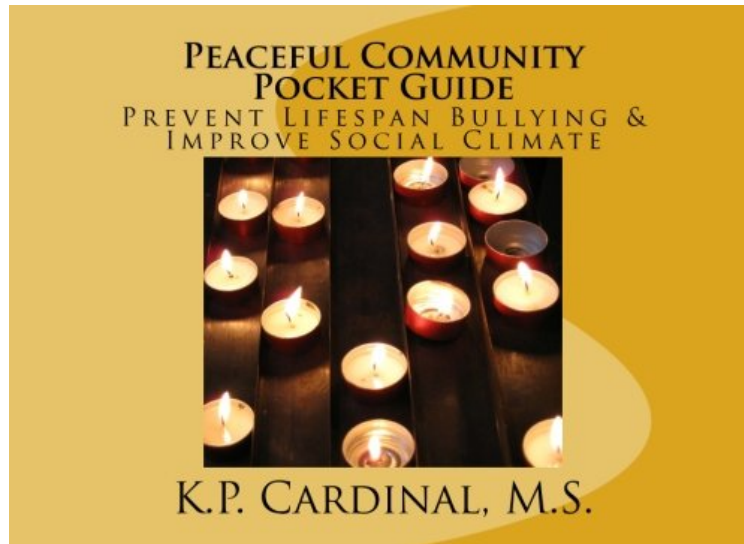


Peaceful Community Pocket Guide: Prevent Lifespan Bullying Improve Social Climate

K. P. Cardinal M.S.

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K. P. Cardinal M.S. : Peaceful Community Pocket Guide: Prevent Lifespan Bullying Improve Social Climate before purchasing it in order to gage whether or not it would be worth my time, and all praised Peaceful Community Pocket Guide: Prevent Lifespan Bullying Improve Social Climate:

The social climate that exists in communities where people live and work can contribute positively or negatively to their emotional health, feelings of self-worth and sense of well being. Humans tend to be happier and more productive in safe settings, while we wish to avoid toxic and anxiety inducing environments as they make us feel depressed, nervous or fearful. Bullying is a lifespan issue that must be addressed so that people of all ages can enjoy optimal emotional and physical health. The study of bullying began with young people, but it must not stop there. Untreated social aggression causes problems for older adults too and is seen in higher education, the work place, communal living environments, the healthcare industry, senior housing, politics, business and on the internet. Contained in these pages are peace promoting nuggets of wisdom that lay the groundwork for social wellness. If you wish to learn more about preventing lifespan bullying and promoting civility, this is the perfect place to start. The foundational knowledge is based upon the author's capstone research project toward a master's degree in gerontology through the John W. McCormack Graduate School of Policy and Global Studies at The University of Massachusetts, Boston. The award-winning capstone can be found on the university website and is entitled, "From Social Bullying in Schools to Bullying in Senior Housing A New Narrative Holistic Approach to Maintaining Residents Dignity" by Katherine P. Cardinal. https://www.umb.edu/academics/mgs/gerontology/graduate/mgt_agingservices_ms/capstone_papers Understanding the concepts of civility and positive vs. negative behaviors found in social hierarchies completes the understanding of bullying as a challenging social problem. All socioeconomic classes and ethnicities experience the phenomenon. Bullying is a serious health crisis that was once thought to only affect school-aged children. Now bullying is seen

across the lifespan and probably always existed without the label. Education and further research is the key to curtailing bullying and fostering climates of social wellness in every size community throughout the world.

About the Author Katherine P. Cardinal received her masters degree in management of aging services from the John W. McCormack Graduate School of Policy and Global Studies at the University of Massachusetts, Boston. She worked with adolescents challenged by histories of trauma and abuse prior to becoming a gerontologist. In 2015, she received the Management of Aging Services Capstone Award highlighting how evidence-based school bullying prevention and intervention has application in communal living and aging services. Her work demonstrates how community leaders must view social wellness and emotional climate as a responsibility within their power of influence. Synthesizing information across various disciplines, she invites social scientists to study links between social bullying and physical aggression and explore the complex nature of bullying that co-occurs with emotional/spiritual abuse, mental illness, substance abuse and forms of racism, homophobia, sexism and bigotry. She credits the pioneer work of Dr. Robin Bonifas, the groundbreaking research of Dan Olweus and Rosalind Wiseman on school bullying, the family-of-origin, substance abuse work of John Bradshaw and experiences working with adolescents in crisis at Project Return in Connecticut for contributing to her understanding of bullying as a lifespan abuse issue that must be properly understood by leaders in every work environment, institution and care setting. Katherine presented findings from her capstone project (link below) in May of 2016 at the Leading Age Wisconsin Conference and Business Meeting. She is a contributing author to the book, *Bullying Among Older Adults- How to Recognize and Address an Unseen Epidemic* by Robin P. Bonifas. View capstone project at www.umb.edu/academics/mgs/gerontology/graduate/mgt_agingservices_ms/capstone_papers