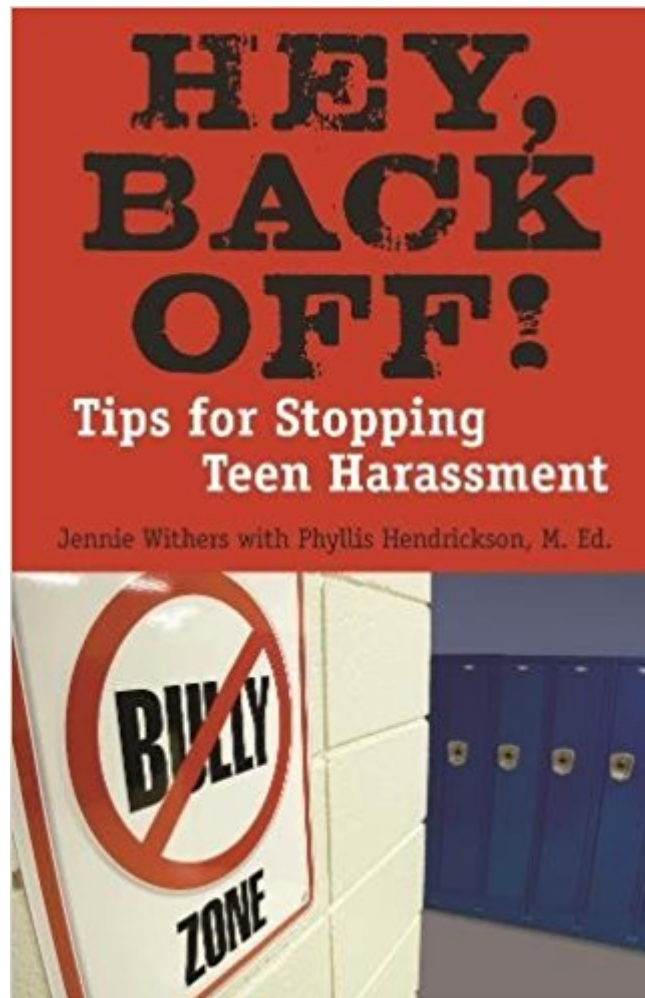




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# Hey, Back Off!: Tips For Stopping Teen Harassment



## Synopsis

Bullying among teens is epidemic. Many teens are harassed on a daily basis by mean text messages(cyber bullying), sexual harassment, teasing (verbal) , hitting or punching (physical) and some are guilty of harassment without knowing they are perpetrators of illegal acts. Now teens will understand that bullying can have serious long-term consequences on self-esteem and be the root of antisocial behaviors, dropping out of school, health problems and even suicide. Hey, Back Off! by Withers and Hendrickson is the first comprehensive teen guide to harassment prevention. It uses narrative real life examples and stories that are relatable to teens, while incorporating strategies and coping tips for not only teens, but also parents and educators to help stem this growing epidemic that is affecting 60-80 percent of school children.

## Book Information

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## Customer Reviews

This is a great book for all parents who have teenage or pre-teen children. As a parent myself I certainly found the book useful and in parts an eye opener. Each chapter deals with a separate issue, such as understanding the meaning of harassment, learning about the law and support resources, taking the personality quiz, doormat kids and passive parents, bullies and aggressive parents, winners and positive parents, dealing with harassment issues. Throughout the book there are work tables, questions and answers, goals for both child and parent. Through each chapter the author gives us an insight to what constitutes intimidation, bullying and harassment with clear and definitive descriptions. Explaining what signs to look for in our child and most importantly to talk to our children on a daily basis to find out if there is an underlying cause to certain behaviour. Informing us also of what is expected both from the establishment your child is attending and also what law

(US only) states is expected and which is unlawful. These guidelines are great for a parent to know so they know where they stand with the law and the educational department. The book then describes the different personalities the teenager will have or show, as well as the parent!! For example, if you are a dominant parent - does that make your child passive? and vice versa. There is a multi-choice personality quiz for both child and parent to complete which points towards us having an assertive, aggressive or passive personality. Don't worry it then follows on, in detail, how this can be changed. From case studies and intensive research the book picks out the important pieces of information, both from the mistakes that we can make and the over protectiveness, to try and make us as parents understand our children and the signs and emotions they display better. The important message the book portrays is that as a parent, if we do notice something out of the ordinary in our child's behaviour we must act, knowing your own child and being assertive will stop and prevent further harassment. A really informative read for all families.

This book is timely. With the world today and the use and ease of the internet, bullying is so prevalent. My own family members have had difficulties with this that have resulted in homeschooling. In this book, Withers and Hendrickson share practical tools for teens and parents who want to change the way they are being treated. I cannot wait to share this book with family members who are dealing with this issue right now. Get this book today and learn about harassment, personality and dealing with other parents. You won't be disappointed.\*Disclosure: I received this book free for review purposes. All opinions are mine alone.

This book is well written and offers great tips and resources for teen, pre-teens, parents and teachers about bullying, cyberbullying and harassment. Discussed are the various forms of bullying and tips for dealing with them. I really enjoyed the real life stories and examples that helped show how bad bullying can be and how parents, teachers and teens have dealt with the situations. Also included are worksheets to help teens work through dealing with harassment and recognizing when teasing gets out of control. This book should be on every parent's and teacher's bookshelf!

The book is targeted to teens and includes workbook pages that allows teens an outlet for some of the things they've experienced as well as tools to handle bullying, report it, and make it stop. Included in the book is an entire section for parents (and teachers and communities) that provides them with tools for recognizing bullying when it happens, intervention techniques, and methods for supporting bullying victims. Withers and Hendrickson have put together an incredibly helpful

resource that can truly have an impact. You can read my full review at MomsGetReal. I was given a copy of this book at no charge in order to provide my honest opinion.

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