



Bullying: The Ultimate Teen Guide (It Happened to Me)

Mathangi Subramanian

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Bullying is a widespread problem that affects thousands of teens across the United States and around the world. Victims of bullying battle depression, anxiety, insecurity, and fear. Sadly, some victims internalize their frustration by harming themselves or become bullies as well. But if young people agree that bullying is so devastating, why does it continue? Most importantly, how can it be stopped?

In *Bullying: The Ultimate Teen Guide*, Mathangi Subramanian addresses these and other questions about a major issue for young adults and their families. Drawing on stories from young teens around the country, this volume uncovers the social pressures and individual choices that lead to violence. The author surveys effective state, local, and national anti-bullying policies and provides examples of teens throughout the nation whose leadership and courage have helped stop violence. This volume also contains exercises and strategies for young adults to employ that can pave the way for social action. Topics covered in this book include:

- What makes a bully
- The impact bullying has on victims, perpetrators, and witnesses
- Types of bullying, such as sexual harassment and dating violence
- Cyberbullying
- What to do if you are bullied
- Strategies to combat bullying at school and elsewhere
- Resources

Featuring a diverse collection of teen voices, this book is designed to help teens take immediate action both individually and collectively. The advice and exercises will not only help teens think critically about bullying but will also empower them to change both themselves and the circumstances that foster abuse in their schools and communities. *Bullying: The Ultimate Teen Guide* is a much-needed resource to help stem the tide of this social epidemic.

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