

Nashoba Regional School District

Positive Climate/Bullying Prevention and Intervention
Resources

December 2010

**Nashoba Regional School District
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I. Print Resources about Bullying and Cyber-Bullying for Educators, Parents and Students

A. Books for Educators

101 Facts About Bullying: What Everyone Should Know

by Meline Kevorkian and Robin D'Antona

101 Facts about Bullying is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. Meline Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying debunking myth and unclocking the facts about bullying and its prevention.

Bullying Beyond the Schoolyard: Preventing and Responding to Cyber-bullying

by Hinduja and Patchin

Focusing on how technology can facilitate or magnify bullying behavior, this resource provides proactive strategies, current research, and legal rulings to protect students from cyberbullying.

Bullying in Schools: What You Need to Know by Paul Langan

This book gives students and teachers an excellent guide for handling a bully.

Breaking the Culture of Bullying and Disrespect, Grades K-8: Best Practices and Successful Strategies by Marie-Nathalie Beaudoin, Maureen Taylor

Contents include: Unraveling Assumptions: Educators' Roles and Students' Behaviors; Responding Effectively to Incidents of bullying and Disrespect; Making Changes Last for More Than a Week; Listening to Students' Voices, Cultivating Respect; Appreciation, and Tolerance in the School; Working With Individual Students Around bullying; and more.

Bullying from Both Sides: Strategic Interventions for Working with Bullies and Victims

by Walter B. Roberts, Jr.

Contents include: The prevalence of bullying; Definitions of bullying and teasing; Victims, Victimization and retaliation; Bullies, Strategic intervention point 1 : the best intervention is prevention, Strategic intervention point 2 : safeguard the victim, Strategic intervention point 3 : engage the victim in constructive and supportive interactions, Strategic intervention point 4 : engage the bully in constructive and supportive interactions; What now? Taking those first steps.

Bullying Prevention: Creating a Positive School Climate and Developing Social Competence

by Pamela Orpinas, Arthur M. Horne

Shows how school professionals can prevent and reduce bullying by creating a positive environment and by ensuring all children have the social skills to communicate well and solve problems without aggression. The book has guidance in selecting research-based bullying

Bullying prevention curriculum: classroom instructional units grades 6-8

[Wisconsin Department of Public Instruction](#)

Expanded from the Wisconsin Clearinghouse for Prevention Resources 'Sticks n' stones bullying prevention curriculum'; also available for grades 3-5.

Bullying in Secondary Schools: What it Looks Like and How to Manage It

by Keith Sullivan, Mark Cleary and Ginny Sullivan

This book is a practical guide to dealing with bullying in secondary schools. The authors examine the nature of the secondary school and the typology of the adolescent.

The Bully in the Book and in the Classroom by C.J. Bott,

The Bully in the Book and in the Classroom was written to address the often-invisible problem of bullying in the halls, offices, and classrooms of our schools and to help educators know what to look for and how to react when they witness harassment. Crucial information is provided for teachers, school staff, and parents concerning the behavior of bullies, their targets, and bystanders. Each chapter highlights a different age group and describes the most frequent types of bullying associated with each group. Bott also reviews books recommended for each reading level, from elementary school and middle school titles to more sophisticated reading for high school students. Each review contains an in-depth summary, activities, and quotes from the book. The final section provides resources for teachers, librarians, counselors, administrators, and parents.

Cyber-Bullying: Issues and Solutions for the School, the Classroom and the Home

by Shaheen Shariff

Contents include: Cyberspace: battleground or opportunity? Profile of traditional and cyber-bullying; A transnational snapshot; The role of gender: biological and environmental influences; Controlling kids' spaces; Stakeholder power; Balancing free expression: privacy and safety in cyberspace; Harmonious solutions.

Cyber Bullying: Protecting kids and Adults from Online Bullies

by Samuel C. McQuade III, James P. Colt, Nancy B.B. Meyer

Contents include: What is cyber-bullying? Prominent examples of modern bullying and cyber bullying; Common aspects of modern bullying cases; Growing up with information technology (IT); Technology-enabled generation shift and the onset of social computing; Digital youth culture; Harmful aspects of digital youth culture; Contemplating the future; and more.

Bullying and Harassment: a Legal Guide for Educators by Kathleen Conn

Contents include: Necessary legal background; School bullies and bullying; Sexual or gender-based harassment of students; Other forms of harassment of students; Bullying and harassment of teachers and other school personnel; Student threats and violence in school; Internet-enabled bullying harassment, and threats; Recommendations and plans for action.

