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VICTIMPROOF - The Student's Guide To End Bullying: America's #1 Anti-Bullying Program



Synopsis

Most students have been taught to "report all bullying!" but they've never been given the tools to prevent it in the first place. In *Victimproof*, author Tom Thelen shows students how to end bullying from the inside out. The message teaches students how to recognize and respond to bullying, so each of them learns how to "BE THE CHANGE!" on their school campus. Using his own life story, Tom shows students how to become *Victimproof*! "You can't control whether or not you get bullied, but you can control whether or not you become a victim."

Tom Thelen

STUDENTS DISCOVER HOW TO: Drop the Victim Mindset, Take Responsibility for Life, Break Free From Hurts & Insecurities, Apply Bullyproof Strategies That Work.

TABLE OF CONTENTS: - CH 1: *Victimproof* - How To Drop The Victim Mindset - CH 2: Bullyproof - Set Boundaries With Bullies - CH 3: Be The Change - From Bystanders to Upstanders - CH 4: Character - Discover The Power of Choices - CH 5: Self-Esteem - Accept Yourself to Become Yourself - CH 6: Self-Discipline - Kick Yourself In The Butt - CH 7: Honesty - Become a Trustworthy Person - CH 8: Respect - Live a Life of Honor - CH 9: Responsibility - Own Your Life & Choices - CH 10: Purpose - Discover Your Unique Contribution - CH 11: Teamwork - Join a Cause Greater Than Self - CH 12: Leadership - Lead Your Vision to Reality - CH 13: BONUS CHAPTER - Secrets to Success

At the end of the book, students sign the **VICTIMPROOF PLEDGE** and make a personal commitment to drop the victim mindset and stand up to bullying.

QUESTION 1: Is *Victimproof* appropriate for all ages? **ANSWER:** *Victimproof* is appropriate for all ages, however, it is geared toward Upper Elementary, Middle School, and High School Students. *Victimproof* is also used for student-led Anti-Bullying Groups at both the High School and College level.

QUESTION 2: Does the program contain any political or religious content? **ANSWER:** No. Tom's message includes universal values that we all agree on like Respect, Responsibility, and Self-Esteem. **TOM DOES NOT SPEAK** on the topics of politics, religion, or sexuality. At Character Programs, we believe these topics are best discussed between students and their parents.

VIDEO CURRICULUM: Purchase the accompanying DVD Curriculum with 30 video lessons for students. Includes group discussion questions. Watch a free preview at www.Victimproof.org.

Book Information

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Customer Reviews

Tom Thelen is the creator of the Victimproof Anti-Bullying Program and the author of several books, including Victimproof and Teen Leadership Revolution. As one of America's top youth motivational speakers, he has spoken at over 500 schools, colleges, and youth organizations. www.TomThelen.com.

There are some nice anecdotal stories but it basically is pointing the reader to subscribe to his program. Much better comprehensive books are available on bullying. Tom is out there educating the community about the long term effects of bullying and I applaud his efforts.

I have used Victim Proof as a part of my Middle School curriculum for the past 3-4 years and the message that Tom brings from his personal experience not only connects with students on a personal level, but inspires students to change for the better. I also believe the life lessons of respect, treating others as you want to be treated, honesty, and integrity are timeless and are shown to work in the "real world" we live in through Victim Proof. Victim Proof also teaches everyone, the young and the older, how to not let yourself become a victim of all types of bullying-not just at school. Victim Proof gives you the power to change because you know you are not facing the "bully" alone any longer and it also gives you the tools to protect yourself when you put them in place in your life. There is power in putting these principles to use. I know because I was once the victim of a bully and now I am also "Victim Proof".

I'm using my moms account to write this. I got this book after listening to Tom Thelon talk at the Indiana state 4-h roundup convention. I have just recently finished reading it and it is a every helpful book. I love how it tells true life stories and how much detail and information you can get from it. I

live in a small town and the bullying is pretty bad right now but with this book I truly believe it could stop. I have been bullied myself and I don't mean to but I have bullied others. With this book I understand why people become bullies and why they are the way they are. I truly think this is worth your money to spend. BE THE CHANGE!!!!

I wish I could give every middle and high school student a copy of this book (and their parents, too). Tom Thelen's "Victimproof" is exactly what the dialogue on bullying has been missing. Tom's message of empowering bullied students to stand up for themselves and "be the change" is in stark contrast to the weak approaches that have been taken to bullying, and Tom has an equally powerful message for students who feel victimized, but actually may be committing bullying themselves without realizing it. I think Tom is on to something special, and this book not only helped me understand how to help students who have been bullied - it changed my perspective on life, too.

Our schools have been using Tom's materials for two years now, and his comprehensive program has made a huge impact on our school culture. Our kids connect with his message and our staff find his materials easy to use each day in our character education program.

I recieved this book as a gift about a year ago, read it, and I have let each of my teenage children read it. Victimproof is a great book for youth who are struggling with bullying. I appreciate the fact that Tom Thelen encourages youth to be resilient and not become a victim of someone elses struggle. Five stars, a great read that keeps your attention and helps parents and youth navigate through the struggle of bullying.

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