

# **Paul Figueroa**

## ***Bullying Prevention***

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# **BULLYING DEFINED**

## **BULLYING REMEDIES**

### **Bully**

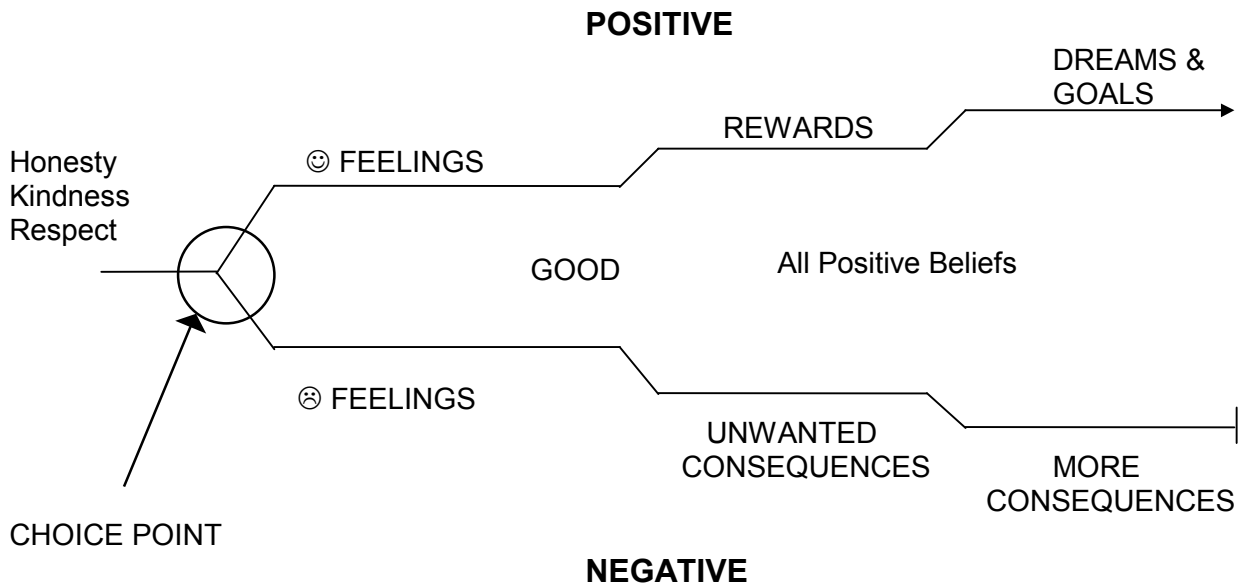
**Structure  
Positive Release  
Belief**

### **Bullied**

**Support  
Belief  
Compassion**

# Choice Point System™

CHOICES → OUTCOMES



The Choice Point System illustrates that for most every decision, there is a moment in time where the decision is made. We call that moment a “Choice Point”.

The Choice Point System shows the people that:

- For every decision there is an Outcome.
- Often these Outcomes are Positive or Negative.
- If they look at the “Choice Point” and decide whether their choice is honest and kind, it will help guide them to a positive outcome.
- Because they have the ability to choose, they are responsible for the results of their decisions.
- Feelings and the outcomes are an indication of whether your making, or have made, a positive or negative choice.
- If they ended up with a negative consequence, at some point *they* made a decision that led them to that outcome.

## ***Positive Beliefs***

**I am important.**

**I'm loveable.**

**I belong.**

**I'm good.**

**I am good enough.**

**I am worthy.**

**I matter.**

**I'm capable.**

**I'm smart.**

**I am enough.**

## ***Negative Beliefs***

**I am not important.**

**I'm unloveable.**

**I don't belong.**

**I'm bad.**

**I am not good enough.**

**I am not worthy.**

**I don't matter.**

**I'm not capable.**

**I'm stupid.**

**I am not enough.**

# UNDERSTANDING ANGER

Personal Anger Triggers:

Violence Ladder

Body Signs



Mad Mountain is an illustration of how, if anger is ignored, it can build inside a person and lead to violence. “Body signs” are physical sensations the participants notice in their body when they first start getting mad.

Mad Mountain shows people that:

- At each point their body changes, and they notice their anger, they are faced with a “Choice Point”.
- People have early warning signs of possible violence.
- Violence is a poor choice with what to do with their anger.
- When someone is violent, they had early warning signs and could have chosen not to be.
- Violence is the product of many decisions, and ultimately a personal choice.
- They have a responsibility to make good choices when they are angry.

