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## **BULLIED**

*What Every Parent, Teacher and Kid Needs to Know about Ending the Cycle of Fear*

**by Carrie Goldman**

Foreword by Dorothy Espelage, Ph.D

- **At least 25 percent of kids have been bullied online**
  - **One in five teens has been bullied at school**
- **More than half of bullying behaviors will stop in less than ten seconds when another student intervenes**

In November 2010, first grader Katie Goldman became an unlikely Internet heroine, and a new face for the bullied. Her mother, a popular blogger, wrote a post describing the teasing Katie had faced over her *Star Wars* thermos (an item, she was told, that was meant for boys). That was, as her mother now writes, “the post that launched a thousand geeks.” The Twitter hashtag **#MayTheForceBeWithKatie** was trending within days, comments flooded Goldman’s blog and Facebook page, and Katie’s story appeared throughout media internationally.

Suddenly finding herself a voice for the anti-bullying movement, Katie’s mother, Carrie Goldman set about investigating what has become an epidemic. ***Bullied*** is a smart, practical guide from a parent who’s seen the insidious effects of bullying firsthand, and a researcher who has consulted the top experts in the field. Most importantly, Goldman offers specific advice on how to help children respond to bullies.

In ***Bullied***, Goldman recognizes the power of community, and part of her mission is to underscore the role that retailers, media members, and average citizens play in this story, with simple and powerful messages: Respect and empathy must be taught, people of all ages must take responsibilities for their online lives, and kindness can be enormously healing.

As a mother, she calls on us all—families, schools, communities, celebrities—to examine our own stereotypes and embrace our joint responsibility for creating a culture of acceptance and respect. For parents, educators, and anyone still wrestling with past experiences of victimization and fear, ***Bullied*** is an eye-opening, prescriptive, and ultimately uplifting guide to reversing the national bullying trend and raising diverse, empathetic, tolerant kids in a caring, safe world.

### **About the Author:**

Carrie Goldman is the author of the highly-reviewed book, ***Bullied: What Every Parent, Teacher, and Kid Needs to Know About Ending the Cycle of Fear***. Goldman is a regular blogger for The Huffington Post, ChicagoNow, and Psychology Today, and her work has been featured by NPR, CNN Headline News, MSNBC, WGN TV and WGN Radio, ABC Radio, CNN.com, Yahoo.com, and many other international news sites.

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