



The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

Julia V. Taylor, Raychelle Cassada Lohmann

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Being a teenager is difficult enough without having to fear for your safety. If you have experienced bullying at school, or even cyberbullying while online, you aren't alone. Bullying and cyberbullying, or "bullycide" are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with major stresses like getting good grades and transitioning into adulthood.

The Bullying Workbook for Teens incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. The workbook is made up 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies; manage emotions such as anxiety, fear, anger, and depression; and learn constructive communication skills to help you express your feelings.

With this workbook as your guide, you will also learn how to identify toxic friendships, how to build your own self-confidence, and importantly, how to ask for help when bullying gets out of control or if you are feeling suicidal. The exercises in this book are designed to be useful in everyday situations, so that you can combat bullying or cyberbullying in your life. Whether you are a straight A student, a cheerleader, a member of the LGBT community, or encompass all of these things, you should know that bullying can happen to anyone. But there is hope to make a change and stand up for yourself, once and for all.

If you are a teen victim of bullycide, this book will offer sound psychological support to help you gain confidence in yourself and in your interactions with others. It is also a great resource for parents, educators, and counseling professionals.

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Pamela Rhodes:

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Robert Howard:

Precisely why? Because this *The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying* is an unordinary book that the inside of the publication waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content within easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking approach. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

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