



Sticks and Stones May Break My Bones but Words Can Break My Spirit - The Emotional Toll of Cyber and Schoolyard Bullying

Karen Gaskell

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Whoever coined the old adage “Sticks and stones may break my bones but words can never hurt me” was clueless about the harrowing effects of emotional abuse. Words can hurt - profoundly.

“Sticks and Stones May Break My Bones but Words Can Break My Spirit, The Emotional Toll of Cyber and Schoolyard Bullying,” examines the psychological toll that bullying can take on children and teens. Author Karen Gaskell intertwines the latest information and statistics about bullying with her own experience as a bully victim and how it still affects her decades later.

Only the most credible references including the National Crime Prevention Council, the American Academy of Pediatrics Journal “Pediatrics” and the American Psychological Association were referenced when compiling “Sticks and Stones May Break My Bones but Words Can Break My Spirit, The Emotional Toll of Cyber and Schoolyard Bullying.”

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