

# Children and Bullying:

## How Parents and Educators Can Reduce Bullying at School

Ken Rigby, 2008

### Project Prevent and Address Bullying (PPAB)

for students with disabilities

BOOK  
REVIEW

Northern Illinois University | School Psychology Program

**COST:** \$20 on Amazon.com

**PUBLISHER:** Blackwell Publishing  
Malden, MA, 2008

#### Review:

In *Children and Bullying*, Ken Rigby provides a strong, research-based introduction to the subject of bullying. His intended audience is parents and educators. However, parents are a much stronger focus of the book. It would be important for educators to read in order to understand the information provided to parents.

*Children and Bullying* is broken into short chapters detailing the nature of bullying and related research, on the school environment and peer relations, and the influence of parenting across multiple contexts such as genetics and appropriate life skills. Each chapter is introduced by a short segment about the nature of the chapter, and capped by summary points of the chapter content.

This book is recommended for parents who are interested in resources to help their children deal with bullying and answering questions about the experience of victimization. Additionally, it is recommended for educators who are able to read critical information about their profession and schools in general. At 186 pages (without the references), it's a relatively short read packed with quality information.

#### Strengths:

- Short, explicit chapters that cover a lot of content in an easy-to-read format.
- Empirically based (albeit many of his own citations).
- Summaries provided after every chapter to ensure clear communication of points.
- Provides information that exemplifies current definition of bullying.
- Highlights and explains importance of bystanders and how to intervene.
- Highlights relevance of cyberbullying and cyber-victimization.
- Provides several important practical steps for a parent to take if you suspect your child is being bullied, is a bully or is a bystander.

#### Limitations:

- Some material out of date – 10 years old.
- Provides opportunity to “admire the problem” of bullying.
- Does not provide well-researched information on why students may engage in bullying.
- Does not provide information for educators although they are an identified target.
- Does not provide information on differences in special populations, such as culturally and linguistically diverse students, students with disabilities, LGBTQ+.
- Answers known questions with some ambiguous responses (“Are bullies evil?”).

#### Audience:

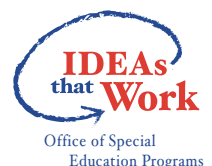
- Mainly parents and educators.



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