

## Bullying Resources

### Parents and Young Adults:

- **The Bullied, The Bully, and The Bystander, Barbara Coloroso.** From Pre-School to High School how parents and teachers can help break the cycle of violence. ([www.kidsareworthit.com](http://www.kidsareworthit.com))
- **Girl Wars, Cheryl Dellasega Ph. D. and Charisse Nixon Ph.D.** 12 Strategies that will end female bullying.
- **I Wish I Knew What to DO, Edited by Beth Carls and Amy Looper.** Stories from teens about what really goes on before, during, and after school about bullying.
- **It's NOT Just Joking Around, Jodee Blanco.** A Survivor's Guide to Bullying and peer Abuse.
- **Lost Boys, James Garbarino.** Why our sons turn violent and how we can save them.
- **Odd Girl Out, Rachel Simmons.** Female bullying and the hidden culture of girls' aggression in our schools.
- **Odd Girl Speaks Out, Rachel Simmons.** Girls write about bullies, cliques, popularity, and jealousy.
- **Please Stop Laughing at Me, Jodee Blanco.** A powerful memoir chronicling how one child was shunned and physically abused by her classmates from elementary school through high school. This is a vivid story that can open our eyes to the harsh realities and long-term consequences of bullying.
- **Take the Bully by the Horns, Sam Horn.** Stop unethical, uncooperative, or unpleasant people from running and ruining your life.
- **Tongue FU! At School, Sam Horn.** 30 ways to get along better with teachers, principals, students, and parents.
- **Words Will NEVER Hurt Me, Sally Northway Ogden.** Helping kids handle teasing, bullying, and putdowns.
- **15+ Make Time to LISTEN, Take time to TALK – about Bullying** cards. Packet of questions to use to get children to talk about bullying and other topics. (Originally from SAMHSA -LISD – Mary Ann Kluga – 570-0315)

### For Children:

- **Bullies are a Pain in the Brain, Trevor Romain.** Grade level: 4-8. A serious yet humorous guide to dealing with bullies.
- **Just a bully, Gina and Mercer Mayer.** Grade level: K-3. His sister saves the little critter from a bully.
- **The ant bully, John Nickle.** Grade level: K-3. Lucas learns a lesson about bullying when he is pulled into the ant hole he has been tormenting.
- **Tom Turkey, Dave Sargent.** Grade level: K-3. Tom Turkey is shocked at the naughty behavior of a young Siamese kitten named Samone, who thinks that she can bully everyone around, but Samone is in for a big surprise.
- **I sure am glad to see you, Blackboard Bear by Martha Alexander.** Grade level: K-3. Little Anthony's bear is immensely helpful when he has to deal with other children who are teasing, selfish, or bullying.
- **Long walk to school: a story about bullying, Cindy Leaney.** Grade level: K-3. The Hero kids help a boy who is being bullied, as well as the one doing the bullying.
- **Clever Tortoise: a traditional African tale. Illustrated by Francesca Martin.** Grade level: K-3. Clever Tortoise leads the other jungle animals in teaching bullying elephant and hippopotamus a lesson by tricking them into engaging in a tug of war with each other.
- **Dealing with Bullying, Marianne Johnston.** Grade level: 3-4. Describes what is meant by bullying; then goes on to explain why bullies act as they do, how to deal with them, and how to stop being one.
- **Bully, Janine Amos.** Grade level: elementary. Stories of young children who get angry and pick on someone else provide questions for a discussion on bullies.
- **Playground Survival, Peggy Burns.** Grade level: K-3. Offers advice to children on how to handle problems that might arise with friends or with other students on the playground, features true stories about bullying, jealousy, exclusion, and lies, and includes insights on how young people feel about these types of troubles.

**Websites:** [www.tolerance.org](http://www.tolerance.org); [www.stopcyberbullying.com](http://www.stopcyberbullying.com); [www.cfchildren.org/spring09/text-bullying](http://www.cfchildren.org/spring09/text-bullying); [www.samhsa.gov](http://www.samhsa.gov); [www.kidsareworthit.com](http://www.kidsareworthit.com); [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov); [www.connectsafely.org](http://www.connectsafely.org); [www.trevorromain.com](http://www.trevorromain.com); [www.cyberbullying.us](http://www.cyberbullying.us)