



SPECIAL EVENT

Anti-Bullying Workshop

—taught by **Paul Figueroa**, who has over 25 years of experience in helping people better themselves. He teaches at North Seattle Community College and has appeared on the **Today Show** and **Radio Disney**.

Long a proponent of preventing violence, his new passion is empowering youth with gossip prevention and enhanced communication skills.

10:00–12:00 Session for Adults and Kids

Sample Topics:

- What is bullying?
- What to do when you feel bullied
- How to talk to classmates about your family

12:30–2:00 Session for Adults (older kids at parents' discretion)

Sample Topics:

- Creating a bully free social environment
- Cyber bullying 101, how to crush it
- Being “out” at school

for younger kids

—we have some fun activities planned for the whole period

Date: March 26, 2011

Location: Center for Spiritual Living
(5801 Sand Point Way NE, Seattle)

Cost: \$25 for one person
\$50 for a family (childcare provided!)

RSVP with number of
Adults, Kids, and
Little Ones to
rsvp@rfops.org

Rainbow Families of Puget Sound is non-profit 501(c)(3) all-volunteer organization serving families led by LGBT parents. We are run by a small steering committee with input and volunteer help from other members.

Sponsored by:

 **Pride**
FOUNDATION