

Jodee Blanco

The voice of America's bullied students, author of *The New York Times* bestseller *Please Stop Laughing at Me . . .* and the new book *Please Stop Laughing at Us . . .*

Survivor, expert and activist Jodee Blanco is one of the country's pre-eminent voices on the subject of school bullying. She is the author of *The New York Times* bestseller, *Please Stop Laughing At Me . . . One Woman's Inspirational Story*. A chronicle of her years as the student outcast, the book inspired a movement inside the nation's schools and is swiftly becoming an American classic. Referred to by many as "the anti-bullying bible," it is required reading in hundreds of middle and high schools and numerous universities throughout the country. *Please Stop Laughing at Me . . .* has also been recognized as an essential resource by The National Crime Prevention Council, The Department of Health & Human Services, the National Association of Youth



Courts, Special Olympics, The FCCLA (Future Community and Career Leaders of America), *Teacher Magazine* and hundreds of state and local organizations from the PTA and regional law enforcement coalitions to school safety groups.

Blanco's highly-anticipated sequel, *Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to Prevent School Bullying* (BenBella Books, March 2008), is written in response to the demand for more information from her core audience—teens, teachers, parents and other Adult Survivors of Peer Abuse like herself, who have come to know Blanco as the champion of their cause. It provides advice and solutions set against the backdrop of her dramatic personal and professional journey as the survivor who unexpectedly finds herself the country's most sought-after anti-bullying activist.

In addition to her books, Blanco's unprecedented approach to shifting the social dynamic of America's schools is saving lives and making headlines throughout the United States. She's presented *It's NOT Just Joking Around!*[™], her acclaimed anti-bullying program, to a combined audience of over five-hundred thousand students, teachers and parents nationwide at the behest of such entities as The United States Department of Interior, The United States Department of

Justice, The National Catholic Educational Association, The Illinois Association of School Boards and scores of local school districts, many of whom are adopting her initiatives as part of their core bullying prevention curriculum. *It's NOT Just Joking Around!* has also generated tens of thousands of dollars in grant awards for schools and organizations coast to coast.

Blanco has successfully intervened in numerous bullying related attempted suicides and acts of student retaliation. She is a respected crisis management consultant and expert witness in the areas of school violence and peer abuse, and is frequently called upon by the media as an expert interview. Some of the outlets who have turned to her for commentary include *Newsweek*, CNN, NBC, FOX, *The John Walsh Show* and National Public Radio. She is also the resident authority on school bullying for Meredith Vieira's popular parenting website ClubMom.com. Blanco's life story has been featured in *Parade*, *Teen Newsweek*, *Teen Guideposts*, *Hispanic*, *The Chicago Tribune*, *The St. Petersburg Times*, hundreds of local daily newspapers across the United States and is part of a permanent exhibit at the *Chicago National Historical Society*.

A tireless advocate for the shunned and forgotten student, Blanco's rare understanding of why kids abuse other kids comes from a deep personal place. From fifth grade through the end of high school, she was rejected and tormented by her peers simply for being different and knows first-hand what it's like to contemplate retaliation. As an adult, she decided to go public with her story because she was frustrated by society's misconceptions about the true cause of the school tragedies such as Columbine.

Since the release of *Please Stop Laughing At Me . . .*, Blanco has committed her life to turning her pain into purpose. Inspired by the thousands of letters and requests she receives for help, she travels around the country sharing her story of forgiveness and triumph. One of the most sought-after keynote speakers and seminar presenters, Blanco's anti-bullying initiatives are redefining the scope of possibilities for curbing suffering in our schools worldwide.

Blanco's work has been published in Japanese, Danish and Arabic. She lives in the suburbs of Chicago with her husband and family where she is currently at work on a series of anti-bullying related fiction titles for young adults. For more information on Blanco, visit her website at www.jodeeblanco.com.

