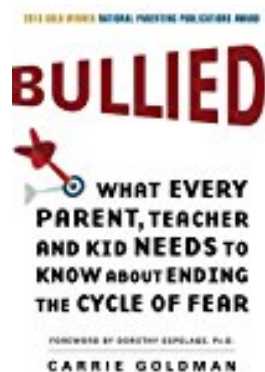


[PDF] Bullied: What Every Parent, Teacher, And Kid Needs To Know About Ending The Cycle Of Fear

Carrie Goldman - pdf download free book



Books Details:

Title: Bullied: What Every Parent, T
Author: Carrie Goldman
Released: 2013-08-06
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Description:

Review

“This is an important book on an important subject. We are glad to see such a broad and considered approach taken on the complex subject of bullying.”

(**Ben Cohen**, MBE, Chairman, Ben Cohen StandUp Foundation)

"Bullied is an excellent how-to guide for addressing bullying and creating a culture of acceptance and respect. I can't recommend this book enough to parents and educators."

(**Trudy Ludwig**, Children's Advocate & Best-selling Author of *Confessions of a Former Bully*)

"Bullied is a captivating blend of stories, research and guidance. Goldman's odyssey as a blogger mom at the epicenter makes her a powerful voice for positive change. Her insights make this a comprehensive and indispensable bullying prevention resource."

(**Judy S. Freedman, M.S.W., L.C.S.W.**, author of *Easing the Teasing-Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying*)

"A well-researched guide to combating bullying...This book is a must-read for parents with children of any gender. Valuable support, resources and concrete actions for safely navigating the social wilderness of adolescence."

(**Kirkus**)

"Carrie Goldman has written a compelling, well-organized book providing a depth of knowledge about a national crisis and deftly showing how people working together in schools and communities can eradicate bullying." (New York Journal of Books)

From the Back Cover

Winner of National Parenting Publications Award and Mom's Choice Award!

Everybody knows how it feels to be ostracized, isolated or taunted, but most of us are at a loss when it comes to knowing how to make it better. In Carrie Goldman's groundbreaking book, *Bullied*, she offers concrete solutions for parents, teachers, and kids on how to effectively respond to painful situations—whether it is normal social conflict or more serious bullying.

Goldman's warm, engaging style combines the real-life stories of bullies, victims, bystanders, and their parents with the most cutting edge scientific research to provide a thorough analysis of cruelty in our culture. She explores how the pop culture permeates homes and schools, often impacting the way kids view those who are different from the accepted norm.

Bullied comprehensively addresses issues such as:

- The media's influence on aggression and bullying
- How to prevent cyberbullying, or how to manage cyberbullying once it has begun
- How to safely shift from being a bystander into a witness or an ally
- Effects of bullying on the brain, both for bullies and for victims
- Steps to take with the school if you are being bullied or sexually harassed
- A comprehensive look at restorative justice as a non-punitive response to bullying
- Techniques to help you deal with verbal taunting in the moment it is happening
- Identifying the difference between normal social drama and bullying
- Knowing when to ask for help and how to access effective help

The mother of a bullied first grader, Goldman's inspiring true story triggered an outpouring of support from online communities around the world. *Bullied* is a research-based book born from

Goldman's blog post about the ridicule her daughter suffered for bringing a Star Wars thermos to school—a story that went viral on Facebook and Twitter before exploding everywhere, from CNN.com and Yahoo.com to sites all around the world. More than 200 people were interviewed for the book, including parents, teachers, kids, social workers, authors, celebrities, researchers, psychologists, actors, actresses, and school administrators. It is a wealth of knowledge packaged in a fascinating read.

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