

September 20, 2011

Expert on bullying, Trudy Ludwig, speaks to parents at Olympia library



Trudy Ludwig, author and expert on bullying, will present a talk for the parents of children in preschool through high school at the Olympia Timberland Library on Tuesday, October 4 from 6:30 to 8 p.m. The program is entitled “Understanding our Kids’ Social World: Friendships, Cliques and Power Plays.” A Q-and-A session will follow and informative handouts will be provided. Books will be available for purchase. This presentation is designed for adults only.

Ms. Ludwig has received rave reviews nationwide from educators, experts, organizations, and parents for her passion and compassion in addressing relational aggression--the use of relationships to manipulate and hurt others.

The presentation will address the following:

- relational aggression: prevalence, repercussions and latest research findings
- the nature of boys’ and girls’ friendships
- cyberbullying
- bibliotherapy (definition, process and benefits)
- recommended tools and resources to use at home

Ludwig wrote the nationally acclaimed children’s books, [*My Secret Bully*](#), [*Just Kidding*](#), [*Sorry!*](#), [*Trouble Talk*](#), [*Too Perfect*](#), [*Confessions of a Former Bully*](#), and [*Better than You*](#), her newest release. The books explore the sometimes confusing world of children’s social interactions. They have received Mom’s Choice Gold Awards and the Moonbeam Children’s Books Gold Award, and been selected for the National Crime Prevention Council’s “Circle of Respect” book club. They have also been included on various children’s book “best” and “notable” lists.

Ludwig lives in Portland, Oregon, with her husband and two children. She is a member of the International Bullying Prevention Association and collaborates with leading experts and organizations including The Ophelia Project, Hands and Words Are Not for Hurting Project, and Putting Family First. Her website is <http://trudyludwig.com>.

The Olympia Timberland Library is at 313 8th Avenue SE, Olympia. For more information, please contact the library at (360) 352-0595 or go to www.TRL.org.