



Exploring Bullying with Adults with Autism and Asperger Syndrome: A Photocopiable Workbook

Anna Tickle

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Bullying is a serious and pervasive issue for people with autism and Asperger Syndrome. This photocopiable workbook encourages adults who have been involved with bullying - as either victims or perpetrators - to explore what bullying is, the effects it can have and how it can be tackled successfully. In this accessible and jargon-free book, with a wealth of case studies and summaries, readers are invited to consider the thoughts, feelings and actions associated with bullying and offered helpful strategies for dealing with it. The book comprises a general introduction to bullying, followed by sections that examine the issue from the perspectives of victim and perpetrator. This dual approach is designed to stamp out the problem at its source - the bully - rather than simply supporting the victim. It also recognises that while people on the spectrum are all too often bullied for being 'different' character traits such as difficulty with empathy mean they may unintentionally bully others. This practical book can be worked through independently or with any of the wide range of professionals involved in supporting an adult with autism or Asperger Syndrome and other learning disabilities, to reach a new level of understanding about bullying.

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