



Barnegat Resident, Stockton Grad Student Writes Personal Memoir on Bullying

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Galloway Township, NJ- It wasn't until Barnegat resident and soon-to-be Stockton master's graduate Kaitlin MacHugh's memoir was published that her parents found out about their daughter's experiences with bullies throughout middle school and high school.

MacHugh, a senior in the Master of Social Work (MSW) program at Stockton, wrote a memoir documenting the bullying—cyber, physical, and rumors—that she was subjected to from age 12 to 18. She internalized the pain inflicted by her peers, keeping her story a secret until this past summer when she wrote *Ugly: The Story of a Bullied Girl*.

After attending the June 2012 National Conference on Girl Bullying in Atlanta, Georgia, she decided to document her story. Her 12-chapter book is available on the Kindle, Nook and on iTunes and was published by Youth Light last month.

An evolution powered by social media has occurred since the time when bullying was not an everyday topic in schools. With twitter, texting, snap chat, and other forms of social networking, bullying can be almost inescapable. "Bullying is never done. Even when you think it's done, it's not," MacHugh explained.

She wants students to hear her story, because "no one should have to suffer in silence." Her book outlines resources and websites available to victims and strongly encourages victims to reach out for help and bystanders to get involved.

MacHugh credits her supportive parents who always encouraged her to go after her dreams and her college career with giving her the confidence needed to repair her injured self-esteem.

"Kate has risked being vulnerable and she tells her story about what it is really like to be bullied. Her words are inspiring and through publishing her memoir and speaking at local and national conferences she is an advocate for those who have been bullied or scapegoated," said Dr. Lisa Cox, an associate professor of social work who has taught MacHugh at the graduate level.

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MacHugh attended the 2013 National Conference on Bullying, Feb. 27 to March 1, in Orlando, Florida.

Photo: [Click here](#) for a jpeg image of MacHugh's book cover.

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