

# **THE COMPLETE BULLYING PROGRAM – An Overview**

**A Special  
Overview  
Module  
About How  
Bullying  
Affects Us**

**Twelve  
Quick  
and  
Easy  
Lessons**

By  
**Dr. Terrence Webster-Doyle**  
with Adryan Russ Based on the award-winning Youth Peace Literacy Books



Dr. Terrence Webster-Doyle's

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**“I am bully-free!”**

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# How You Can Reach Us

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## **PART 1**

# **Why Are We Always Picking on Each Other?**

## **PART 2**

# **Why Is Everybody Always Picking on Us?**

## **PART 3**

# **Why Is Everybody Always Picking on Me?**

## **PART 4**

# **Why Am I Always Picking on Myself?**