

**Submission
No 18**

**INQUIRY INTO BULLYING OF CHILDREN AND YOUNG
PEOPLE**

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Happiness—It's Up To You! Easy Steps to Self Acceptance and Good Relationships* (Boolarong Press)

Submission to Parliamentary Enquiry NSW Government www.parliament.nsw.gov.au/gpsc2

Best practice approaches to reduce bullying of children and young people

Summary

This submission brings to your attention the Self Acceptance Skills Method©, why it is vitally important for ten logical correct-thinking 'self acceptance' skills to replace ten widely used, unsuspected thinking errors that are tied to the notions of 'worth' and 'self esteem' and damage mental, emotional and social well-being, and **how this practical, definite, simple and tested cognitive method can reduce both 'bullying' and 'being bullied'** as well as promote well-being.

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