

# CONTENTS

Preface	vii
Acknowledgments	ix
About the Author	xi
Introduction	xiii
1. The Nature of Bullying	1
2. Warning Signs	17
3. Possible Causes of Bullying	23
4. Giving Your Child a Good Start	41
5. Promoting Your Child's Acceptance	73
6. Helping Your Bullied Child	81
7. Preventing Cyberbullying	121
8. Neighborhood Bullying	137
9. Supportive Tips for Siblings	149
10. When Your Child Bullies Others	153
11. When Your Child Is a Bystander	173
12. Why Some Victims Retaliate, Self-Harm, or Commit Suicide	179
13. Working with Your Child's School	199
Conclusion	205
Appendix A: Child Review Questions	207
Appendix B: Mental Health Resources	209
Notes	211
Bibliography	217
Index	225