

1. Record Nr.	UNINA9910461326003321
Titolo	Dealing with bullying // edited by Justin Healey
Pubbl/distr/stampa	Thirroul, N.S.W., : Spinney Press, 2011
ISBN	9781921507540 1921507543
Descrizione fisica	1 online resource (60 pages) : colour illustrations
Collana	Issues in society ; ; v. 330
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Disciplina	302.343
Soggetti	Bullying - Australia - Prevention Bullying in schools - Australia - Prevention Bullying in the workplace - Australia - Prevention Cyberbullying - Australia - Prevention Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Bullying at school -- Chapter 2. Cyberbullying -- Chapter 3. Bullying at work.
Sommario/riassunto	Bullying is the deliberate desire by one or more people to hurt, threaten or frighten someone with words, behaviour or actions. Bullying can be verbal, physical, social or psychological and is one of the major issues facing young people today. It occurs at school, in the workplace, and even online as cyberbullying - it is very common, and it can happen to anyone. Bullying can have devastating impacts on victims, and it can also have detrimental effects on all involved, including bullies. This book identifies the various forms of bullying, explains its causes and effects, and presents advice on how to develop strategies in schools, workplaces and online to deal with bullying behaviour.