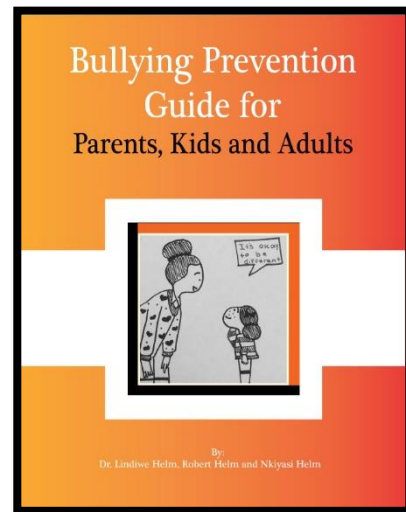


From Victim to Victor!

Family chronicles how they overcame bullying together...

Since 2013 the Helm family has become strong advocates for sustainable strategies and programs to prevent bullying and for building stronger families and communities. Mr. Helm has served as a member of the Committee for Bullying Prevention for the City of Lansing, Michigan and his oldest daughter [Nkiyasi Helm](#) is author of 11 books and [a Youth Bullying Prevention Advocate](#). Both are motivational speakers with a passion and a strong commitment to help others productively address and understand the detrimental consequences of bullying behavior.



The purpose of this Bullying Prevention Guide for Parents Kids and Adults, is to provide a simple yet very effective tool to engage in bullying discussions and bullying prevention particularly with children. This tool was designed to empower parents, support current bullying prevention initiatives at home, in schools and certain organizations and to be integrated seamlessly with other existing bullying prevention initiatives and strategies.

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