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**VICTIMS, ABUSERS/BULLIES, & SURVIVORS:
THE DYNAMICS OF SELF-ESTEEM IN AGGRESSION AND/OR VIOLENCE
w/ The 90 Second-A-Day Child Self-Esteem Prescription Plan**

OVERVIEW: This workshop makes the connections between aggression, violence, and self-esteem as they develop in children. The developmental processes of the victim, abuser/bully, and survivor are discussed with reference to parenting styles, both positive and problematic. Methods are presented to build self-esteem in children and to protect them from becoming abusers/bullies and/or victims. The 90 Second-A-Day Child Self-Esteem Prescription Plan brings together these principles in simple but powerful interactions between adults and children.

1) WHAT'S IMPORTANT ABOUT SELF-ESTEEM?--- Abusers, Victims, Watchers (peer bullies), and Survivors

2) VIOLENCE as BULLYING Repetition, Aggression, Negative Intent, and Power Difference
Behavior, Verbalization To, and Verbalization About
RELATIONAL AGGRESSION (gender differences)

3) WHAT IS SELF-ESTEEM MADE UP OF? --- Acceptance, Power & Control, Moral Virtue & Competence

4) ABUSERS & BULLIES in terms of VIOLENCE/AGGRESSION --and the Search for Acceptance, Power & Control, Moral Virtue, & Competence

Problems: Effects on others, on self, learning, friendships, work, intimacy, income, & mental health

Causes: COERCION PARENTING MODEL, NONCONTINGENT PARENTING, RELATIONAL AGGRESSION,
American Cultural Issues

Characteristics: Hostile Attributional Bias; Perceived Provocation; Successful Short-Term Outcomes & Long Term
Failures;

Downward Life Spiral; -- THE REACTIVE BULLY- Both Bully & Victim

5) VICTIMS in terms of VIOLENCE/AGGRESSION --- and the Search for Acceptance, Power & Control, Moral Virtue, & Competence

Problems: Unpopularity, Socially Isolation, Negative View of School, Somatization, Internalization of Negative Views of
Self

Causes: Close Parental Relationships, Overprotectiveness, Lack of Coping Skills, Inexperience With Conflict Resolution

Characteristics: Physical Size, Youth, Sensitivity, Anxious Vulnerability, Fearful, Non-Conflict Submissiveness

6) SURVIVORS in terms of VIOLENCE/AGGRESSION --- and the Search for Acceptance, Power & Control, Moral Virtue, & Competence

Characteristics: High Testosterone Levels, Physical Aggression & Social Success, Language and Social Success, Prosocial
skills

7) WHERE & HOW IS SELF-ESTEEM (victims and bullies) CREATED?

8) HOW TO BUILD SELF-ESTEEM --- AS AN ALTERNATIVE TO VIOLENCE (BULLY/ABUSER); AS PREVENTION OF VICTIMIZATION; TO CREATE SURVIVORS

9) THE FOUNDATION: Seven fundamentals to building Self-Esteem in the Adult-Child System.

Know Yourself; Being a Model of Self-Love; Take Care of Yourself...First!; Being Emotionally and Physically Available;
Separate; Distinguish Love & Like; Understand Your Child

10) THE BUILDING: Seven guidelines to Building Self-Esteem in Children

Validate Your Child; Teach Responsibility without Shame, Blame, & Fault; Teach that not one should be allowed to abuse
him/her (including you!); Teach him/her to always take care of him/herself; Challenge / Not Push; Have Expectations / Not
Demands; Praise Appropriately; Create Internalized Motivation; Do the Right Thing even when it's the Hard Thing

11) The Trap & the Message of being the Perfect Parent or Perfect Teacher.

12) The 90 Second-A-Day Child Self-Esteem Prescription Plan