Making Your School Safe : Strategies to Protect Children and Promote Learning

by John Devine and Jonathan Cohen

Contents include: The relationship between social emotional education and safety in a school; Preparing your school to deal with a crisis: principles of school crisis preparedness and response with David Schonfeld; Creating a climate for social and emotional safety; Promoting social emotional competencies and healthy relationships; Fostering students' emotional safety for learning; Bullying: the triangle of bully, victim, and bystander; Recognizing and assisting traumatized children with Roy Lubit; Promoting learning and safety in school: a model and process.

Stop the Bullying: a Handbook for Teachers by Ken Rigby

Bullying in schools is a growing community concern. We now know that continued bullying at school can damage both the physical and mental health of vulnerable children. This can lead to a severe loss of self-esteem, increased anxiety, and difficulty in forming trusting relationships. This practical and research-based book helps teachers appreciate the actions they can take to stop bullying. Teachers will find reproducible activities that help students recognize and effectively deal with a variety of issues related to bullying. This remarkable book will help teachers work with colleagues and parents to make schools safer places for all.

The Bully Free Classroom: Over 100 tips and Strategies for Teachers K-8

by Allan Beane

Over 100 strategies to prevent bullying by creating a sense of belonging and promoting a peaceful classroom setting.

Cyber-bullying and Cyber-threats by Nancy E. Willard

Responding to the challenge of online social aggression, threats and distress (book description from publisher)

Net Cetera by OnGuardOnline

Practical tips from the federal government and the technology community to help you guard against Internet fraud secure your computers and protect your privacy. (book description from publisher) Available at: DES

No Kidding About Bullying by Naomi Drew

125 ready-to-use activities to help kids manage anger, resolve conflicts, build empathy, and get along, grades 3 - 6. A CD with all reproducible activity sheets is included.

Once Upon A Time...Storytelling to Teach Character and Prevent Bullying

by Elisa Davy Pearmain

Lessons from 99 Multicultural Folk Tales for Grades K-8 (book description from publisher)

Empowering Bystanders in Bullying Prevention Grades K – 8

by Stan Davis and Julie Davis

Includes DVD with audio and slide presentation by Stan Davis

Letters to a bullied girl: Messages of healing and hope. One Bullied Girl , Two Sisters Who Cared, and Thousands More Who Opened up Their Hearts

by Olivia Gardner with Emily and Sarah Buder

This book exposes bullying with the words of those who know it best, and gives hope from those whose letters offer inspiration.

More Bullies in More Books by C.J. Bott.

Contains over 350 annotated titles from picture books to high school books; topics include name calling, being new or different, cliques, gangs, body image and homophobia.

Please Stop Laughing at Me...One Woman's Inspirational Story

by Jodee Blanco

Touching memoir from the point of view of the victim

The Bully, the Bullied, and the Bystander : From Preschool to High School--How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso

A resource on bullying that offers insight on how to tell if your child is being bullied, how to change bullying behavior, and how to help bystanders become active in solving the problem

Direct from the Field: a Guide to Bullying Prevention

by Laura Parker-Roerden, David Rudewick, and Donald Gorton

Curriculum guide produced jointly by The Governor's Task Force on Hate Crimes, The Massachusetts Commission on Gay, Lesbian, Bisexual and Transgender Youth, and the Massachusetts Department of Public Health

Available as a PDF at http://www.mass.gov/Eeohhs2/docs/dph/com_health/violence/bullying_prevent_guide.pdf

Net Cetera: Chatting With Kids About Being Online by OnGuardOnline.

Government publication offering online safety tips

Available as a PDF at <http://www.onguardonline.gov/pdf/tec04.pdf>.

Odd Girl Out: the Hidden Culture of Aggression in Girls by Rachel Simmons

Discusses the issues surrounding aggression in girls

B. Books for Young Adults (Fiction)

Bad girls by Jacqueline Wilson

Ten-year-old Mandy must endure torment from three nasty bullies in school, but she finds solace in a new friendship with an older girl.

Burger Wuss by M.T. Anderson Hoping to lose his loser image, Anthony plans revenge on a bully which results in a war between two competing fast food restaurants, Burger Queen and O'Dermott's.

Bullyville by Francine Prose

After the death of his estranged father in the World Trade Center on 9/11, thirteen-year-old Bart, still struggling with his feelings of guilt, sorrow and loss, wins a scholarship to the local preparatory school and there encounters a vicious bully whose cruelty compounds the aftermath of the tragedy.

