

Educators, this is a small sample of what you will get when you order this Parent Guide. We know that when you see the scope and value of the information you can receive, you'll want to order the entire Parent Guide. See back page for ordering details.



Help Your Child Deal With Bullies and Bullying

One of a series of Parent Guides from



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Girls—the ‘invisible’ bullies

“Relational aggression” is the term used by Rachel Simmons, author of the best-selling book, *Odd Girl Out, The Hidden Culture of Aggression in Girls*, to describe the sneaky form of bullying that girls tend to perpetrate.



For years, Simmons says, the researchers who were studying bullies looked only for direct signs of aggression such as punching, threatening and hitting. It wasn't until 1992, when a group of Norwegian researchers turned their attention to girls, that the reality became clear: Girls, who are culturally programmed to avoid overt aggression, typically engage in much more subtle

(although every bit as damaging) forms of bullying. Girls often use their relationship with their victim as a weapon. And they have been doing it for as long as boys have been using physical aggression.

The relationally aggressive bully ignores her victim to punish her or to get her own way. She practices social exclusion—deciding who will be allowed to join her and her clique, and who will be treated as a pariah. She spreads rumors and sabotages relationships.

Her bullying generally is invisible to the adults around her. She's often one of the prettiest, smartest and most popular girls in class. She's unfailingly polite around adults. She may well be the girl many teachers point to as “the perfect student.”



Other Parent Guides Available From The Parent Institute®

Educators,

Like the other 24 titles, this Parent Guide is a concise summary of the latest and best information on this topic as you help parents help their children to succeed in school and life. The topics were chosen based on the most frequently requested learning topics from educators and parents. Formatted for the busy parent in mind, they are full of no-nonsense, easy-to-implement, practical ideas that have been proven to work. The complete list of titles is below:

10 Great Ways to Teach Children Responsibility
25 Ways You Can Put the Power of Routines to Work for You and Your Child
52 Great Ways Families Can Spend Time Together
Developmental Milestones for Preschool Children—Is My Child on Track?
Preparing Your Child for Reading Success—Birth to Age Five
How to Choose the Best Preschool or Day Care for Your Child
Common Discipline Problems of Preschoolers and How to Solve Them
37 Experiences Every Child Should Have Before Starting School
Getting Your Child Ready for Kindergarten
The Road to Reading Success—Elementary School Years
Common Discipline Problems of Elementary Schoolers and How to Solve Them
31 Alternatives to TV and Video Games for Your Elementary School Child
Give Your Child the Edge: 10 Teachers' Learning Secrets Parents Can Use
How to Help Children Do Their Best on Tests
Helping Children Get Organized for Homework and Schoolwork
Help Your Child Develop Good Learning Styles
How to Instill the Character Traits of Success in Your Child
Seven Proven Ways to Motivate Children to Do Better in School
Help Your Child Deal With Bullies and Bullying
Help Your Child Deal With Peer Pressure
How to Help Your Struggling Student
Common Discipline Problems of Teenagers and How to Solve Them
What to Do If Your Child Has ADD/ADHD
Common Discipline Problems of Middle School Children and How to Solve Them
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