also shown to be a very significant factor.

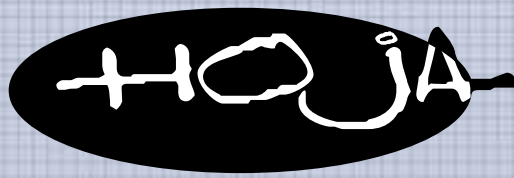
The Presentation:

- Because of our belief in the importance of creating this kind of a school environment, we felt it wasn't enough to simply offer a one hour presentation. Even if the content is excellent and students are captivated by it at the moment, most students simply won't remember what was said and the impact could be significantly reduced even a week later.
- We've come up with some additional components to deliver a lasting impact on your students with momentum that carries through the entire year (*see next page*):

"Thank you so much for providing your presentation with a focus on Bullying. The group was enthusiastically accepted by all students and staff. The stories were effective for all, very moving and most appropriate. The presentation was genuine rather than contrived, honest and appropriate for the entire audience grades 1-8 (a tough task). Truly a valid and worthwhile presentation on topic."

— Richard Dittrick, St. Peter School, Regina, SK





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- 1. The Presentation** — Approximately half of our show will consist of performing modern-acapella songs for your students. If you've never seen us before, feel free to view our Performance Sample video clips to see how we entertain and 'win over' students with our performance. The other half (interspersed between songs throughout the show) will include us relating stories to your students about our experiences growing up — times that we were bullied, times we bullied others, times we ignored bullying, times we helped, what worked and didn't work, moments we are proud of, and moments we wish we could do over. We also demonstrate and role-play with your students some examples and suggestions about what your options are when you see or experience bullying.
- 2. No Bullying Web Page** — Students are encouraged to visit this site to download two free songs (the best idea we could come up with to try to ensure they all go there). On the site we reinforce the important topics we covered during our presentation, as well as offering more detailed explanations, suggestions, and resources beyond what was covered in our presentation. It is our hope that the drawing power of our music, photos of us, and suggestions directly from us will encourage students to explore the content on this site, when they may not seek out this information from other sources.
- 3. Parent Involvement** — Schools are encouraged to send a note home (or include it in your newsletter) suggesting to parents that they visit the site with their children to view and discuss the content with them. We have also developed a Parents Page with specific information, suggestions, and resources for parents.
- 4. Ongoing Impact** — The school's level of involvement with this is completely up to you. We will leave a variety of posters with your school highlighting different points made in our presentation and different messages of encouragement from us to your students. Schools can put these up all at once throughout the school or change them up from month to month to keep things fresh for students. We will also email a monthly personal message of encouragement from us, which can be read over the intercom, so that students are reminded and encouraged throughout the year that we care about them and hope that they are doing their part to help make their school bully-free.

The Results:

- While there is no way to guarantee what the results might be in each school, we sincerely anticipate that the incidences of bullying will be reduced and that your overall school environment will be improved.
- 100% money-back guarantee if you do not feel our presentation was worthwhile.
- We welcome all comments, observations and suggestions for how we could improve our presentation so that we can make a larger impact at other schools in the future.

Our No-Bullying website can be viewed at www.hojaworld.com/nobullying

Regardless of whether you book our presentation or not, feel free to encourage students and parents to view this site if you feel it would help make a difference at your school.

"HOJA spoke from personal experience about how important it is for everyone to "stand up" against bullying by sharing how they reacted to bullying situations as students, including things they were proud of and things they wish they would have handled differently. Our students and staff were captivated by both their message and their performance. As a direct result of hearing HOJA's "lived experiences" our students are now taking the initiative to carry this work forward!"

— Alice M Laird, Andrew Sibbald School, Calgary, AB

"HOJA's show was entertaining and delivered a powerful message about bullying. It made me feel good about spending money on a performance since the show goes beyond entertainment to also include a high level of content for the students. I especially loved the way you demonstrated the difference between tattling and telling!"

— Todd Berg, Forest Grove Elementary School, Saskatoon, SK