



# **And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence**

*Ph.D. James Garbarino Ph.D., Ph.D. Ellen deLara Ph.D.*

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As a society, we are only just beginning to understand the degree of damage that bullying inflicts on individual teenagers and on their relationships later in life. In this groundbreaking work, James Garbarino and Ellen deLara uncover the staggering extent of emotional cruelty and its ramifications and counter the nursery rhyme that words don't hurt.

In this groundbreaking work, James Garbarino, the bestselling author of *Lost Boys*, and Ellen deLara uncover the staggering extent and consequences of schoolyard bullying and classroom hostility, flat-out contradicting the nursery rhyme that "words can never hurt you." The authors then present evidence that teenagers—hundreds of whom they interviewed—have the solution to school violence, if only adults would listen.

Bullying has long been regarded as a way of life. Ever since Columbine, however, student reactions to harassment and intimidation are, finally, driving parents to consider this phenomenon seriously. *And Words Can Hurt Forever* teaches parents to accept reality (bullying occurs daily), challenge old beliefs ("Kids will be kids" or "If I lived through it, so can they"), and ally with other parents to take on the school system. Revelatory and ultimately uplifting, *And Words Can Hurt Forever* doesn't just highlight the problem, but offers steps that can be taken—must be taken—to solve it.

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