

25 Myths About Bullying and Cyberbullying

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**This book offers parents
research-based information
about:**

- What we know about targets and bullies, including cyberbullying
- Myths that can actually reduce your ability to help your child effectively
- Myths that can sap your self-confidence as a parent
- What to do when your child reports being a target of a bully or cyberbully
- How to work with your child's school, to achieve the best results possible
- What kids report, in research, is the most effective bullying prevention and response strategy – by far!



DESCRIPTION

Learn the truth about bullying in the 21st century: what to look for, and how to cope with the social problems facing today's kids.

Whether dealing with bullying issues or worrying that they might occur, parents are faced with more challenges than ever before. In the age of the internet and social media, traditional approaches to bullying haven't kept pace with new realities, and new problems like cyberbullying have emerged. Parents searching for ways to prevent or cope with bullying are flooded by a deluge of advice, opinions, and strategies—often conflicting or, even worse, potentially harmful. *25 Myths about Bullying and Cyberbullying* helps parents understand the causes and consequences of bullying, determine if something is truly a problem, and effectively deal with problems when they arise.

This practical guide enables parents to appreciate how modern digital environments impact a young person's communication and relationships, recognize the most prevalent types of psychological bullying and cyberbullying, and know when and how to intervene. The author dispels common myths related to the confronting of bullies, victims seeking revenge on bullies, keeping kids off their phones and computers to prevent cyberbullying, the links between bullying and suicide, and many others. Backed by the most recent work in bullying and cyberbullying research, this book helps parents:

- Understand what causes, prevents, and stops bullying and cyberbullying
- Tell the difference between bullying issues and normal 'growing pains'
- Recognize the signs and effects of psychological bullying
- Know when intervening is helpful, and when it can be destructive
- Reduce social anxieties and the potential for bullying issues in children and young adults

25 Myths about Bullying and Cyberbullying is an important resource for parents of school-age children and young adults, as well as staff in educational environments.

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