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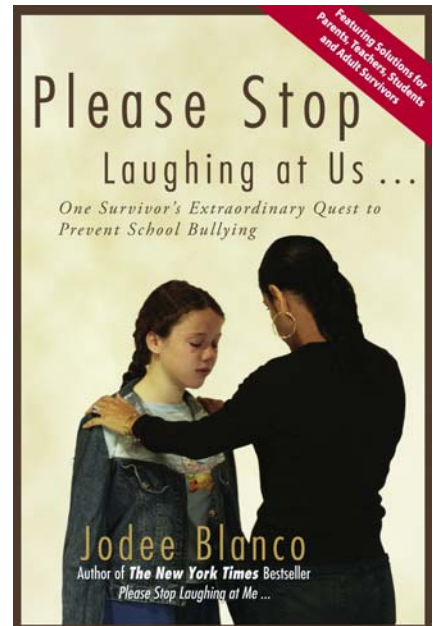
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***Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to Prevent School Bullying* is a raw, unabashedly honest chronicle from America's preeminent anti-bullying activist**

The highly anticipated sequel to *The New York Times* bestseller *Please Stop Laughing at Me . . .*

"There's an audible gasp from the audience, and as I look out into the bleachers I see more kids in tears. Others are glancing at each other nervously. A few are rocking back and forth, staring ahead. It begins to dawn on me that I'm tapping into something here that I may not be prepared for. Apparently, the teachers aren't, either. I see them shooting worried glances at one another as they realize they're going to have to deal with the aftermath. No one expected anything like this. All I keep asking myself is what have I opened up?"

CHICAGO: *Please Stop Laughing At Me . . .*, Jodee Blanco's *New York Times* bestselling memoir about how she was shunned and tormented by her classmates from fifth grade through high school simply for being different, sparked a movement in this nation's schools and inspired thousands of pleas for help from people who came to recognize her as a kindred spirit. Since its release, Blanco has been responding to those pleas, working deep inside the trenches of America's schools sharing her still painful experiences to prove that bullying is not just joking around, it damages you for life.



Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to Prevent School Bullying (BenBella Books, March 2008) is the sequel to Blanco's memoir and is the shockingly honest account of that journey. Written in response to the demand for more information from her devoted audience—teens, teachers, parents and other Adult Survivors like herself, who have come to know Blanco as the champion of their cause—it provides advice and solutions set against the backdrop of her

dramatic personal struggle adjusting to her new life as the survivor who unexpectedly finds herself the country's most sought-after anti-bullying activist.

In *Please Stop Laughing at Us . . .*, Blanco brings readers with her as she crosses and re-crosses the country, occasionally making headlines, from Northern California to Baltimore, Maryland, bringing her anti-bullying campaign to high schools and middle schools. She takes them inside the cafeterias and gymnasiums and vast auditoriums where she shared the story of her painful past to more than half a million students, conducted workshops for teachers and school administrators, as well as meetings with the parents of students who were being bullied and the parents of those who were doing the bullying. In this intimate chronicle, Blanco also lets readers sit in on her one-on-one sessions with the most damaged and frightened victims, some of which became suicide interventions.

Blanco also divulges in *Please Stop Laughing at Us . . .* how, during her campaign to awaken the American educational system to the danger in its midst and to offer beleaguered students comfort and hope, she made a devastating discovery about the state of public education in America. She found that an environment disturbingly similar to the one she was forced to endure as a student was still being permitted to flourish 25 years later, and worse, that many educators either did not recognize or were deliberately ignoring students in peril.

More than an exposé, *Please Stop Laughing at Us . . .* is also the story of America's rejected and bullied students from the rare perspective of the one person with unprecedented access to the truth. Blanco witnessed first-hand the rage of this nation's youth, droves of whom, after hearing her speak, would confide what they too had suffered at the hands of their peers and sometimes even their teachers, revealing a side of America's schools the public rarely sees. The book also provides a stunning window into the strengths and vulnerabilities of a nation too clouded by rhetoric and self-defense to understand what *really* needs to be done. Readers will learn about:

- Teachers and administrators who bully students
- Apathetic superintendents with hidden agendas
- Zero-tolerance policies that inadvertently empower the bullies
- Why some administrators deny there's a bullying problem in their schools
- Students who bully teachers and principals and get away with it

