



My Secret Bully

By Trudy Ludwig

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THE SECRET'S OUT ON BULLYING

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why.

Monica is a target of **relational aggression**, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.

Including a foreword by the founder of the The Ophelia Project, as well as helpful tips, discussion questions, and additional resources, *My Secret Bully* is a vital resource for children, parents, teachers, and counselors.

From the Hardcover edition.

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My Secret Bully By Trudy Ludwig Bibliography

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Editorial Review

From School Library Journal

Grade 2-5-This overtly bibliotherapeutic offering tackles the difficult topic of bullying. Monica and Katie have been friends since kindergarten, but lately Katie increasingly seeks to exclude and embarrass her pal in front of their classmates. Monica's despair and isolation are realistically portrayed and highlight the often-overlooked aggression between females. The child eventually shares her anguish with her mother, who effectively counsels her without presenting any pat solutions or easy answers. Lists of resources for adults and children and discussion points are appended. A muddy palette, uninspired renderings of the characters, and a small typeface detract substantially from the appeal of this picture book. Still, libraries may want to purchase it because of the scarcity of material on this very important issue.

Rosalyn Pierini, San Luis Obispo City-County Library, CA

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Review

Review, *School Library Journal*:

“This . . . bibliotherapeutic offering tackles the difficult topic of bullying, . . . [L]ibraries may want to purchase it because of the scarcity of material on this very important issue.”

Rachel Simmons, author of *Odd Girl Out*:

“Too few resources are available to families dealing with girl bullying. MY SECRET BULLY provides an important resource to help parents.”

Dr. Kathy Masarie, founder and director of FULL ESTEEM AHEAD:

“A must-read for any child who has ever been teased, ignored, or excluded by his/her peers. . . . A very useful resource for addressing social cruelty among children.”

Theresa Markowitz, Ph.D., Clinical Psychology:

“...a desperately needed tool to help parents, teachers, and other professionals address the growing epidemic of relational aggression (emotional bullying).”

From the Publisher

Too few resources are available to families dealing with girl bullying. My Secret Bully provides an important resource to help parents. - Rachel Simmons, author of *Odd Girl Out*

Users Review

From reader reviews:

Jackson Ponce:

As people who live in often the modest era should be update about what going on or data even knowledge to make these keep up with the era which is always change and progress. Some of you maybe will probably update themselves by examining books. It is a good choice in your case but the problems coming to you is you don't know what type you should start with. This My Secret Bully is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Miriam Ellis:

The event that you get from My Secret Bully may be the more deep you digging the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to know but My Secret Bully giving you excitement feeling of reading. The author conveys their point in particular way that can be understood by means of anyone who read that because the author of this guide is well-known enough. This kind of book also makes your own vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this specific My Secret Bully instantly.

Chris Gibbons:

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Violet Iverson:

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