

Ages 10-14
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An essential resource for every school and library, this timely series aims to combat bullying from all perspectives. Carefully examining six different types of bullying, this guide offers advice on how to avoid and respond to it. Librarians and teachers can refer to the books for perspective on what children may be experiencing and as a source of guidance in helping those who are being bullied or struggling not to bully.

Titles in this series:

Bullied by Boys
Bullied by Friends
Bullied by Girls
Bullied by Groups
Bullied in Cyberspace
Bullied to Belong



ANTI-BULLYING BASICS

Effects of Group Bullying

Being bullied by a group can be a very damaging experience. If you are a confident person, you may be able to shrug it off and not let it get to you. However, for many young people who are less confident and more vulnerable, the effects can last for years.



Some teens who are bullied develop eating disorders.

Effects on self-image

Almost all teens who have been bullied experience a drop in self-confidence. Being bullied can easily alter a person's self-image and self-esteem. You may start to feel you are weak and worthless. It can be hard not to let the bullies' comments about you affect how you see yourself.

Eating disorders and self-harm

Some teens who are bullied may skip meals, and some may develop eating disorders. Sometimes teens who are bullied also harm themselves, for example, by cutting themselves. A few consider suicide as the only way to stop the bullying. Suicide is a leading cause of death among young people. Experts cannot track exactly how many suicides result from bullying. A study by Yale University, however, showed that children who were bullied were two to nine times more likely to consider suicide.

You may start to blame yourself for the bullying, but that is exactly what the bullies want. Try to be kind to yourself. Do things you enjoy, eat regular meals, and get enough sleep—all of these things will help you feel better about yourself. Finding a person you trust—preferably an adult—with whom you can share your feelings and thoughts will also be of great help. No one deserves to be bullied or should have to put up with it.



STARTING OVER

Olivia was 14 when a group of girls started picking on her and saying she was fat. Olivia took the bullying to heart. She looked in the mirror and hated what she saw. She began to skip meals and lost a lot of weight, but the bullying went on. She secretly began to cut her arms, legs, and stomach with a razor. This continued for two years. Then one day she caught sight of her poor, abused body in a mirror. She realized she had to stop self-harming. Olivia talked to a guidance counselor at her school, even though it was really hard for her to admit to the problems she was having. The counselor helped her to find a therapist who specialized in the types of problems Olivia was having. It was hard work, but the therapy helped. Olivia changed schools and made new friends who supported her and helped her to like herself again.



Be kind to yourself—find something you really enjoy doing.

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BULLIED BY GROUPS 27



Available as
eBOOK



Real-life scenarios written from a student's perspective are compelling and down-to-earth and are accompanied by practical advice.

An **appealing layout** with full-color photographs, illustrations, Q&A, and eye-catching sidebars frame the narrative.

Content vetted by Dr. Kari Sassu, an assistant professor in the Counseling and School Psychology Department at Southern Connecticut State University.

"This insightful series is one that young victims, bullies, and bystanders can **all benefit from reading.**"

—Booklist

"This series is an excellent, long-awaited resource... **All libraries serving children should own a set.**"

—Catholic Library World