- Student rapes that go unreported in an effort to avoid public shame and embarrassment
- Parents who tragically contribute to their children's ostracism

Though *Please Stop Laughing at Me . . .* --more-- . . . discloses the bitter reality of adolescent suffering in many schools, it also celebrates the heroic efforts of countless educators, students and parents who are making a difference in their districts. Blanco tells of:

- Suicides that were averted because of teachers willing to risk everything to save a student
- Students who risk their lives to protect a tormented classmate
- Principals who take on the system and even jeopardize their careers to fight for a child who's been wronged
- Bullies who beg forgiveness from their victims in an effort to make things right
- Shunned and forgotten students who rally their schools and make headlines getting anti-bullying policies implemented

In *Please Stop Laughing at Us . . .* Blanco also:

- Identifies the Adult Survivor of Peer Abuse, a distinct population of individuals previously unrecognized
- Codifies concepts that have now become terms of art in the field, such as "Elite Tormentor," "Empathy Deficit Disorder" and the "Ancient Child"
- Identifies the profile of a typical bullied child
- Provides strategies for students on how to respond if you are being bullied by a classmate
- Defines the two types of bullying and why one is innocuous and the other dangerous
- Explains why bullies and victims are the flip side of the same coin and how to help both
- Offers specific advice on what to say and what not to say to a bullied child and why
- Delineates the warning signs for parents and teachers that a child is being bullied or is the bully
- Introduces disciplinary methods that evolve a child's self-esteem rather than dissolve it

With *Please Stop Laughing at Me . . .*, Blanco saved lives. With *Please Stop Laughing at Us . . .*, she will help to save futures.

Jodee Blanco is the author of *The New York Times* bestselling memoir *Please Stop Laughing at Me . . .* She is also a youth advocate and the creator and executive producer of the critically acclaimed, "It's NOT Just Joking Around!" anti-bullying program. She lives in Chicago.

Book Details:

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**Excerpts from *Please Stop Laughing at Us . . . One Survivor's
Extraordinary Quest to Prevent School Bullying***

“Honey, look at me,” I said, grabbing hold of both her hands, and squeezing them tightly. “Tell me what you gave him.”

“My virginity,” she answered, avoiding looking directly at me. “When his parents were away for the weekend, I went over to his house. He had candles lit and music playing. It seemed perfect. Then, while we were, you know, in the middle of it, I heard somebody in the other room. Suddenly, a bunch of his friends burst in and started laughing at me, yelling, ‘Stupid slut, like any of us would ever hang out with you.’”

My heart ached for this girl. I wanted to scream until there was nothing left in me. “Do your parents know?” I asked.

“No. I’m too ashamed to tell them, because they’ve been so proud that I’m a ‘good girl.’ I’m afraid this will just destroy them.”

“How can I help?”

“They’re coming to your seminar tonight. Can you help me tell them?”

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“I’ll blow this school up,” he said, enraged. Comely, with piercing blue eyes and wavy blond hair, he looked more like a California surfer than a high school student.

“Why are you so angry?” I asked. “Why do you want to destroy the school?”

“I think I might be gay. There’s a few of us here—you know, gays and lesbians? We take so much abuse, and not just from other kids but from adults, too. It sucks. I asked the principal if we could start a Gay and Lesbian Club. They have one at my cousin’s school. Anyway, the principal said we couldn’t and to keep my filthy secret to myself.”

“I’m sorry.” I responded. “That principal was wrong. I’ll talk to him. But you know that violence will only make this worse. Do your parents know you’re gay?”

“Yeah, right—*my* dad? No way. I want to tell my mom, but she’s already dealing with so much. She’s depressed, takes these pills for it, but they make her kind of out of it, you know? Can I maybe just e-mail you once in a while, when I need to talk?”

“Sure,” I answered, handing him my e-mail address.

By now, a throng of kids had gathered, and were waiting in line to see me. Some wanted hugs, others a sympathetic ear, others specific advice. It was the same at every school. Their parents were either too wrapped up in their own lives or had stupidly concluded that bullying was just a normal part of growing up. How could anyone assume cruelty is normal?

