



BULLYING...We're Kickin It
Kickin It Kids AntiBullying and Leadership Academy
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Please allow us to introduce the Kickin' It Kids Center, a 501c3 nonprofit headquartered in Monmouth County NJ; the **first and only** antibullying and leadership center of its kind in the country, with programs designed for children preschool through college. Kickin' It is recognized and endorsed by the local mayors offices, the NJ Governors' office, News 12 and CBS News NY.

Kickin' It is effectively impacting the lives of our youth; with programs designed to balance children socially and emotionally so they can excel academically and in life. Every child should have equal opportunity to excel in life and to receive a high level of education; even as early as the preschool years.

Between two to five years of age children's emotional, social and cognitive development begins. At this tender age it is crucial to provide children with the tools, strategies and educational materials to set them on a positive path that will carry with them throughout their school and social journey.

Preschool years are the key years to detect if there is developmental delay. If it is not discovered early, this can make it hard for children to learn when they start school, resulting in falling behind academically, with social and emotional issues arising such as insecurity, depression, frustration, aggression and other negative reactions.

During the Preschool years, children begin to test their physical, behavioral and emotional limits. It is common among a group of preschoolers to see a dominant child emerge who tends to boss around the other children. It is very common to see preschoolers react physically rather than verbally. All of these negative actions must be addressed during the preschool years, as this behavior will continue into their school and adult years.

As children grow, providing a clear consistent message with positive reinforcement in a safe, structured environment in which to explore and face new challenges, with well-defined limits, is vital. Without this type of environment children can easily fall behind or find themselves in negative situations.

All children should have equal access to every level of education and be provided the skills to display proper etiquette behaviors and social decorum so they can proudly intermingle confidently with others of all social backgrounds.



Kickin' Its, goal to embrace all children, has expanded to include children with Down Syndrome ages sixteen to twenty-four, by creating a student work training program providing hands on work experience teaching them various skills, building their confidence with the respect and dignity they deserve.

Most children with Down Syndrome are bullied, teased, excluded, tormented and are not provided opportunities for them to rise to their potential. In the U.S., Down syndrome is the least funded major genetic condition by our National Institutes of Health despite being the most frequent chromosomal disorder.

Because of this and because of lack of funding from other government organizations, there is surprisingly little known definitively about the condition. Allowing children with Down Syndrome the opportunity to excel through Kickin' It programs, will bring more attention to this condition and greater opportunities for those children.

When children are well balanced they are confident, secure and can rationally assess a situation rather than react impulsively. Children who are well balanced, respectful and tolerant are less likely to bully others; Children who are well balanced know their self-worth and are less likely to react negatively if they are on the receiving end of bullying.

To successfully reduce bullying, social behaviors must be addressed during the developmental years with structure and supportive programs remaining a constant in their lives as they continue to grow into their own unique selves. To successfully reduce bullying, we must all be willing to accept one another.

The Kickin' It Kids Center addresses said issues and supports children from preschool through college, supporting children regardless of their background, social and/or financial status. In order for Kickin' It to continue, we desperately need supporters to learn about our effective work and the impact Kickin' It is having on the school and social climate.

In our circle of individuals we are advocates, educators, volunteers, students and mentors trying to provide every resource for youth. Please, any acknowledgement or level of support from you will make a deep impact.

On behalf of the volunteers, staff and students, thank you for your time and consideration.

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