The Hate List by Jennifer Brown

Five months ago, Valerie Leftman's boyfriend, Nick, opened fire on their school cafeteria. Val must come to grips with the tragedy that took place and her role in it, in order to make amends and move on with her life.

The Beckoners by Carrie Mac

When Zoe moves to a new town, she finds the line between victim and tormentor is easily crossed.

Some Girls Are by Courtney Summers

High-school senior Regina Afton has been what she believes is an important part of the most popular girls' clique during middle and high school. And then she's not. Summers spins a story in which kids are mean, abusive, and quixotic, while adults are for the most part absent or ignorant.

The Chocolate War by Robert Cormier

A high school freshman discovers the devastating consequences of refusing to join in the school's annual fund raising drive and arousing the wrath of the school bullies.

By the Time You Read This I'll Be Dead by Julie Ann Peters

Daelyn Rice is broken beyond repair, and after a string of botched suicide attempts, she's determined to get her death right. Daelyn blogs about her life, uncovering a history of bullying that goes back to kindergarten. When she's not on the Web, Daelyn's at her private school, where she's known as the freak who doesn't talk. Then, a boy named Santana begins to sit with her after school while she's waiting to for her parents to pick her up. And it's too late for Daelyn to be letting people into her life...isn't it?

Endgame by Nancy Garden

Fifteen-year-old Gray Wilton is in juvenile detention, waiting for his murder trial. In a series of interviews, his defense lawyer slowly uncovers the gradual escalation of physical and emotional bullying that drove the sensitive, musically artistic kid to the point where he takes a gun to school and starts shooting. It reinforces the need to have adults in the lives of teens that, not only see, but also take action against the behavior.

Freak by Marcella Pixley

Twelve-year-old Miriam, poetic, smart, and quirky, is considered a freak by the popular girls at her middle school, and she eventually explodes in response to their bullying, revealing an inner strength she did not know she had.

Indigo's Star by Hilary McKay

Spurred on by his youngest sister, Rose, twelve-year-old Indigo sticks up for himself and an American boy who has replaced him as the primary target of the school bullies.

Loser by Jerry Spinelli

Even though his classmates from first grade on have considered him strange and a loser, Daniel Zinkoff's optimism and exuberance and the support of his loving family do not allow him to feel that way about himself.

Magic and Misery by Peter Marino

TJ, a sturdy teenage girl with little self-confidence, becomes best friends with a new, gay student in her high school, and when he is bullied and she tries to convince him to tell the authorities, he refuses.

The Misfits by James Howe

Four students who do not fit in at their small-town middle school decide to create a third party for the student council elections to represent all students who have ever been called names.

Twisted by Laurie Halse Anderson

After finally getting noticed by someone other than school bullies and his ever-angry father, seventeen-year-old Tyler enjoys his tough new reputation and the attentions of a popular girl, but when life starts to go bad again, he must choose.

Shooter by Walter Dean Myers

Written in the form of interviews, reports, and journal entries, the story of three troubled teenagers ends in a tragic school shooting.

Endgame by Nancy Garden

Fifteen-year-old Gray Wilton bullied at school and ridiculed by an unfeeling father for preferring drums to hunting, goes on a shooting rampage at his high school.

Inventing Elliot by Graham Gardner

Elliot, a victim of bullying, invents a calmer, cooler self when he changes schools in the middle of freshman year, but soon attracts the wrong kind of attention from the Guardians who "maintain order" at the new school.

Don't Call Me Ishmael by Michael Gerard Bauer.

Fourteen-year-old Ishmael Leseur is certain that his name is the cause of his unhappy school life as the victim of the worst bully in his class, but when a new boy arrives, he shows Ishmael that things could be different.

Dough Boy by Peter Marino

This is the story of 15-year-old Tristan's struggle to cope with own body issues while trying to make sense of his feelings for his new stepsister. The persistent torment she inflicts on him finally pushes Tristan to take action.

Holes by Louis Sachar

Stanley Yelnats, an unjustly convicted boy, has been sent to do time at Camp Green Lake. But this camp is not for swimming and hiking. This camp is designed to "build character" in wayward boys by having them dig holes. This fun read offers mystery and humor while it explores issues of racism, bullying, cliques, and friendship.

Men of Stone by Gayle Friesen.