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**Excerpt from *Please Stop Laughing at Us . . . One Survivor's
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Though a few students request one-on-ones with me after my first talk, I can't help thinking that I blew it, that this audience didn't respond the way previous ones have. A large group of kids were whispering to each other and passing notes throughout the entire presentation and didn't appear to be paying attention. Despite my repeated attempts to engage their interest, I couldn't get them to come around. As I'm beating myself up, wondering where I went wrong, a student approaches me and introduces herself as one of the "preps," the most popular clique at school. She says her name is Brittany and asks if she and her friends can talk with me privately. Surprised, I tell her that I'll be in the all-purpose room with the principal, who's really on the ball in this district, arranged for me to use in anticipation of one-on-ones. Moments later, Brittany walks in, accompanied by at least thirty other students, the same ones who I could have sworn weren't hearing a word I was saying. Impeccably dressed, they look like they just jumped off the pages of a J. Crew catalog.

"Your speech really hit home," one of them says.

"For me, too," several others respond in unison.

"I didn't think you guys were listening," I remark, stunned.

"You had us totally freaked."

"Why?" I ask.

"You know how you said you're damaged because of what happened to you?"

Brittany says.

I nod my head.

"There's this kid, Eric, and we've been treating him the way you were treated in school, and we feel bad about it," she says. Then, glancing around the room at her friends for support, she adds, "We want him to know how sorry we are."

I call Eileen, who's in the main office returning e-mails and ask her to find Eric. Moments later, I'm standing with him in the hallway outside the all-purpose room. Tall and gangly, with a hint of facial hair, he is painfully self-conscious, as if the body he inhabits doesn't fit right. I've never met anyone like him before. He exudes sadness and

sweetness, and I ache to protect him, but there's also a dissonance that makes being around him like listening to beautiful music being played on a piano that's out of tune. When I explain to Eric that some of his classmates want to apologize for bullying him, he looks at me with the guarded reserve of a precocious child and then starts listing what they've done to him since fifth grade. Each sentence rolls into the other, punctuated by an occasional flurry of tics, that he tries to control, but they seem to have a will of their own.

When we enter the room, we're greeted by a flutter of uneasy smiles. Eric swallows hard and looks back toward the door, as if he's calculating how long it will take him to reach it should he need to escape.

"Can I say something first?" he whispers.

"Go ahead," I encourage him.

He turns and faces his classmates.

"I would give anything for you to like me, but I don't blame you for thinking I'm weird," he says. "I have a disorder called Asperger's Syndrome and sometimes I can't help the way it makes me act. But it's not the only reason I'll never be normal." He bites down hard on his lower lip to prevent himself from crying.

Brittany and her friends are glancing at each other guiltily, their remorse palpable.

"I used to get on my dad's nerves a lot because of my Asperger's, and he and my mom would fight about it all the time. One day, while she was out shopping, he came into my room with this look on his face that I'd never seen before and said he just couldn't take me anymore. Then my dad went downstairs and killed himself."

There's a collective gasp, and then I hear a choir of voices murmuring, "Oh, my God," in hushed tones. No one seems to know what to say to Eric, who is equally uncomfortable. Suddenly, Brittany walks over to him. She gently wraps her arms around him, telling him how sorry she is for what he's had to go through, and how terrible she and everyone else feels that they made things worse by being so cruel to him all these years. Then she and her friends ask for his forgiveness and his friendship. I'll never forget the look on Eric's face in that moment. It was as if someone turned a light on inside him. He will become one of the kids who continue to stay in touch with me through letters and e-mails. His progress will inspire me on days when I need it most.



