Lorna Blumen is a bullying prevention specialist from Toronto, Canada. Working with children and adults, Lorna draws from 18 years in conflict resolution, bullying prevention, girls' respect skills, and stress management.

Lorna is the author of *Bullying Epidemic: Not Just Child’s Play*, and lead author of *Girls’ Respect Groups: An Innovative Program to Empower Young Women & Build Self-Esteem!* She is a co-developer of Girls' Respect Groups, an after-school program for middle school girls, led by high school girls, used in Canada, the US, and more than 30 countries worldwide.

**Selected Story Ideas:**

- **Children’s Bullying Is Caused By, Taught By, & Enabled By Adults.** Adult bullying is a toxic example to kids. Reality shows glorify bullying and humiliation. We’re training kids to become adult bullies and targets.
- **Bullying Is Both Simple & Complex.** Caught early, bullying is easy to stop. Unchallenged, it’s impossible to predict the next crisis. There’s no rewind button, no repair for parents and friends of kids who’ve committed suicide. We’re all damaged by being bully, target, or bystander.
- **Why Is “Hang In There, It Gets Better” The Wrong Approach?**
- **Do We Need More Laws To Prevent Gay Bullying?**
- **What's The Big Mistake We’re Making With Cyberbullying?**
- **What's The Crucial Connection Between Bullying & Respect?**
- **Why Is Adult Workplace Bullying So Bad For Kids?**
- **How Does The Girls’ Respect Groups Program Prevent Bullying?** Learn how high school girls were my co-authors on the *Girls’ Respect Groups* book.
- **Why Are Conflict Resolution Skills WRONG For Bullying?**
- **How Is Stress Related To Bullying Prevention?**
- **What’s The Surprising Damage Done To Bystanders?**

**Adult Leadership Is Key.** Kids won’t change until adults change. We must clean up bullying in adult workplaces, homes, and communities to become credible leaders to our children.

**Bullying Prevention Day Must Be Every Day.** We must recognize and stop bullying early. Children must know we are serious – and consistent – about bullying prevention. The *only* solution to bullying is prevention.

See LornaBlumen.com for links to Lorna’s print, radio, and TV appearances:

CBC
Corus
National Post
The Sun
TVO Parents
Today’s Parent

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