Fifteen-year-old Ben is bullied by his peers because he likes to dance. Just as his anger and frustration over his situation feels unbearable, his Russian great aunt Frieda arrives for a visit. Frieda shares a parallel story of how she and her Mennonite family were terrorized by Stalin's agents, "Men of Stone." The way Frieda dealt with her situation inspires Ben to confront the difficulties in his own life.

The Astonishing Adventures of Fanboy and Gothgirl by Barry Lyga

"I'm a computer geek, a comic book geek, a study geek. Even in the Fast-Track classes, I'm apart." Fifteen-year-old Fanboy's whip-smart, often hilariously sarcastic voice skillfully captures a teenager's growing self-awareness, and adds a fresh, urgent perspective to age-old questions about how young people cope with bullying and their own feelings of helplessness, rage, and being misunderstood as they try to discover themselves.

Names Will Never Hurt Me by Jaime Aidoff

This novel takes you inside the minds of four teenagers one year after a shooting at their high school. These students are all different, but none is without the problems teenagers face, including rejection, labeling, bullying, violence, and trying to belong.

Burn: a Novel by Suzanne Phillips.

A high school freshman deals with constant bullying.

Carrie by Stephen King

Haunting story of an ostracized high school girl with supernatural powers.

Brutal by Michael Harmon

With her martyr-doctor mother gone to save lives in some South American country, Poe Holly suddenly finds herself on the suburban doorstep of the father she never knew.

But Poe manages to find a few friends: Theo, the cute guy in the anarchy T-shirt, and Velveeta, her oddly likeable neighbor—and a born victim who's the butt of every prank at Benders High. But when the pranks turn deadly at the hands of invincible football star Colby Morris, Poe knows she's got to fix the system and take down the hero.

Hit Squad by James Heneghan.

High school students at an upscale high school take on the school bullies.

The Kite Runner by Khaled Hosseini

A man returns to Kabul to help ease his guilt of betraying and teasing a childhood friend.

C. Books for Young Adults (Non-Fiction)

Coping Through Friendship by Sharon Carter.

Examines the importance of different friendships in dealing with issues in life

Friends, Cliques, and Peer Pressure: Be True to Yourself by Christine Wickert.

Examines the challenges teenagers face as they deal with friendship and popularity in high school,

Letters to a Bullied Girl: Messages of Healing and Hope. One Bullied Girl, Two Sisters Who Cared, and Thousands More Who Opened up Their Hearts

by Olivia Gardner with Emily and Sarah Buder

This book exposes bullying with the words of those who know it best. And gives hope from those whose letters offer inspiration.

Odd Girl Speaks Out : Girls Write About Bullies, Cliques, Popularity, and Jealous

by Rachel Simmons

A collection of writings by teenage girls sharing their experiences of being bullied or bullying other girls

We Want You to Know: Kids Talk About Bullying by Deborah Ellis

“Students from ages 9 to 19 talk about their experiences with bullying” (from book jacket) Includes questions for open discussions about bullying and how to deal with it.

D. Books for Middle Readers (Grades 3-6) (Middle Grade Fiction)

The 18th Emergency by Betsy Byars (Gr.3-6)

When the toughest boy in school swears to kill him, twelve-year-old Mouse finds little help from friends and must prepare for this emergency alone.

Amelia Takes Command (Amelia's Bully Survival Guide) by Marissa Moss (Gr. 2-4)

Amelia has to deal with a bully in her 5th grade.

Babysitters: Karen's Bully by Ann M. Martin (Gr. 2-3)

“There's a big old bully in Karen's class and his name is Bobby Gianelli. Bobby the bully calls Karen names. He ruins Karen's recess. Bobby is just awful. And now the bully is moving to Karen's neighborhood. Rats. It won't be safe to play with Bobby around unless Karen declares war on the bully.”

Blubber by Judy Bloom (Gr. 3-6)

Jill goes along with the rest of the fifth-grade class in tormenting a classmate and then finds out what it's like when she, too, becomes a target.

Cool Zone with the Pain and the Great One by Judy Blume (1-4)

This brother and sister hardly agree on anything, until they learn at school that together they can conquer anything - including a school bully.

Crash by Jerry Spinelli (Gr. 3-6)

Crash is a 7th grade football player who bullies his neighbor until he becomes more mature.

Diary of a Wimpy Kid by Jeff Kinney

Greg keeps a diary of during his last year in middle school. Not only was he bullied but he became a bully.

A Dog on Barkham Street by Mary Stolz (Gr. 3-6)

Edward wants two things most of all: a dog and to not be bullied by his neighbor, Martin Hastings. He receives help from a vagabond uncle in this classic story.

