

No Bull: Practical Solutions to Modern-Day Bullying



Dr. Joe Dilley

Dr. Joe Dilley graduated from the University of Iowa with honors and high distinction in Psychology, and a double-minor in Religion and Philosophy. He then brought this multifaceted view of the human psyche to his doctoral studies at Northwestern University, where he completed his Ph.D. in Clinical Psychology. Now a licensed psychologist in Texas and California, Dr. Dilley specializes in the assessment and treatment of anxiety, ADHD, and Gaming Disorder. As the author of the book [The Game Is Playing Your Kid: How to Unplug & Reconnect in the Digital Age](#), he also loves lending his expertise to various media outlets, including SiriusXM, NPR, and a multitude of podcasts.

**Monday
March 6, 2023
7 pm PST
Zoom**

Meeting ID: 870 0578 3106

Passcode: 686580

Recording will be posted after the meeting.

Topics of Discussion

- Essential skills for youth to effectively prevent and respond to bullying
- Understanding contemporary psychology research that offer reliable approaches to combat online and in-person bullying
- Why some youths bully