**Suggested Interview Questions for Jodee Blanco,
Author of *Please Stop Laughing at Us . . . One Survivor's Extraordinary
Quest to Prevent School Bullying***

1. Who is your toughest audience and why?
2. What's the most shocking truth you discovered about the American school system during your work inside the trenches?
3. What don't most parents know when they send their children off to school in the morning?
4. What are some of the realities faced by teachers and administrators that schools would prefer parents never find out?
5. What's the worst mistake an adult can make when trying to help a bullied child?
6. What's the one thing you should never say to a bullied child and why?
7. What's the biggest myth about school bullying?
8. What made you decide to become an advocate for anti-school bullying?
9. How did the night of your twentieth high school reunion change your life and the lives of thousands of others?
10. What is the "Ancient Child," and why is he or she the typical profile of the bullied student?
11. You're the first to identify, recognize and label the Adult Survivor of Peer Abuse as a distinct population. What does it mean to be an Adult Survivor of Peer Abuse and how has it affected you personally and professionally?
12. Students often come up to you after you've shared your story and reveal their deepest secrets to you, some of which include incidents of parental abuse, molestation and worse. How do you cope?
13. Isn't it naïve to believe school bullying can be prevented? Isn't it just a normal part of growing up?
14. Describe the most traumatic event you experienced in the field as an anti-bullying activist.
15. What do you wish your parents and teachers would have done differently when you were being bullied?
16. If you could change one thing about our school system, what would it be and why?

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Select Noteworthy Quotes from
Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to
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On turning pain into purpose . . .

“I try to visualize a box. Sealed inside it are the darkest emotions from my adolescence. Immediately before every speech, while I’m waiting offstage to be introduced, I say a prayer. *God, what I’m about to do is hard. Please don’t let it be for nothing. Help me get to those who need this message the most.* Then I rip open the box and unleash the toxins inside. When my talk is over, I take a deep breath, suck all that rage and fear back into the box, and put it away until next time.”

On being An Adult Survivor of Peer Abuse . . .

“I don’t know it yet, but I’m far from alone in my inability to shake off the primal hold the popular crowd from school still has over me. In fact, I will soon discover that there are millions of others who are just as ashamed and embarrassed about it as I am. We work, we dream, we marry, have kids and grow old, and rarely does anyone ever suspect the truth. Our classmates put a hole in us, and our self-esteem keeps falling out. We’re constantly scooping the broken pieces off the floor and stuffing them back inside, like the scarecrow in *The Wizard of Oz*, hoping no one notices . . . we are *Adult Survivors of Peer Abuse*, a ghostly population of individuals struggling to break free of your influence. And the worst part is that most of you never meant to hurt us. You probably don’t even remember making fun of us. Every time you rolled your eyes as we passed you in the hall, snickered at our attempts to win your approval, or made us the butt of a joke, you may have believed it was all in good fun. And when you see us today at the mall or the grocery store, you smile and make small talk, unaware of the damage you’ve done. The bully never remembers. The outcast never forgets.”

On being an activist . . .

“I begin to have doubts that I’m as strong and unselfish as I thought, and that maybe I’m like the bride who elopes, then discovers that she was never cut out to be a wife. The problem with being an activist is that people expect courage and selflessness from you all the time, and when you need some privacy, not only do they often think less of you but you think less of yourself, too. Then one day you wake up with a chip on your shoulder the size of a cue ball. I don’t want to become that whiny author-activist I often had to work with during my publicist days, who resents how much she’s had to sacrifice. The night before my first talk in Baltimore, I come crashing into this realization, only to have the angelic hands of hope wrap around my throat and choke the fear out of me. Will I get to the point where I’m more afraid of hope than of doubt, because hope is guaranteed never to let me out of this relentless race?”

The scariest question the author continues to ask herself . . .

“Every time I talk to my former classmates about our shared past, I always end up pondering the same disturbing question: What part did I play in the drama of my own ostracism? And how many other kids today are coming home from school as I did, confused and in tears, desperate to unravel the mystery of why, no matter how hard they try, they don’t fit in? The victims of bullying always want to believe that it was never their fault, that they were shunned and tormented simply for being different. But *is* it that simple?”

The truth about school bullying today . . .

“The public sees only the surface of what’s going on in our schools. The media does the occasional story when there’s a dramatic or tragic angle that justifies the airtime. The government gets involved only when the threat of bad press leaves it no choice. But as I’m going through these e-mails, I’m starting to realize that not even I fully understood the extent of the problem. I believed what happened to me was extreme. I’m finding out now that it wasn’t. Based on what I’ve heard these past few weeks, my experience was *typical*. How is that possible? And why are so many kids telling me they’re afraid to go to their parents? What’s wrong with everyone?”

