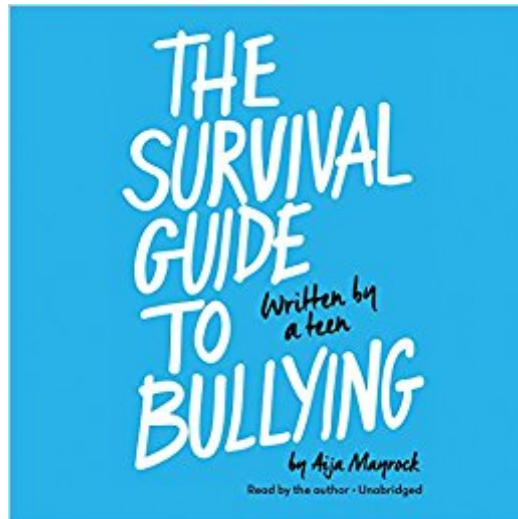




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# The Survival Guide To Bullying: Written By A Teen



## Synopsis

[Young Adult Nonfiction (Ages 12-17)][\*Read by the author - Aija Mayrock]In *The Survival Guide to Bullying*: Written by a Teen, Aija Mayrock, a nineteen-year-old girl, offers support, guidance, and direction to her readers. She shares the different approaches and strategies that helped her survive her own experience being bullied. Aija writes about how to handle bullying, cyber bullying, dealing with fear, personal safety, and ultimately creating the life that you dream of having. Aija handles the issue of bullying with great sensitivity and a fresh perspective. She speaks the same language as her peers, making the book very relatable for kids and teens.

## Book Information

Audio CD: 1 pages

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Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 72 customer reviews

Best Sellers Rank: #1,038,520 in Books (See Top 100 in Books) #67 in Books > Teens > Social Issues > Bullying #939 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Bullies #10305 in Books > Books on CD

Age Range: 12 - 17 years

Grade Level: 5 - 9

## Customer Reviews

Gr 4-7 "In this revised edition of a self-published title, Mayrock, a college freshman, draws on her own experiences as a victim of bullying in middle and high school in order to help other teens. Her first-person voice is conversational and encouraging, and she offers practical survival tips (verified by experts), such as the importance of asking for adult help. Only occasionally does the advice veer into platitudes (for instance, "a war isn't won overnight"). The format and design are occasionally distracting, but on the whole, each chapter is useful as a guide to stand-alone topics, such as coping with cyberbullying and handling fear, making this a good title for young adults to consult in a moment of need. Some of the practical advice includes letter writing (penning a letter to loved ones about bullying situations), accepting oneself, and embracing creativity. Mayrock clearly relied on

these steps herself; her creativity can be seen through the poems interspersed throughout. Each relates to the topic of the given chapter and conveys the raw emotions and reality of bullying.

VERDICT This slim guide will be a ready resource for young people.â "Ernie Cox, Prairie Creek Intermediate School, Cedar Rapids, IA --This text refers to the Paperback edition.

"Aija Mayrock has accomplished what only a talented writer who is in the target age range of her subject can do: provide a practical survival guide on the subject of bullying which resonates with her peers. I consider *The Survival Guide to Bullying* essential reading for parents and young people alike. It is an eye-opening hymn to the power of positivity in an increasingly negative world."

--Michael Goi, cinematographer of *American Horror Story*

I applaud Aija Mayrock for bravely sharing her story, and for providing teenagers and younger children with a book filled with helpful ideas for facing the social, emotional and psychological impacts of being bullied. Creatively weaving rap poems throughout her guide, Aija offers tips on not only what to do once you've been bullied, but also how to avoid or at least reduce your chances of being bullied by planning ahead. And the insightful chapter on cyberbullying is a must read section! Additionally, Aija presents specific instruction on how and who to seek for help if you've already been bullied, and maps out prevention guidelines for assessing and identifying situations which may lead to bullying. E.g., she offers advice on how to stay safe in and around school before, during and after the school day as well as what to be aware of /look out for at parties. Students, teachers and school administrators who deal with bullying on the front lines can all glean tremendous value from Aija's book and the narrated version on audible. In fact, consider adding both to the curriculum!

*The Survival Guide to Bullying* is a must read for anyone who is in school, or who has a kid in school. It was written by someone who has actually been in that situation so the insight is first hand. It is very well written, emotional, honest, and unique in that it offers great advice to kids who are dealing with a bully, and kids who are the bully. I would definitely recommend this book for every parent and child, dealing with bullying or not. A great read for people of all ages!

This wonderful book shows Miss Mayrock is mature at a young age, and wise beyond her years. The entire approach is sincere and shows an equally sincere desire to help other bullied kids as well as herself. Despite her former torment, suffering, and isolation she's managed to maintain her hope

and a positive, creative attitude that ultimately prevails. I delighted in her rap poems and highlighted passages that gave the book a sense of freshness despite the topic. Her tips are practical that I think young people can relate to and find of benefit. I recommend this uplifting book to anyone who's bullied either at school, their hometown or when on social media. Indeed, the cyberbullying chapter opened my eyes.

Reading this as an adult I still found it charming and worth reading. I like some of the definite pros are her focus on staying active, reaching out, and taking the time to address cyber bullying. Most of the advice in the book is very general for teens being bullied but I can see how it would have been helpful during my high school days. I didn't care for some of the style choices of the book but that is totally personal preference. I recommend this to any younger people struggling with self esteem or bullying.

As a middle school teacher, I often find myself helping students navigate the challenges of their teenage years. This book is a wonderful resource for students feeling less than confident. Aija does a wonderful job writing for teenagers about real issues, leaving young readers with a sense of self-respect. I would highly recommend this book for young readers.

Love this book. My daughter needs to learned to stand up for herself. While reading this book, knowing other kids go through it, made her feel so much better. Love that a young girl wrote it.

as a person was threatened bullied cyber bullied. I love this little book. it so cute I definetly wish I though idea/ I love this girl she like my new best friend. I definetly couldn't stop reading this I definetly keep it and cherish always if I could write her and tell her how I am now I definetly trying my best.

I purchased four copies of this book and donated two each to local schools. Students, advisor and teachers can benefit from reading and discussing this book. Bullying can exist in different forms and should be identified and stopped. I recommend this book to help those suffering in silence.

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