Fourth Grade Rats by Jerry Spinelli (Gr. 3-6)

Suds deal with peer pressure from his friend to act tougher.

Freak the Mighty by Rodman Philbrick (Gr.6-8)

At the beginning of eighth grade, Max, who has a learning disability, and his new friend Freak, whose birth defect has affected his body but not his brilliant mind, endure a lot of taunting by their cruel peers. They find that when they combine forces, they make a powerful team.

Leon and the Champion Chip by Allen Kurzweil (Gr. 5-6)

“Employing scientific methods learned in Mr. Spark's class, fifth-grader Leon competes in a potato tasting contest and takes revenge against Lumpkin the bully.” (Book description from publisher.)

Marvin Redpost: Why Pick On Me? By Lois Sachar (Gr. 2-5)

Marvin becomes a target for bullying in his 3rd grade class because of a recess incident.

Mitch and Amy by Beverly Cleary (Gr. 3-6)

When the school bully starts picking on Mitch-and and Amy, the twins have something rotten in common: Alan Hibbler. This twosome must set aside their squabbles and band together to defeat a bully!

My Dog, Cat by Marty Crisp (Gr. 3-4)

“Abbie is a dog boy trapped in a cat family. He's also the new kid in school. Abbie wants nothing more than to be tall, to have a boy's name, and to have a big, mean dog to shut down the school bully.” (book description from publisher)

The Night the Bells Rang by Natalie Kinsey-Warnock (Gr.3-6)

Set in rural Vermont during WWI, Mason is bullied by a boy named Aden, who is eventually killed in battle overseas. This forces Mason to reflect on the small act of kindness that he witnessed from Aden.

Nothing's Fair in Fifth Grade by Barthe DeClements (Gr. 3-6)

A fifth grade class, repelled by the overweight new student who has serious problems at home, finally learns to accept her.

Nothing Wrong With a Three-Legged Dog by Graham McNamee (Gr. 4-5)

A story about a fourth grade boy who faces obstacles because he is different. These differences make him an easy prey for the class bully.

Owen Foote, Frontiersman by Stephanie Greene (Gr. 2-3)

“Owen feels like a pioneer when he goes to the woods with his best friend, Joseph. But there are other kinds of varmints in the wilderness – not bears and mountain lions, but two big kids who have nothing better to do than spoil Owen and Joseph's fun.” (book description from publisher)

The Pushcart War by Jean Merrill (Gr. 3-6)

The trucks in New York City bully the pushcart operators.

Shredderman Secret Identity by Wendelin VanDraanen (Gr. 4-6)

“Bubba Bixby is a bully – he cheats, steals, lies, cuts in line, and terrorizes little kids. Even teachers and principals can't seem to stop him. Nolan thinks it would take a superhero to make Bubba behave. But what no one knows yet is that there's a little superhero lurking within Nolan's nerdy exterior, just waiting for the chance to bust out. And when that happens – Bubba better beware.” (book description from publisher)

Snowboard Maverick by Matt Christopher (Gr. 3-5)

“Having just begun to learn how to snowboard, thirteen-year-old Dennis faces a frightening challenge when he allows a bully to shame him into racing on a difficult slope.” (Book description from publisher.)

Stepping on the Cracks by Mary Downing Hahn (Gr. 6)

“Margaret and her best friend Elizabeth both have brothers fighting the war against Hitler and, like everyone else they know, they are filled with feelings of patriotism. But the girls are also involved in their own personal war at home. Gordy Smith, the worst bully in the sixth grade, teases and torments them in the meanest ways and Margaret is scared to death of him. The girls discover a shocking secret about Gordy that turns their lives upside-down and draws them into a startling confrontation with family, friends and their own strongly held ideas.”

Surviving Brick Johnson by Laurie Myers (Gr. 2-4)

“Alex is running for his life! After making fun of the notorious bully Brick Johnson, he's now convinced that Brick is out to get him. But after Brick shows up in karate class and treats Alex with respect, Alex's picture of him begins to change. Who is this Brick Johnson?”

There's a Boy in the Girls' Bathroom by Louis Sachar (Gr. 5-8)

Bradley Chalker is a bad lot! He lies, gets into fights, no one wants to be his friend, and he is all alone. Until, that is, he meets the delightful new school counselor, Carla, and she persuades him that he can change - or more importantly - that he wants to change.

Tiger Rising by Kate DiCamillo (Gr. 3-6)

Rob won't allow himself to think about his recently deceased mum or the bullies at school, until one day he discovers a caged tiger in the woods and his whole life begins to change.

