

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	3/27/2012 9:00:14 AM
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by Kathleen Cook, MS, LMFT

NOT JUST ANOTHER RITE OF PASSAGE

As research accumulates on the issue of bullying among children and young adults, it is becoming increasingly clear that this behavior should not be tolerated as just another part of growing up. There is now evidence showing that children cannot be expected simply to “develop a tougher skin” against repeated teasing, threats, gossip, and/or physical contact. Moreover, bullying may be more pervasive and have more drastic consequences than many might have previously expected. According to a recent survey involving 38,000 students, 38% of middle-school students identified themselves as victims of bullying, among whom nearly 21% reported stress and 17% considered suicide. Among high school students, the corresponding percentages were 28%, 40% and 21%. These are numbers to be taken very seriously.

If you or a loved one is dealing with the mental and emotional fall-out of serious bullying, you need to take action right away. We can provide the support and compassion that you need to deal with this difficult situation. We offer proven techniques and a safe space for dealing with a variety of issues, like depression, stress, and anxiety for any reason, including bullying. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Cyberbullying exerts even more pronounced harmful effects upon victims than other bullying behaviors because it is more insidious, flying beneath the radar of adults and leaving those harassed with no refuge.

ASPEN
Family Counseling
www.aspenfamilycounseling.com