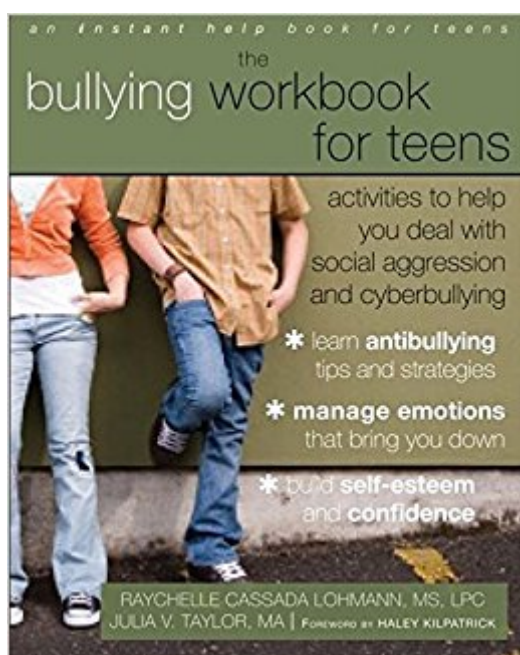


The book was found

# The Bullying Workbook For Teens: Activities To Help You Deal With Social Aggression And Cyberbullying



## Synopsis

Being a teenager is difficult enough without having to worry about bullying. If you have experienced bullying or cyberbullying, you aren't alone. Bullying and cyberbullying are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with major school, life, and home stressors. 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 of 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. The exercises in this book are designed to be useful in everyday situations, so that you gain helpful tools to help you combat bullying or cyberbullying in your life. 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 experiencing bullying, 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.

## Book Information

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## Customer Reviews

147;The *Bullying Workbook for Teens* is a remarkable, relevant resource for both teens and professionals. The activities are engaging and offer practical strategies to help teens work through

and cope with bullying situations, while also raising their self-confidence. As I read it, I found tools to implement in my own work with teens. This book offers eye-opening insights and will be useful to any teen who has been victimized by bullies. —Rosalind Wiseman, author of *Queen Bees & Wannabes*, the book that inspired the motion picture, *Mean Girls*; *The Bullying Workbook for Teens* is a non-judgmental companion, reflection aid, and an “aha” moment-maker for isolated teens. It’s also a much-needed tool for clinicians. I recommend it highly and look forward to using it myself. —Rachel Simmons, author of *Odd Girl Out*

Raychelle Cassada Lohmann, MS, LPC, is a national board certified counselor and a licensed professional counselor. Lohmann has worked as a school counselor at the middle school and high school levels, and has helped hundreds of teens deal with feelings of frustration and anger. Raychelle has participated in extensive research on anger and specializes in individual and group counseling for anger management. She is the author of *The Anger Workbook for Teens* and *Staying Cool...When You're Steaming Mad*. Julia V. Taylor, MA, is author of *Perfectly You, G.I.R.L.S. (Girls in Real Life Situations)*, and *Salvaging Sisterhood*. She speaks nationally about relational aggression, body image, media literacy, and other teen topics. Taylor has experience working in middle and high school settings as a professional school counselor. Foreword writer Haley Kilpatrick is the founder and executive director of *Girl Talk*, a national nonprofit organization through which high school girls mentor middle school girls to help deal with the trials and triumphs of the tween and early teen years. She is also the author of *The Drama Years*. She lives in Atlanta, GA.

This book has been very beneficial. Currently doing a therapeutic group based on bullying, coping mechanisms, and self-esteem. It has provided me with many great ideas to utilize with this group.

This book had several ideas and activities that corresponded with realistic situations surrounding bullying. I would strongly recommend this to mental health professionals and guidance counselors if they have the time.

Great book!

I work with teens and the ones dealing with bullying say this is helpful. Kids just need to feel like they have options for dealing with bullies and this gives it to them.

My 13 yr old daughter has been bullied and it has caused her severe depression, this is a great workbook, even her counselor recommends it.

good product

Have excellent worksheets for teens to process during a therapy session.

( Its easy to unstand for young teens.). (Mom or dad.. Can help ..) It's a workbook .. (Wow great book:) you should buy this book if your teens are haveing a hard time in school, at home, it's the book for you!!! Its the book i have been waiting for !!! Its so easy.. It really help my teen daughter! We do this book together ... And with her mental health works, bullying is so bad and my daughter. Need help with it (.. God bless finding this book.) . It has ways that teens can help them self. And Working at feeling better :). And also it give them ways to stand up to the bullying.. And to the bully's !!!... I wish you the best in your family's ..out there because bullying today is hard on our young people!( I can ensure you this book will help you and your Family. ) Its a beautiful book for teens helping them in every way.. With bullying ( It's teachers skills..)that teens need to help them each day in there life..it help the family healingTo real help.. This book is a must:) for teens.. (Thank you for writing this book.).. Schools need this book to help kids:) I am sharing my book with the teachers.. It's a true need.. Please let the schools no about this book for our kids.. It's so need.. Thank you so susanmgagne@gmail.com :) Susan sorry about my spelling .. Just had so much to say.. About this book...

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The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)  
The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens)  
Cyberbullying: Deal with it and Ctrl Alt Delete it (Lorimer Deal With It)  
Coping with Cliques: A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying, and Other Mean Behavior (Instant Help /New Harbinger)  
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry  
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and Frustration The Silent Marriage:: How Passive Aggression Steals Your Happiness, 2nd Edition (The Complete Guide to Passive Aggression Book 5) Assessing Aggression Thresholds in Dogs: Using the Assess-a-pet Protocol to Better Understand Aggression Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) VICTIMPROOF - The Student's Guide to End Bullying: America's #1 Anti-Bullying Program The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals

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