A mistake too many parents and teachers make . . .

“My parents and my teachers told me to ‘ignore the bullies, don’t give them the satisfaction.’ Today, I think of all the adults who give kids the same advice. I still don’t understand the logic. We preach to our children not to be bystanders, that if you see someone getting picked on, stand up and defend that person, but if *you’re* the one who’s being harassed, ignore it. Isn’t that a mixed message? It always made me wonder, why was I less worth defending than someone else?”

Why some adults in the school system need to quit their jobs . . .

“Those who make it harder on all of us are the battle weary professionals in a system where compassion has been eclipsed by cynicism. Disillusioned with their jobs, they use the same tired old psychobabble on students, who then respond by shutting themselves off even more from adults. These are the kids who are turning to me, and they deserve more than clichés and empty promises. Looking back on my own life, I know exactly where things went wrong: the innocent but costly mistakes my parents, teachers and other adults made and how to avoid them; what I could have done differently to improve my situation; why the schools I attended were a breeding ground for peer abuse; what all those therapists who were treating me never understood, and what many doctors still don’t understand about their adolescent patients. I have insights, answers, real solutions that only a survivor can know. But will people listen?”

On feeling overwhelmed by too many desperate students . . .

“One after another, they keep coming: the quarterback of the football team who says he’s always been a jerk to anyone who’s not popular and wants to know how to change; a

sixth grade girl whose friends turned on her because they found out her father was serving ten years in prison for selling drugs; an obese student in foster care who begs me to adopt her . . . At one point, unsure I can take any more, I get up and peek through the doorway to see how many more students are waiting to see me. The line is still extended to the end of the hallway.”

Why traditional punishment doesn't work and may even contribute to school shootings . . .

“All we're doing with traditional punishment methods like detention and suspension is making angry kids angrier. And where are they going to release that rage? Not in the direction of the popular students or their friends, because that would be too much of a social risk. Instead, they direct it toward the most socially expendable kid at school, the outcast. And then, when the outcast finally snaps because he's tired of being the scapegoat, everybody is scratching their heads wondering what happened. Our faulty system is what happened. If these schools thought I came on strong before, if certain principals and superintendents were wary of my unconventional ideas *before*, watch out America, because I'm just getting started!”

Why so many principals feel cheated by the American school system . . .

“I never really thought about how tough certain principals have it. The way most districts work, the principal has the authority to hire faculty, but not fire them. The most he can do is make a recommendation to the superintendent and the school board, but they have to approve the dismissal, which can be an elaborate process. I wonder how many teachers have gotten tenure that don't even belong in a classroom because a principal who feels helpless and has convinced himself there's nothing he can do looks the other way. Districts that don't empower their principals lose in the long run because a tired, discouraged leader is no good to anyone.”

On being diagnosed with post traumatic stress disorder as a result of chronic school bullying . . .

“But what am I supposed to do? I can't just walk away from this cause, especially now. Think of all the adult survivors like me who are also going through life worried they're crazy. At least letting them know they too might have post-traumatic stress disorder gives them something concrete to work with. Half the time, these people are told they're just being overly dramatic, and they need to forget the past and move on. I can't quit now and abandon them or the kids who need me. I just can't!”

On damaged families . . .

“One bullied girl who confessed to me she's been struggling with her mom reaches out and squeezes her hand. Another girl rests her head on her dad's shoulder while he gently strokes her hair, his expression a mix of remorse and relief. Watching these parents and children finding each other again is overwhelming. School bullying just doesn't damage kids, it damages whole families.”

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Praise for *The New York Times* Bestseller *Please Stop Laughing at Me . . .*

“. . . the author’s courageous and honest memoir of the years she spent as the victim of her contemporaries points smartly to the inability of adults to deal with issues of serious bullying.”

