



## **How to Stop Bullying and Social Aggression** Elementary Grade Lessons and Activities That Teach Empathy, Friendship, and Respect

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### **Description:**

*"This timely book includes perfectly sequenced, content-enriched, practical lessons that will enhance any anti-bullying effort. The student-focused activities will facilitate and maintain learning of important anti-bullying concepts that can never be overemphasized."*

—Allan L. Beane, Founder and President  
Bully Free Systems

*"A practical book packed with the kinds of anti-bullying strategies that teachers, coaches, therapists, and kids regularly request. Every chapter is packed with tips on how to stay physically and emotionally safe when bullying occurs, and children are coached to practice assertive behaviors and avoid the victim role."*

—Cheryl Dellasega, Professor, Penn State University  
Author & Founder, Club Ophelia

### **Encourage respectful, positive social behavior in all students!**

Educators have come to recognize the long-term negative impact that bullying can have on children and the need to proactively teach acceptable behaviors for both in school and out. This user-friendly resource provides K–6 teachers, school administrators, and counselors with fun, interactive lessons and activities that support students' safety and well-being, promote healthy social-emotional development, and improve academic achievement. Using role plays and sample scripts that can be adapted to specific situations, the authors illustrate how to teach critical concepts and behaviors, including how to stand up to a bully and how to stop another student from bullying.

In clear, jargon-free language, this research-based book helps school districts meet the curriculum requirements of recently enacted bullying laws by fostering positive youth development around issues of respect, conflict resolution, and interpersonal relationships. Readers will also find:

- Sidebars and icons that highlight important information
- A supply list of commonly found classroom items within each lesson for quick and easy implementation
- Illustrations and unit tests for students' review
- Suggestions for enhancing lessons

***How to Stop Bullying and Social Aggression*** helps educators engage bullies, victims, and bystanders at their own level and teach healthy behaviors to create safe, healthy schools.