

## The Bully Book

*No, it's Not Okay: How to Stop the Cycle of Bullying*

Tania Roxborough and Kim Stephenson

Statistics don't look great on the bullying front. The avenues for bullying have expanded from the playground to the internet and cellphones. This book is a must-buy if you have any inkling your child is being bullied, or might be a bully. It's written by a secondary school teacher and a school guidance counsellor so they know what they are talking about. By reading this, you will come away with a clear understanding of why kids bully and are bullied, and what you can do about it. There's difference advice for girls and boys, because bullying is difference for the two genders, and bullying myths such as 'all bullies have been bullied themselves' are uncovered as false. Check-lists and real-life stories help illustrate key points.

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