



CYBERBULLYING AND E-SAFETY

What Educators and Other
Professionals Need to Know

Adrienne Katz

'Well-balanced and accessible...a comprehensive overview of current research and policy in the field...provides excellent guidance and useful practical strategies on how to tackle cyberbullying and improve e-safety for children, young people and professionals in schools and the wider community... an extremely valuable addition to the field of cyberbullying and e-safety.'

- Nathalie Noret, Senior Lecturer in Psychology and Director of the Unit for Child and Youth Studies Faculty of Health and Life Sciences, York St John University, UK

'Based on extensive practice and research, this book provides you with easy to follow approaches to engaging young people with effective e-safety education and to successfully tackle bullying issues in the school community. The author skilfully engages young people to advise on how we can 'nudge' them to adopt safer behaviours when using communication technologies. Young people's voices and case studies give us insight into experiences faced by youth in today's technological age... insightful and practical'

- Mohammed Bham, Chair of the National Association of Principal Educational Psychologists, and Anti Bullying Lead at Solihull Council,

'Katz's book will quickly establish itself as a 'must have' tool in our kit to help adults guide children safely along our ever expanding digital highways.

- Jonathan Charlesworth M.Ed. Executive Director, EACH (Educational Action Challenging Homophobia), UK

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"I'd die without my Blackberry" – one young person's comment sums up a generation of young people who are increasingly living their daily lives through their phones and the internet. Although this brings a new connected existence, cyberbullying is rife, affecting one in five 10–19 year olds. It causes anxiety, unhappiness and mental health problems; in extreme cases even leading to suicide.

This book provides a compelling and up to date account of the constantly evolving problem of cyberbullying: the different forms it can take, how the impact differs on boys and girls of different ages, and which children are most vulnerable.

Drawing on the findings of the author's survey of over 9,000 children and teenagers, *Cyberbullying and E-safety* provides a revealing account of the direct experiences and views of children and young people. It describes a new world where emerging technologies such as Smartphones have transformed online social behaviour. It also shows that too few young people follow the e-safety advice they have received. This requires a new, more relevant approach to e-safety and the problem of cyberbullying. The author provides this in the form of a youth-led, age and gender appropriate model for cyber-education in the modern world: a 3-tier model comprising universal e-safety education accompanied by targeted and intensive support and advice for children at most risk. She also outlines a school-wide model for preventing and responding to cyberbullying in children, young people and teachers, and provides a wealth of guidance and tools for schools including templates and lesson plans.

***Cyberbullying and E-safety* is required reading for teachers, counsellors, youth workers, social workers, and other professionals working with children and young people.**

About the author: Adrienne Katz is a Director of the BIG Award, the first national award for anti-bullying excellence and a former Regional Adviser for the Anti Bullying Alliance. She runs Youthworks Consulting which undertakes the online Cybersurvey and helped develop government guidance on bullying for the former DCSF. www.youthworksconsulting.co.uk

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Author Enquiries: email admin@youthworksconsulting.co.uk

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116 Pentonville Road, London N1 9JB, UK ·
T: +44 (0)20 7833 2307 F: +44 (0)20 7837 2917 E: post@jkp.com W: www.jkp.com