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WHAT THIS BOOK COVERS

This book is intended as an empowering guide for victims of bullying, families and supporters and also for bullies who want to reform. It is laid out in levels so information can be assimilated in order of importance. Thus, empowerment is first, followed by information on the major players, then human dynamics, history of bullying and snapshots of real life stories.

This is the layout:

- Level 1 **empowerment** - rapid response to bully situations
- Level 2 **major players** - the roles people adopt in bully situations
- Level 3 **human dynamics** – links between thinking, feeling & behaving
- Level 4 **aggression, fear & anger** – what they are and how they link to bullying
- Level 5 **bullies through history** – perception of bullying over time
- **Perspectives** – stories of hope & encouragement
- **Resources** – books, film, organisations
- **Glossary**
- **Index**

The information in each level is subdivided into sections, numbered sequentially throughout the book from 1 – 45. At the head of each section is a bulleted list of what the section covers; UPPER CASE means the heading contains more than one item. At the end of each section is a bit of space for your own notes.

How to Use this Book

There are several ways of using this book.

- if you (or someone you know) is actively being bullied, concentrate on level 1 (empowerment) for advice / relief.
- For anyone under stress, who cannot assimilate a great deal of information, go through the book slowly, section by section (1 – 45). This will give a sense of achievement and mastery.
- For readers where the bullying has stopped who want an integrative self-training course, read level by level, comparing your experience with the information. It is useful to keep a Journal/diary of what you have learned before going to the next level.

Why I Wrote This Book

There is little public knowledge of group psychology (group dynamics) or how drastic changes of character happen in stressed environments. Nor do many people know how to define bullying or what bully, victim and bystander mean. Even those who need this knowledge rarely have it; schools, human resources, mental health teams or help agencies. No wonder the subject of bullying is so often brushed under the carpet. Yet knowledge gives choice of action, prevention and empowerment. It reduces stress and improves the quality of life. It spreads understanding, improving communities.

Unlike many books on bullying I cover a broad spectrum; family abuse, school, workplace, community and cyber-bullying. This is for three reasons. First, victims are likely to be victims in several environments. Secondly, each environment has its peculiarities and needs different approaches. Finally, people being bullied and helpers need help fast. They have little energy to read tomes but want rapid access to information, to make informed choices. I want this book to offer knowledge, empowerment and survival in any bully situation.
