In the U.S., one in five “tweens” (students from ages 8 to 12) report knowing a friend who has been bullied online. Seven percent have personally been bullied.\(^1\)

\(^1\) Source: 08-179 COX Communications Tween Internet Safety Study.

In Canada, 34% of people surveyed knew of students in their community who had been cyber bullied in the past year.\(^2\)

\(^2\) Source: Canadian Teachers’ Federation Poll, July 2008

### Cyber Bullying

**Bullying in the Digital Age**

BY ROBIN M. KOWALSKI, PH.D.; SUSAN P. LIMBER, PH.D.; AND PATRICIA W. AGATSTON, PH.D.

Provides essential information on the nature and prevalence of the cyber bullying epidemic and provides educators, parents, psychologists, and policy-makers with critical prevention techniques and strategies for effectively addressing electronic bullying. OP

Blackwell Publishing

**7739 / $27.95 Softcover 224 pp.**

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**Cyber bullying hurts. Hazelden can help.**

A leading publisher of evidence-based prevention programming, Hazelden is your source for two new curricula based on the latest research in cyber bullying prevention.
Cyber bullying can destroy a student’s sense of security at home and harm a student’s performance and well-being at school. What’s more, students who bully and students who are bullied face a greater risk for problem behaviors such as vandalism, theft, truancy, carrying a weapon, using alcohol or other drugs. Hazelden has published two new and comprehensive curricula that:

- give students the knowledge and skills to treat others respectfully using cyber technology
- teach students how to seek help if cyber bullied
- help schools develop cyber bullying policies and procedures
- offer insight into legal guidelines that schools need to know
- include CD-ROMs of downloadable and reproducible resources such as parent materials in both English and in Spanish

“Students have gotten very good at hiding bullying from us. They do more with cyber bullying by harassing each other through social networking sites. They also do a lot of their bullying through text messages. Even though most of this happens outside of school, it has a huge impact at school.”

—Jennifer Robinson, Ed.S., L.P.C.
Smithville, Missouri High School Guidance Counselor

Cyber Bullying

A Prevention Curriculum for Grades 3–5

By Susan P. Limber, Ph.D., Robin M. Kowalski, Ph.D., and Patricia W. Agatston, Ph.D.

With children using digital technology at younger and younger ages, it’s never too early to discuss how to use cell phones and the Internet safely and respectfully. Cyber Bullying: A Prevention Curriculum for Grades 3–5:

- introduces the topic of cyber bullying at a time when students are increasing their use of digital technology
- features engaging stories, games, and characters
- consists of five weekly 45-minute classroom sessions
- includes a strong student/parent component that educates parents as well as students

3815 / $99.00 / Facilitator guide with CD-ROM

Susan Limber is a co-author of the Olweus Bullying Prevention Program (OBPP). Published by Hazelden, OBPP is the world’s most researched bullying prevention program. These Cyber Bullying curricula can be used in OBPP class meetings to reinforce principles and practices of the program.

Cyber Bullying

A Prevention Curriculum for Grades 6–12

By Susan P. Limber, Ph.D., Robin M. Kowalski, Ph.D., and Patricia W. Agatston, Ph.D.

Almost one third of all teens who use the Internet have been cyber bullied. Cyber Bullying: A Prevention Curriculum for Grades 6–12:

- features real-life stories and discussion questions to get students thinking and talking about cyber bullying
- includes interactive, hands-on group activities such as planning a safe cyber site for teens
- encourages peer leadership and cooperative learning
- offers student/parent take-home assignments in both English and Spanish.
- consists of eight 50-minute sessions that can be incorporated into a health education, communications, technology, or life skills curriculum

7313 / $99.00 / Facilitator guide with CD-ROM

*Pew Internet and American Life Project, 2007