

Bully-Proofing Your Child: A Family Guide

Carla Garrity Ph.D., William Porter Ph.D., Mitchell Baris Ph.D.

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What do you do if your child is the target of bullying? What are the best ways to approach a school when you have concerns about bullying? What can you do to promote positive bystander behavior in your child? *Bully-Proofing Your Child: a Family Guide* provides answers to these questions and more. Full of practical tools, tips, and resources, this go-to guide will help you build a comprehensive strategy for your child. You will learn:

- How to assess the climate at your child's school or program
- How to evaluate your child's vulnerabilities
- Tools for determining your child's temperament and competencies
- How to approach the school and develop a plan to create a focus on a positive climate
- How to deal with cyberbullying
- Knowledge and tools for empowering your child
- How to reshape bullying behavior



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