Crossover by Jeff Rud

Kyle Evans loves basketball and theater. He has to deal with an angry coach and homophobic teammate who sets out to destroy him.

Diary of a Wimpy Kid by Jeff Kinney

Greg keeps a diary of during his last year in middle school. Not only was he bullied but he became a bully.

Indigo's Star by Hillary McKay

Spurred on by his youngest sister, Rose, twelve-year-old Indigo sticks up for himself and an American boy who has replaced him as the primary target of the school bullies.

Loser by Jerry Spinelli

Even though his classmates from first grade on have considered him strange and a loser, Donald Zinkoff's optimism and exuberance and the support of his loving family do not allow him to feel that way about himself.

Poison Ivy by Amy Goldman Koss

Since fourth grade kids starting calling her poison ivy, Ivy Jones hates that name and wants to be invisible. A teacher finds out and develops a unique solution to stop the taunting.

Schooled by Gordon Korman

After growing up completely isolated, Cap Anderson is forced to go to public school and becomes the target of the big man on campus.

The Skin I'm In by Sharon G. Flake

A mean spirited student targets both another student and a teacher because of the color of their skin.

The Girls by Amy Goldman Koss. This realistic story about middle school life is told from the different perspectives of six middle school girls. Through their eyes, readers get a deeper understanding of the cliques, social status, and peer pressure that middle school girls navigate on their way to discovering their own sense of self and what is right.

The Revealers by Doug Wilhelm

This fictional story is based on the author's own experiences and on his firsthand research in several middle schools. Three very different bullied seventh graders find allies in one another and others as they create an email forum for students to discuss their experiences with each other.

Misfits by James Howe.

This humorous novel provides an insightful look into pre-adolescent stereotyping and degrading labeling through the eyes of Bobby Goodspeed and his "gang" of middle school "misfits."

E. Children's Books (Children's Fiction)

First Day in Grapes by L. King Pérez

When Chico starts the third grade after his migrant worker family moves to begin harvesting California grapes, he finds that self confidence and math skills help him cope with the first day of school.

Mr. Lincoln's Way by Patricia Polacco

When Mr. Lincoln, "the coolest principal in the whole world," discovers that Eugene, the school bully, knows a lot about birds, he uses this interest to help Eugene overcome his intolerance.

The Recess Queen by Alexis O'Neill

Mean Jean is the biggest bully on the school playground until a new girl arrives and challenges Jean's status as the Recess Queen.

Say Something by Peggy Moss

A child who never says anything when other children are being teased or bullied finds herself in their position one day when jokes are made at her expense and no one speaks up.

Amelia Takes Command (Amelia's Bully Survival Guide) by Marissa Moss (Gr. 2-4)

Amelia has to deal with a bully in her 5th grade.

Arthur's April Fool by Marc Brown (PreK-2)

Arthur deals with Binkie's threats to beat him up on April Fool's Day.

Babysitters: Karen's Bully by Ann M. Martin (Gr. 2-3)

"There's a big old bully in Karen's class and his name is Bobby Gianelli. Bobby the bully calls Karen names. He ruins Karen's recess. Bobby is just awful. And now the bully is moving to Karen's neighborhood. Rats. It won't be safe to play with Bobby around. Unless Karen declares war on the bully."(Book description from publisher.)

Blue Bug and the Bullies by Virginia Poulet (PreK-2)

Describes Blue Bug's reactions to bullies.

The Bully from the Black Lagoon by Mike Thaler (Gr. 1-3)

"Uh-oh – there's a new bully in school. Did he really eat the teacher's pet and beat up every kid in his old school twice?" (book description from publisher)

Bully Trouble by Joanna Cole (Gr. 1-3) Two friends work at a plan for dealing with a neighborhood bully.

Camp Big Paw by Doug Cushman (Gr. K-1)

"Cyril is a new camper and even though his teammates try to help him out, he keeps running into trouble. Mean Nigel Snootbutter, the camp bully, only makes things worse. Nigel will do anything to make sure he wins all the contest badges. But can he?" (book description from publisher)

Chester Raccoon and the Big Bad Bully by Audrey Penn (Gr. K-2)

A group of animals learn that if they stand up for each other, they can help to stop bullying.

Chicken Soup for Little Souls: The Goodness Gorillas by Lisa McCort (Gr. 1-3)

A group of students called "The Goodness Gorillas" use kindness to deal with the classroom bully.

