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The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

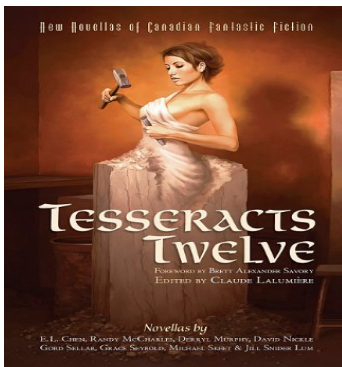
Being a teenager is difficult enough without having to worry about bullying. If you have experienced bullying or cyberbullying, you aren't alone. Bullying and cyberbullying are at an all-time high, and the effects of both can be tremendous for a young person who is already dealing with major school, life, and home stressors. The Bullying Workbook for Teens incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. The workbook is made up of 42 step-by-step self-help activities designed to help you learn anti-bullying tips and strategies, manage emotions such as anxiety, fear, anger, and depression

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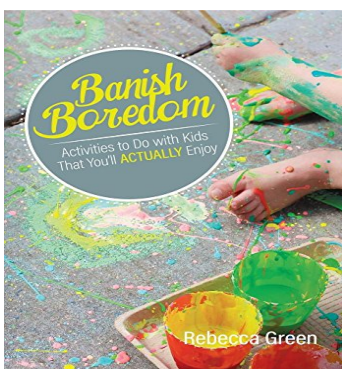
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their concerns. You are in a unique position to help them navigate the challenges of their social world. Yet, the issues surrounding bullying can be complex. ... To benefit most from these materials... 1 Prepare ahead of time. Before using the materials, review the content and activities. Consider the issues ...

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