

“The Bully Proof Teen”

Bullying Prevention Programs



Bullying Prevention From The Inside Out

- An age appropriate (grades 6-12), interactive assembly or workshop program that engages and entertains teens while teaching powerful life skills.
- Teens learn and apply simple, useful, peaceful tools that really work to stop being the targets of teasing, name calling cyber bullying and intimidation.
- Students discover how to build and protect their own self esteem while dealing with gossip and exclusion.
- We expose the “Bully’s Secret” and how to turn that knowledge into empowerment.
- How to “Stand Up For Yourself” powerfully AND peacefully.
- Participants may not realize how much they’ve learned until they look back and notice how good they feel...

“Thank you so much for sharing your experience and skills with how to deal with bullying from the inside out. I am sure the students will be using those skills and teaching others what to do. The book is wonderful. I use it daily. Thank you for making a difference in our students lives.”

- Stephani Macherone, School counselor, Fort Plain, NY

“This will directly and tremendously help individuals of all ages and levels.”

- Manideepa Patnaik, Parent

“His tactics are refreshingly outside of the box.”

- Elizabeth Hall, Liz Claiborne, Inc.

“This was so much better than what I thought I had booked!”

- Peggy Sheehan, New Milford HS

“Outstanding! The Staff surveys have been extremely positive.”

- Linda Winzer, Lyme ES



Mark Shepard, NLPT—Bullying Prevention Coach, is a multi-disciplinary presenter combining decades of experience as an Arts In Education Specialist and with 15 years of experience as an NLP Therapist/ Coach helping people overcome shyness and social anxiety.

What sets him apart are his brilliant original songs, powerful storytelling and cutting edge personal mastery tools that empower young people to stop being victims, targets of bullies and defeated by adversity.

BullyingPreventionNow.com