



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

By Raychelle Lohmann

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying, Raychelle Lohmann, 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 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; and learn constructive communication skills to help you express your feelings. With this workbook as your guide, you will also learn how to identify toxic friendships, how to build your own self-confidence, and importantly, how to ask for help when bullying gets out of control or if you are feeling suicidal. The exercises in this book are designed to be useful in everyday situations, so that you can combat bullying or cyberbullying in your life. Whether you are a straight A student, a cheerleader, a member of the LGBT community, or encompass all of these things, you should know that bullying can happen to anyone. But there is hope to make a change and stand up for yourself, once and for all. If you are...



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