



# Be Positively Powerful

## Resilient When Things Get Tough

### Story Ideas

- **Is your child (are you) (are your employees) feeling depressed and anxious during the pandemic?** Learn these strategies to be resilient when things get tough.
- **Is your child feeling sad or angry during remote or hybrid schooling during the pandemic?** Learn these strategies to both support your child and insist on positive approaches in your school's instruction practices.
- **Before remote learning, was your child frequently bullied and is your child now happy to be freed from such bullying?** Learn these strategies to both prepare your child for a return to the school environment and insist that the school stop future bullying.
- **Is your child being bullied or harassed at school?** Learn these strategies to both empower your child and insist that the school effectively respond to such bullying.
- **Are you experiencing cyberbullying (workplace bullying)?** Learn these strategies to both prevent and effectively respond to such cyberbullying (workplace bullying).
- **Is workplace bullying disrupting the climate and productivity of your business?** Learn these strategies to both prevent and effectively respond to such workplace bullying.

### Books

- Cyber Ethics Reader*. McGraw-Hill College, 1996.
- Computer Ethics, Etiquette, and Safety for the 21st Century Student*. International Society for Technology in Education, 2002.
- Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly*. Jossey-Bass, 2007.
- Cyberbullying and Cyberthreats: Responding to the Challenge of Online Social Aggression, Threats, and Distress*. Research Press, 2007.
- Cyber Savvy: Embracing Digital Safety and Civility*, Corwin Press, 2011.
- Positive Relations @ School (& Elsewhere): Legal Parameters & Positive Strategies to Address Bullying & Harassment*. Embrace Civility, 2014.
- Engage Students to Embrace Civility*. Embrace Civility, 2018
- The Way of the Donkey*. (A picture book for children that presents positive empowerment in the long ear way. ) Embrace Civility, 2019.
- Be Positively Powerful: A Guide for Teens on Achieving Resilience and Empowerment*. Embrace Civility, 2020.
- Be Positively Powerful: Resilient When Things Get Tough*. Embrace Civility, 2020.

### Contact

**Websites:** <http://bepositivelypowerful.com>  
and <http://embracecivility.org>.  
**Email:** [nwillard@embracecivility.org](mailto:nwillard@embracecivility.org).  
**Cell:** 541-556-1145 (Pacific time)



**Nancy Willard, M.S., J.D.**

### Expertise

Nancy Willard's varied background and professional expertise makes her uniquely qualified to speak on many significant issues of the day related to children's well-being, school and workplace improvement, and positive relationships.

Nancy taught emotionally challenged students, practiced law, and assisted schools with educational technology. When the Internet emerged, her combined expertise supported her work in cyber ethics, cyber safety, and cyber bullying. She then shifted her attention to all forms of bullying.

She has learned first hand how difficult it is to change school practices—even when the evidence is clear that what schools are doing is not working. Bullying behavior is grounded in a quest for dominance over others and, thus, is intimately related to efforts to achieve social justice.

Nancy has more recently shifted her focus to trauma informed and positive psychology practices.

**Her seven research-based Be Positively Powerful strategies can help children, teens, and adults gain greater resilience, personal empowerment, and positive relationships!**

### Media Experience

Nancy has had articles appear in US News and World Report, Education Week, District Administration, Education World, and others publications.

Nancy has been quoted in The New York Times, Washington Post, CNN, and numerous local and regional publications. She has appeared in podcasts and local or regional news shows.

### Testimonials

Nancy Willard is a passionate advocate for improving the safety and emotional well-being of children and one of the field's most knowledgeable experts.

- Emily Bazelon, J.D., writer for The New York Times Magazine, a senior research fellow at Yale Law School, and co-host of the Slate podcast Political Gabfest, author of *Sticks & Stones: Defeating the Culture of Bullying and Rediscovering the Power and Character of Empathy*

Nancy Willard is a knowledgeable, caring and tough – in the best sense of the word! – advocate for all children. Combining research, educational, and legal understandings, Nancy is an important leader in furthering school improvement efforts.

- Jonathan Cohen, Ph.D. Co-president, International Observatory for School Climate and Violence Prevention; Founder and past president, National School Climate Center; Adjunct Professor in Psychology and Education, Teachers College, Columbia University;