—*Publishers Weekly*

“Blanco’s story is often painful to read, but her eventual success and triumph over the past are inspiring.” —*Booklist*

“Many will take comfort both in the universality of the experiences and in Blanco’s transformation from an unhappy, embittered ugly duckling to a poised, accomplished swan. Others, if they are honest, just might recognize bullying tendencies in themselves and become sufficiently chagrined to reexamine their views and actions toward nonconformists of all stripes.” —*School Library Journal*

“A must-read for youth . . . most definitely there is hope for victims of peer abuse.” —*The Philadelphia Tribune*

“It’s important that all kids read *Please Stop Laughing at Me . . .* to realize the severe physical and emotional damage students receive at school. It’s an important read for parents and teachers . . . Readers will not be left laughing at the pranks and jokes played on Jodee, but wondering how human beings could treat each other this way. It leaves a long-lasting impression that will change the way you look at the loners and popular kids in your school or community.”

—*The St. Petersburg Times*

“*Please Stop Laughing at Me . . .* is honest and upfront. I highly recommend this work for parents and educators . . .” —*Hispanic Magazine*

“From cover to cover, Blanco reasons through what happened to her, laying the groundwork for what may become an anti-bullying Bible.” —Illinois Association of School Boards

“*Please Stop Laughing at Me . . .* should be required reading for every child in school. Jodee Blanco’s relentless audacity for doing the right thing should be taught to all of our children.”

—WomensSelfEsteem.com

“Judging by the standing ovation Jodee Blanco received at Valparaiso High School, her message about bullying got through to students.” —*Valparaiso Post Tribune*

“Later that day, when Blanco was leaving the school, a teacher stopped her and said, ‘Thanks for giving that student a hug.’ The teacher told Blanco that particular student was the most popular student in school but was also the biggest bully, adding that she would never bully anyone again after Blanco’s speech.” —*Dodge City Daily Globe*



Glossary of Key Terms from
Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to Prevent School Bullying

Adult Survivor of Peer Abuse™—an adult who was chronically bullied and/or shunned by his classmates and who has been scarred by this abuse.

Aggressive Exclusion™—the most damaging form of bullying, often used by Elite Tormentors, best defined as a deliberate omission of kindness. Examples include letting someone sit alone at lunch every day, ignoring someone as if he's invisible, always choosing the same person last when dividing into teams in class, letting someone walk alone to class and never inviting him to participate in social gatherings.

The Ancient Child™—the typical profile of the bullied student, best described as an old soul, a kid who's blessed or cursed, depending upon how you look at it, with a stronger conscience, and a more evolved sense of compassion and empathy than other kids his age. No matter how hard he tries to hide it, in the end, the sensitive, thoughtful adult inside him usually wins out over the teen who just wants to belong.

Arbitrary Exclusion™—when a best friend or group of friends inexplicably turns on someone and persuades everyone else in the clique to follow suit. This form of bullying rarely precipitates any specific act, but seems to come out of nowhere, which is what makes it so devastating.

Compassionate Discipline Driven by Curiosity™—enlightened innovative disciplinary strategies that help children discover the empathy inside them and develop it like a muscle. Its purpose is to teach children the joy of being kind as opposed to the consequences of being cruel, which is the focus of traditional punishment.

Elite Leader™—the caring, compassionate popular student.

Elite Tormentor™—the mean-spirited popular student who employs subtle, insidious forms of bullying such as *Aggressive Exclusion* and *Arbitrary Exclusion*.

Empathy Deficit Disorder™—a chronic lack of empathy that inhibits a child's access to the compassion inside him.

Irreverent Educator™—the teacher with the instinct of an activist. He or she isn't afraid to stand up to authority or challenge the status quo and will break the rules when necessary. The Reverent Educator is the teacher who respects the rules and prefers established policies and procedures to get things done.

Note: Both types of educators are equally vital to the system. One is the catalyst for change, and the other the facilitator, and it's the blending of the two that makes a school run efficiently.

Rejection Junkie Syndrome™—a form of self-sabotage experienced by many peer abuse victims in which a person grows so accustomed to negative attention from his classmates that when they finally do leave him alone it's like a death, and he finds himself provoking them to bully him again because if he's being ridiculed at least he knows he still exists. It's as if circumstances drive him to make a choice between being a no one and being a target.

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