

Say NO to bullying

A handbook for parents

by Julie Casey M.Ed., C.Psychol.

As parents, one of our greatest fears is that our children will be bullied (or that they may become a bully themselves). We know that the majority of schools are working hard to prevent bullying, and deal with it well when it happens. However, it is often difficult to know what we can do as parents to keep our children safe from bullying, especially in this age of social media.

Between 15 and 25 children commit suicide every year because of bullying. It's up to all of us: schools, students, parents and carers to do something about it.

So how can we help? What can we advise our children to do if they see or experience bullying?

This comprehensive, invaluable parent guide (written by an Educational Psychologist and mother of four, now grown up, children) answers these questions and many more in a down-to-earth, practical and helpful manner – offering tried and tested tips and advice that will enable you to work with the school to make a real difference to your child's life. It includes:

- What bullying is and how it feels (as a target and as a parent)
- What schools are doing and why they don't just get rid of bullies!
- How you can keep your child safe from bullying – including cyber-bullying
- How to tell if your child is being bullied – getting your child to talk to you
- What to do if your child is being bullied – practical strategies for you and them
- What to do if you or your children know that bullying is going on (and why witnesses often don't tell)
- What to do if your child is bullying others (and why people bully)

About the author...

Julie Casey M.Ed., C.Psychol, has worked in education for thirty years, winning the national 'Teacher of the Year' award before becoming an Educational Psychologist. She has written a number of best-selling books for parents and teachers, and worked closely with the Government on many anti-bullying initiatives. She is a mother of four children, one of whom survived bullying throughout his school years. His story is told within.