Chrysanthemum by Kevin Henkes (PreK-2)

Chrysanthemum is teased by her classmates about her name and then learns that her teacher also is named after a flower.

Hooway for Wodney Wat by Helen Lester (Gr. K-3)

"Poor Rodney Rat can't pronounce his r's and the other rodents tease him mercilessly. Read along with Wodney as he surprises himself and his classmates by single-handedly saving the whole class from the big bad bully." (book description from publisher)

The Hundred Dresses by Eleanor Estes (Gr. 2-5)

Wanda is made fun of at her new school because she has a Polish accent and she wears the same dress every day. After she moves, her classmates learn the consequences of bullying.

Loudmouth George and the Sixth Grade Bully by Nancy Carlson (PreK-2)

George gets help from his friend Harriet to deal with a bully in his school who has been stealing his lunch.

Martha Walks the Dog by Susan Meddaugh (PreK-2)

The loquacious canine has the unfortunate experience of having a noisy neighbor move in with his bad dog. Bob is always barking and his owner is always screaming at him. When the offensive animal starts to pick on the neighborhood dogs, Martha speaks up. (from review by School Library Journal)

Marvin Redpost: Why Pick On Me? by Lois Sachar (Gr. 2-5)

Marvin becomes a target for bullying in his 3rd grade class because of a recess incident.

Mean, Mean Maureen Green by Judy Cox (Gr. 2-3)

"Who stuffs third graders' heads into garbage cans? Who rules the school bus and makes kids eat mud? It's Mean, Mean Maureen Green. Lilley is worried about being on the school bus with Mean Maureen. Lilley knows she can't go on being afraid of the bike and the bully." (Book description from publisher.)

Owen Foote, Frontiersman by Stephanie Greene (Gr. 2-3)

"Owen feels like a pioneer when he goes to the woods with his best friend, Joseph. But there are other kinds of varmints in the wilderness – not bears and mountain lions, but two big kids who have nothing better to do than spoil Owen and Joseph's fun." (Book description from publisher.)

The Rat and the Tiger by Keiko Kasza (PreK-2)

Because he is being bullied by Tiger, Rat decides to not be his friend anymore, and Tiger learns the consequences of his actions.

The Red Sweater by Peter Maloney and Felicia Zekauskas (Gr K-1)

"Peter's red sweater keeps him extra safe when he goes to school. Peter's mom makes him wear it every day so cars can see him easily. But the red sweater can't protect him from mean Russ Deluca. Russ makes fun of Peter for wearing the red sweater all the time. What will Peter do? Felicia knows the answer and she can't wait to tell Peter!" (Book description from publisher.)

The Sneetches by Dr. Seuss (All Ages)

The Sneetches learn a lesson about inclusion and tolerance when they must work together.

The Ugly Duckling by Jerry Pinkney (PreK-3)

A duckling is made fun of by the other ducks until he grows into a beautiful swan.

Trouble in the Barkers' Class by Tomie DePaola (PreK-2)

The students must find a way to deal with a new student who acts like a bully.

F. Children's Books (Children's Non-Fiction)

Dealing with Bullies by Pam Scheunemann (PreK-2)

Describes different ways that bullies hurt others, physically or emotionally, and how to deal with them

Dealing With Bullying by Marianne Johnston (Gr. K-2)

Describes what is meant by bullying, then explains why bullies act the way they do and ways to deal with or stop being a bully.

Have You Filled a Bucket Today by Carol McCloud (PreK-3)

Using the concept of bucket filling is an effective metaphor for encouraging kind and considerate behavior and for teaching the benefits of positive relationships.

Kids Talk About Bullying by Carrie Finn (PreK-2)

In a Dear Abby style, this book helps youngsters learn what bullying is and how to deal with it.

Let's Talk About Bullying by Angela Grunsell (Gr. 3-4)

This book discusses bullying, why it occurs and ways that it can be handled.

Magazines

Teaching Tolerance (free magazine for educators)

School Library Journal Article http://www.slj.com/slj/articles/atechnology/886310-464/starting_the_school_year_positivelyhelping.html.csp

Time Magazine Articles

<http://search.time.com/results.html?N=0&Nty=1&p=0&cmd=tags&srchCat=Full+Archive&Ntt=bullying&x=0&y=0>

Many of these bullying resources were found at:

<http://westfordbullyingresources.wikispaces.com/> **Compiled by** Suzanne Harde, Library Media Specialist, Westford Public Schools using recommendations from members of the Massachusetts School Library Association

II. Non-Print Resources about Bullying, Cyber-Bullying and Prevention for Educators, Parents and Students

A. Video

Don't Laugh at Me – Teachers Guide, DVD and Video by Operation Respect, Inc.

