



## **8 Keys to End Bullying: Strategies for Parents & Schools (8 Keys to Mental Health)**

*Signe Whitson*

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# 8 Keys to End Bullying: Strategies for Parents & Schools (8 Keys to Mental Health)

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**Tackling an all-too-prevalent problem among kids with 8 smart, practical strategies.**

Groundbreaking books have peered into the psychology of bullying and the cultural climate that seemingly now more than ever gives rise to such cruelty and aggression. But few have been able to synthesize what we know into 8 simple, targeted “keys” that equip educators, professionals, and parents with practical strategies to tackle the issue head-on. This book answers that call.

Social media bullying and the recent tragedies stemming from it has given the widespread problem a new dimension. While no magic cure-all exists, adults can learn and implement all sorts of quick and easy techniques that can make a huge difference in the lives of kids. In 8 core strategies, this book lays them out, from establishing meaningful connections with kids to creating a positive school climate, addressing cyberbullying, building social emotional competence, reaching out to bullies, empowering bystanders, and much more.

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