



# **Bullying: Brilliant ideas for keeping your children safe and happy**

*Dr Sabina Dosani*

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Bullying behaviour comes in many shapes and sizes, and being bullied in childhood can have lifelong effects. Recent U.K. research indicates that 1 in 4 primary school children and 1 in 10 secondary school children are bullied at least once a term. Bullying makes children lonely, unhappy and frightened. Tackling bullying and its side-effects can be a very delicate business, and each case is unique. Often parents don't know anything is wrong until events overtake them, or they can't think of the best way to help their child survive the experience. Being armed with the right information about bullying, recognising the symptoms to look out for, and knowing effective ways of breaking the cycle of abuse can be crucial factors in ensuring your child deals with her tormentors in a calm, positive and proactive way. In *Bullying* Dr Sabina Dosani has put together 52 brilliant ideas to enable parents to help their children survive being bullied and become stronger and more confident people as a result. Including advice on identifying different types of bully, clever tips for not reacting to taunts, self-defence ideas for increased confidence and methods to take the wind out of a bully's sails, *Bullying* will help you to help your child find her own empowering way to take control of the situation and rid herself of the fear that being bullied can bring, so she can get on with her childhood as a confident and happy person.

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