

# **SAN BERNARDINO: Anti-bullying seminar offered in January**

**10:00 PM PST on Tuesday, December 14, 2010**

**Special to The Press-Enterprise**

Bullying is a serious issue facing people of all ages, one with short-term and long-term consequences that can sometimes include depression and suicide. However, a \$4,000 grant from a nonprofit Verizon employee organization may make it possible for families to deal with bullying.

The West Chapter of the Consortium of Information Telecommunications awarded the Children's Resources, Inc. the grant to collaborate with the San Bernardino City Unified School District's Family Resource Center in holding an anti-bullying, parent education seminar beginning in January, 2011, which will be open to the public.

"Bullying is often symptomatic of a larger problem with various forms of abuse and physical violence happening in the home of a perpetrator," said Mars Serna, family involvement officer. "We are elated that Verizon employees in CITE chose to work with us to give those who have been bullied the tools to get out of that situation and help those who are bullying others."

The Bully Proof curriculum helps parents learn how to talk to their children about bullying and learn conflict-resolution strategies. In addition, parents will learn how to develop empathy and understanding, skills that can stop and prevent bullying, that they can pass on to their children. Specific topics will include "The Makings of a Bully," "Standup Strategies for Bullied Children," and "Cyber Bullying: Keeping Your Child Safe."

The Bully Proof seminars begin Jan. 6 and continue every Thursday through Feb. 3 at the Family Resource Center, 1525 West Highland Ave. in San Bernardino. Parents can choose to attend the morning session from 9:30 to 11:30 a.m. or the evening session from 5:30 to 7:30 p.m. Parents who complete the seminar will earn a certificate and be better equipped to protect their children from being victimized by a bully. To register for the free seminars, call 909-266-9131.

"Verizon CITE employees are proud to serve their local community where many are parents of school-aged children and want to create awareness of this issue," said Monica Felton, CITE West vice president, and a Verizon employee. "This initiative reflects Verizon's employee culture of giving back to the communities where we live, work, and raise our families."