

CYBERBULLYING AND E-SAFETY: WHAT EDUCATORS AND OTHER PROFESSIONALS NEED TO KNOW by Adrienne Katz, Published by Jessica Kingsley Publishers London July 2012

'A well-balanced and accessible text which provides a comprehensive overview of current research and policy in the field. This text 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. It is 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*

'Adrienne Katz has gone beyond her already impressive research into and experience in the field of cyberbullying and the effects it has on children and young people with this new book. She looks here at what advice we can give to young people, as professionals, that will really work, and that young people can understand and use to protect themselves against cyberbullying. The book gives an insight into what young people really feel about this type of bullying, what they want us as professionals to do about it, and what is the most effective way of protecting them against it. They want to be more involved in the strategies to reduce cyberbullying, and to be consulted during the process.

This book answers the important question, how can we give young people the freedom to enjoy technical communication, whilst keeping themselves safe? It is a compelling read and a must for every school's bookshelf.'

- *Val McFarlane, Director, Bullying Intervention Group, 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.

Bullying through the use of new technologies is a phenomenon impacting on young people 24/7. Using Cyber Surveys to find the 'digital self' of teenagers, the author describes the trend in the use of mobile communication devices to hurt and humiliate, with young people de-sensitised to shocking messages on-line. This insightful and practical guide explores what cyberbullying is, how it affects young people and what to do to prevent it, as well as how to respond if it happens to you (or someone close to you)!'

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

'This book focuses the author's wealth of experience and expertise upon the single biggest issue currently facing those passionate and determined to challenge bullying in the 21st century.

Amid a swiftly evolving lexicon of put downs and bullying insults, 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.

We must now add 'digital literacy' to the skills young people require to navigate safely the 21st century.'

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

'This is a comprehensive and priceless resource for all those who share the passion and dedication of the author to prevent and tackle cyberbullying and educate our youngsters with regards to e-safety. It provides insight into the virtual world of our young people and the realities of the impact that cyberbullying can have on their lives.'

- *Graham Tilby, Head of Safeguarding, Dudley Safeguarding Children Board, UK*

'At last a really good, practical, down to earth book about the menace of cyberbullying. Written by an expert in the field, this is an innovative guide for teachers and educators in a time when technology has moved from 'share the computer' and 'get off the phone' to a time when young people have the world at their fingertips – both the good and the bad. Talking to young people about their experiences, how they want to use their electronic devices, how they can enjoy and use them with confidence and purpose and how they can avoid being both the bully (sending unkind messages to schoolmates and others) and the victim (the receiver of an unkind messages) is as much an educative process as teaching a child their times tables. The difference is that while the times tables remain constant, what we taught them last year/month/week about the smart phone may well be out of date already.

This book contains good advice for teachers and educators to help young people think about the power they have at the push of a button. I am sure that this book will be a seminal work on cyberbullying.'

- *Carrie Herbert, MBE., Chief Executive, Red Balloon Learner Centre Group, UK*

'... a comprehensive, bang-up-to-date compendium about how the British teenagers' addiction to smartphone use has changed our society for ever. Even the fear of being stranded without a phone now has a name – “nomophobia”, apparently. Worse still is the rise in cyber-bullying, which has tragically led to a spate of teenage suicides. Because relationships, relaxation and recreation are now all managed on a mobile, there may be, for a short while, a lull in the pace of technological development.

'This superbly researched book has, therefore, just a chance of remaining relevant and useful for longer than many previous volumes. It is currently *the* essential guide to the sheer awfulness of some children's experiences of cyber-bullying, and current best

practice in both putting a stop to it and preventing it from happening in the first place.'

*Dennis Richards, page 28 of the Church Times for 21 September 2012.*