# CAULDRON O' ANGER™



The Cauldron O' Anger is an illustration of how when we were born, we were given a place to store our Anger.

It also shows people that:

- Anger isn't a bad thing, only energy.
- Everyone makes a Choice with what to do with their Anger, and it's that Choice that ends up with a Positive or Negative outcome.
- If you ignore your Anger, and don't release it in a safe way, it builds up.
- Ignoring your Anger can make it easier for you to later explode or spill old Anger on someone.
- That one small, minor thing, can cause a huge spill if there's a lot of unresolved Anger in our Cauldron.
- We all have a "Responsibility" to take care of and keep track of the level of Anger in our Cauldron.

We also discuss safe ways of releasing and managing Anger so we aren't as likely to spill it.

## Truth Tester

Use this in your mind when you find yourself overreacting to something someone has said or done.

- 1) I am Feeling \_\_\_\_\_,
  - 2) Because when he/she \_\_\_\_\_,  
(said/did)
  - 3) I thought it meant that I am \_\_\_\_\_,  
-Negative belief about yourself-  
(Bad, Not Loveable, Not Good Enough, etc.)
  - 4) What is true is that I am \_\_\_\_\_!  
-Opposite of negative belief
- (What you really want to hear and what's true!)  
-Repeat this often to yourself!

You can use this when someone calls you a name, spreads rumors, manipulates or does something that you take really personally. For example, say you were to meet someone at a certain time, and they forgot. You might feel mad and think that you are unimportant because they forgot to meet you. So you would put your feelings in the first line, that they didn't show up in the second line, that you think you are "Unimportant" in the third line and the truth, that you are "Important" in the fourth line. Using this can help you to know to not take things so personally. It will also take a lot of the "charge" out of conflicts.

Paul Figueroa, the founder of Peace Enforcement LLC is an expert in violence prevention, conflict resolution, self esteem building and motivation.

A 12-year veteran of the King County Sheriff's Department, Paul spent much of his career working with street gangs. Drawing on this experience, Paul re-channeled his efforts, and for the last 13 years has been working to positively impact the lives of people, both young and old, before law enforcement sees them. In his trainings, programs, and keynote addresses, Paul provides kids, parents, educators, and child advocates the tools they need to ensure a safe healthy future.

***Paul is an award winning professional speaker that specializes in helping kids, parents, adults, companies and organizations overcome challenges they are facing.***

**For Kids:**

Helping them overcome the challenges they are facing in assemblies, workshops and events. Topics include Bullying Prevention, Understanding Anger, Conflict Resolution and Positive Choices.

**For Parents:**

Parent Support Workshops: Comprehensive, fun, life changing and making parenting easier.

Parent Presentations (PTA's, etc.): Bullying Prevention, Self Esteem for Kids, Positive Choices and Structure is a Loving Thing.

**For Educators:**

Compassionate Classrooms: Helping educators create a loving environment for children, especially when they are triggered.

**For Companies and Organizations:**

Gossip Prevention (which was featured on the Today Show): Easy tools to save you tons of money and increase productivity.

Compassionate Leadership Training: Improving morale, productivity and revenue in a positive way.

Compassionate Leadership CD: Available at [www.PeaceEnforcement.com](http://www.PeaceEnforcement.com) Many tips on how to create this positive and effective work environment.

Conflict Resolution – A Map: Positive way of solving conflict by staying present, not giving in to your emotions and staying safe.

Seven Steps to Phenomenal Management Skills: Easy ways to improve your management skills of others, supportive, life changing, profit increasing and fun.

Team Building and Communication Skills: Enhancing your workplace by increasing efficiency and creating a positive work environment.

In recognition of his work with children and families in Washington State, Paul was awarded "The Governor's Child Abuse Prevention Award". His Peace Enforcement Self Esteem / Conflict Resolution Curriculum was nominated for KCTS' Golden Apple Award for its use in elementary school violence prevention programs. Paul has also been recognized by the Snohomish County Juvenile Court for his work with Juvenile Offenders, and he has been nominated for the United Way "Outstanding Mentor Award." He has appeared frequently on Radio Disney to share his expertise, has presented to HR managers in Singapore, been interviewed on Take a Stand TV for his passion on bullying prevention and helping children, and his Anti-Gossiping program was featured on the Today Show.