

# Books to Bully-Proof Your Kids

*Health practitioners address bullying with values-based series for kids ages 4-11*

## The Principle Gang by Dr. Dan and Bli Dugi

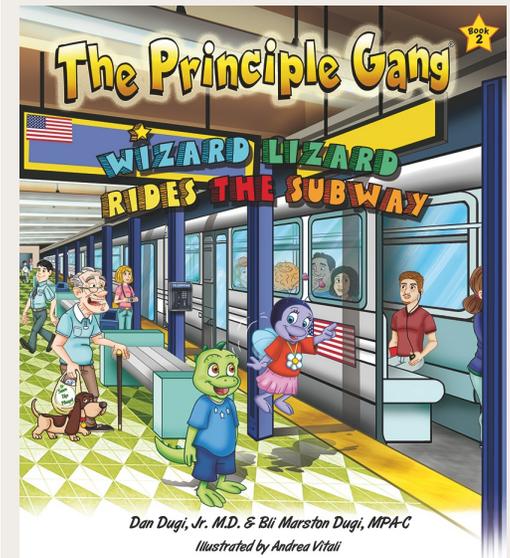
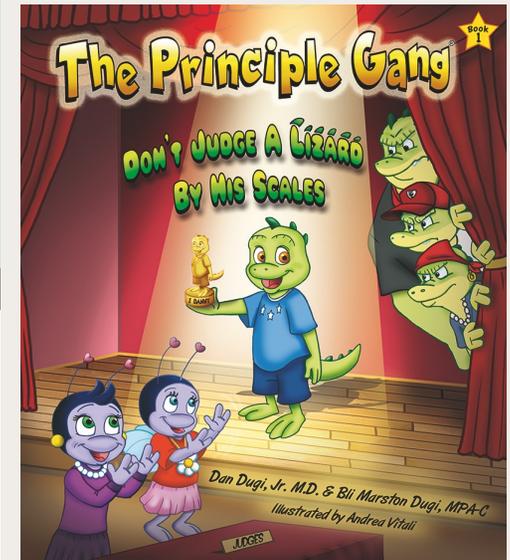
The NEA reports that 160,000 students stay home from school everyday due to bullying. While anti-bullying laws are growing at state and local levels, making schools take action for adverse events occurring on campus, parents and clinicians are often better able to recognize the signs of a child being bullied—and can help put a stop to it.

The issue of bullying weighs heavily on the minds of Dr. Dan and Bli Dugi, a physician and physician assistant. While building their young daughter's home-based library, they saw a need for books that expressed values in a vibrant way. The Dugis created The Principle Gang series, a collection of six books (for children ages 4-11) that brings to life the timeless messages parents have been conveying to their children for centuries—messages about family, friendship, community and fairness.

The first book in the series, *Don't Judge a Lizard by His Scales*, releases in August and book two, *Wizard Lizard Rides the Subway*, debuts in October. Children are invited to become a member of "The Principle Gang," by taking an oath to promise respect and encouragement, while learning important principles to make a difference. The characters in the series have different strengths and weaknesses that children can relate to.

The Dugis also launched a "No Bullies Allowed" campaign for elementary schools. Every school that signs up will receive a PG No Bullies Allowed starter pack, which includes an introductory letter, full-color poster for the school library, coloring sheet, and a powerpoint presentation for classroom instruction.

"The topic of bullying is not just a school problem, it's a community-wide problem," they say. "As health practitioners, we feel it is our duty to address bullying as another key factor in preventive medicine. Education and prevention are critical for the well-being of our youth."



PR **BY THE** BOOK

## About the authors

Dr. Dan and Bli Dugi have a combined 50 years experience as a physician and physician assistant team. With The Principle Gang series, they have created a way to connect with young children outside of the exam room. They live in Cuero, Texas, with their daughter, Emmy. Online at [www.ThePrincipleGang.com](http://www.ThePrincipleGang.com) and @theprinciplegang.

## Why it matters

- The average child has watched 8,000 televised murders and 100,000 acts of violence before finishing elementary school
- 160,000 students stay home from school everyday due to bullying (NEA)
- 30% of students who reported they had been bullied said they had at times brought weapons to school
- 2/3 of students who are targets become bullies
- 20% of all children say they have been bullied
- In schools where there are bullying programs, bullying is reduced by 50%

## Story ideas

- October is National Bullying Prevention Month
- Recognizing the signs & symptoms of bullying
- Physician's new responsibility: talking to young patients about bullying
- How parents can get involved in anti-bullying efforts in their child's school
- How teaching social skills and core values at a young age can effectively prevent bullying

## Praise

"The Principle Gang is healing the hearts of children one book at a time."

-Denton A. Cooley, M.D., founder, surgeon-in-chief, and president emeritus, Texas Heart Institute

"The Principle Gang is a much needed series for parents and their children in a society where bullying is so prevalent. The series is informative, entertaining and will captivate your children's attention while teaching them the valuable lesson of standing up for themselves and others that are being bullied."

-Dr. Sue Cornbluth, Nationally Recognized Parenting Expert in Parenting and Childhood Trauma

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## SERIES DETAILS

Published by Dugi Group, LLC

Childrens fiction

Hardcover, 36 pages

Ages 4-11

\$14.95

[ThePrincipleGang.com](http://ThePrincipleGang.com)

*Don't Judge a Lizard by His Scales*

August 5, 2014

978-0989836203

*Wizard Lizard Rides the Subway*

October 14, 2014

978-0989836227

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