

# ROCKY RIDGE ESTATE

[www.rockyridgeestate.co.za](http://www.rockyridgeestate.co.za)

## Fantasie mini-dorp

Vir die afgelope vyf jaar maak Rocky Ridge Estate onvergeetlike verjaarsdagpartytjies moontlik, danksy die unieke Fantasie mini-dorp geleë in Kameeldrift-Oos, Pretoria. Die fasiliteite is nie net ingerig om kinders eindelose vermaak te verseker nie, maar ook om ma en pa die geleentheid te gee om die beplanning en skoonmaak aan iemand anders oor te laat en hulle volle aandag aan die kinders kan gee. Eie spyseniering is toelaatbaar en Rocky Ridge spesialiseer ook in volledige partytjebepanning. Vir meer besonderhede, kontak die eienaar Heidi Adendorff by 082 566 6360.



## Straight Talk...

by Maureen Collins

Maureen has a B Sc degree in Psychology from Edinburgh University. Maureen's passion is for showing people how to improve the quality of their conversations even under the most difficult conditions.

[www.straight-talk.co.za](http://www.straight-talk.co.za)

### How to stand up to a bully

Every day thousands of children wake up afraid to go to school. And every day many grownups wake up with dread at the thought of going to work.

Bullying is when a person is picked on relentlessly by someone with more power. It can be verbal: shouting, teasing, and personal criticism, and physical: punching or hitting, tripping and shoving. It takes place on e-mail and on social web sites. Sexual harassment is a form of bullying.

Bullies can be ruthless in how they meet their needs to win and control. They rarely have feelings of empathy or caring toward other people. Some have personality disorders. Most are personally insecure.

The real risk is being targeted by a bully in the first place. Bullies prey on easy targets and **only** respect people who

won't be bullied. Cats understand how to deal with bullies. Watch how a cat stands its ground when it is being chased by a dog. Bullies thrive on the reaction they get. If you walk away or ignore a bully, the bully will eventually realise you are not vulnerable and will go in search of easier prey.

You have to bring bullying out into the open to resolve it. Younger children should tell a trusted adult. At work you can talk to friends, a senior person or the personnel department. If bullying threatens to lead to physical danger and harm, it must be reported. Sometimes adults in positions of authority can find ways to resolve bullying without the bully ever learning how they found out about it.

In dealing with a bully your objective is to get him or her to leave the victim alone. You are not responsible for fixing the bully's problem.

