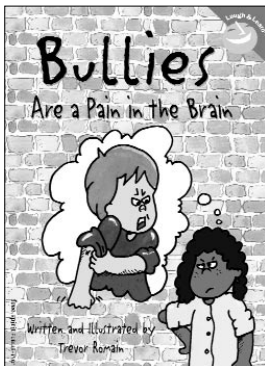


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Author of **HOW TO DO HOMEWORK WITHOUT THROWING UP**

BULLIES ARE A PAIN IN THE BRAIN

Bullies Won't Go Away, But Kids Can Learn to Become "Bully-Proof"

"Complete with easily understandable language, this little tome offers practical advice on avoiding fights and preserving self-esteem in the face of bullying."

— *Youth Today*

MINNEAPOLIS, MN—Bullies. Everyone remembers being singled out by one. You might have thought that you were the only kid in the entire school being bullied (you weren't). Sure, you survived. You might have even told yourself that you "learned something" from that dreadful experience. But what if today's kids could learn to deal with bullies, perhaps even before becoming a bully magnet? What if they could recognize what bullies are after, how to handle themselves when being bullied, and ways to become "bully-proof?" Free Spirit author/illustrator Trevor Romain comes to the rescue with **BULLIES ARE A PAIN IN THE BRAIN**, a funny but right-on guide for kids about bullies. Because, while bullies are a pain, they don't have to be a permanent headache.

Combining kid-friendly drawings with solid advice, Trevor's book cuts to the chase about bullies by telling kids:

- You are not alone. "The trouble is, most people keep bully problems a secret . . . They think that if they ignore the situation, it will go away. (It won't)."
- It's not your fault. "You're not doing the bullying. Someone else is."
- There's something you can do about it. "The good news is, bullies can be stopped."

Romain gives kids the bully basics from how to spot and avoid them, to what never to let a bully take away from you (your own self-confidence). The book also reminds kids that people can actually bully themselves. By telling yourself "I'm stupid" or "I can't do anything right," you make yourself feel scared, sad, and alone—which, besides being a terrible waste of you, can also be a perfect way to attract the attention of bullies.

A longtime, sympathetic observer of kids, Trevor Romain knows that bullies are a serious problem every kid faces—and too often faces alone. "The benefit of bringing bully problems out in the open is that the bully is no longer in control," says Romain. "It won't be as easy for him (or her) to pick on you or other students because everyone will have a better understanding of how to make the bully stop."

BULLIES ARE A PAIN IN THE BRAIN exposes common "bully myths," like "All bullies suffer from low self-esteem" (Wrong!), "Getting bullied is a normal part of growing up" (What's "normal" about threats and physical abuse?), "Only boys are bullies" (As if . . .), and "If you ignore them, bullies will go away" (Fat chance!).

—more—

BULLIES ARE A PAIN IN THE BRAIN offers practical do's and don'ts for bully problems, such as:

- Do stick up for yourself when being teased. “The teasing doesn't have anything to do with you; it's just the bully's need for power and control.”
- Don't drop to your knees and whine. “Bullies love it when their victims beg for mercy.”
- Do use your best judgment when threatened. “What if you and the bully who wants your money are the only two people in the hallway and you're about to get beat up? Give her the money. Then tell an adult.”

BULLIES ARE A PAIN IN THE BRAIN offers commonsense advice for parents (how to spot the signs that your child is being bullied; what you can do about it; and how to help children help themselves) and teachers (suggestions for heightening a school's bully-awareness). Resource lists point the way to books, organizations, and Web sites for additional help with bully problems.

Most of all, **BULLIES ARE A PAIN IN THE BRAIN** helps kids learn to handle bullies by learning to handle themselves and the situation. “Think about it. Make a plan. Be ready to speak up, walk away, or run away.” By using their wits, not their fists, kids gain the confidence they need to solve their problem (and not be afraid to ask for help). What if a bully happens to pick up this book (out of curiosity, say)? He can take the “bully quiz” and learn why he does what he does, and how to quit it.

Other Free Spirit titles of interest: THE BULLY FREE CLASSROOM™ (\$24.95), HANDS ARE NOT FOR HITTING (\$11.95), STICK UP FOR YOURSELF! (\$11.95).

Review copies, excerpts, and interview opportunities are available from Free Spirit Publishing. Contact Amy Dillahunt at 612-338-2068, dillahunt@freespirit.com.

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BULLIES ARE A PAIN IN THE BRAIN

written and illustrated by **Trevor Romain**

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About the Author

Trevor Romain has written and illustrated 13 books for children including **HOW TO DO HOMEWORK WITHOUT THROWING UP** (featured on CNN). He regularly visits schools to speak with kids and is known as “Doctor of Mischief” when making his rounds among kids with cancer at Brackenridge Hospital in Austin, Texas. Trevor's other “kid-centric” titles include **CLIQUEs, PHONIES, & OTHER BALONEY**; **STRESS CAN REALLY GET ON YOUR NERVES!**; **WHAT ON EARTH DO YOU DO WHEN SOMEONE DIES?**; and **TRUE OR FALSE? TESTS STINK!** (written with coauthor Elizabeth Verdick; all available from Free Spirit Publishing).

About Free Spirit Publishing (www.freespirit.com)

Helping kids help themselves™ since 1983

Headquartered in Minneapolis, MN, Free Spirit Publishing Inc. is an award-winning publisher specializing in **SELF-HELP FOR KIDS®** and **SELF-HELP FOR TEENS®**. Free Spirit's mission is to provide children and teens—and the adults who care for and about them—the tools they need to succeed in life and to make a positive difference in the world.