Video based on the song by Peter, Paul, and Mary. Includes curriculum guides and lessons

Fairness: Balance of Power - Character Builders – Group discussion videos. By CAMFEL Productions

Video includes video vignettes illustrating that the balance of power is not always fair. It is what you choose to do with what life deals you that matters. Includes reflection questions for each vignette

Stop Bullying Now - Take A Stand. Lend a Hand. By HRSA

Included on DVD is Webisodes – A series of 12 animated episodes depicting a group of characters at a school who experience bullying first-hand and what they do to help resolve the situation DVD

Bullied: A Student, a School and a Case that made History. A documentary film the chronicles one student's torment at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. Free from Teaching Tolerance

Bully Bystanders: You Can Make a Difference. DVD. Grades 7-12 “Most teens don't like to see their peers bullied but are not sure whether or how to respond. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. Program features a compelling short drama based on real-life incidents where bystanders stand up and change the outcome of a bullying incident. We also hear from real teens discussing incidents where they and their peers made a difference by intervening in a bullying situation. On-screen experts advise teens how they can become proactive without putting themselves at risk. Viewers learn that respecting others and taking a united stand against all sorts of harassment is not only possible, but it can make a dramatic difference in the lives of many young people. Bystanders can make a resounding contribution by setting the tone for their peers and refusing to accept hostile behaviors.”

Consultant: Tara L. Kuther, Ph.D. From Human Relations Media <http://www.hrmvideo.com>

B. Online Videos/Streamed Videos

Available from Discovery Education: <http://www.discoveryeducation.com>

“Staff Development: Building Respectful Schools and Classrooms” From description “Cultivate an atmosphere that supports positive relationships, prevents bullying, and increases civility in the classroom. This module helps teachers explore the concepts and applications of respect, and shows teachers how to help students develop an inner-directed sense of personal responsibility, and increase their sense of responsibility to others.” 36 minutes in 19 segments

<http://player.discoveryeducation.com/index.cfm?guidAssetId=3A4E6DE5-082A-4B51-967F-0C2146EBC9C3&blnFromSearch=1&productcode=US>

“What We Learned about Bullying” (A Sunburst Title) from website description: “Being bullied at school or at home can leave a child feeling hurt and threatened. This program offers youngsters the hope that they can stop the cycle of bully/victim behavior. Real kids speak up about how it felt to be a bully. Victims openly discuss how they feel and the attempts they have made to stop the bully. Through a combination of dramatizations and real kids' revelations, students will identify and begin to understand the motivations and feelings that exist within the bully and the victim.” K-2, 3-5 15 minutes

“Reality Matters: Cruel Schools: Bullying And Violence” From website description: “Examine the antagonistic atmosphere that begets violence, and look at some solutions found in the stories of three victims - only one of whom lived to tell his own story. Produced by Discovery Channel School.” 6-8 24:52 minutes

No More Teasing! (A Sunburst Title) From website description: “Presents effective strategies kids can use to protect themselves against teasing or bullying. With the help of the “No More Teasing Team” - peer hosts who introduce common teasing situations and offer solutions - shows how students can change their own behavior to lessen teasing or bullying’s impact.” Grades 3-5, 14 minutes

Bullies and How to Help Them website title description: “Students will learn simple techniques to deal with bullies, to reason with, or to avoid them. If you witness bullying, don’t go along with it and laugh; instead be cool and stand up for what’s right. Sometimes getting help from an authority is the only thing you can do. If you are a bully, you should stop. You don’t like it when someone bothers you and you really don’t want to make others feel bad. Instead, use your power in a positive way. Let’s all have fun, laugh, and live together.” Grades 3-5. 23:53

Available from BrainPop: <http://www.brainpop.com/BrainPop/>

“Bullying” One of the videos on the subscription ‘BrainPop.com’ website. Short video explains what bullying is, why it might be happening and what to do if you are a target of bullying.

Available: <http://www.brainpop.com/socialstudies/culture/bullying/>

“Cyber-bullying”

One of the videos on the subscription ‘BrainPop.com’ website. Short video explains what cyber-bullying is, why it might be happening and what to do if you are a target of cyber-bullying. Available: BrainPop:

<http://www.brainpop.com/technology/computersandinternet/cyberbullying/>

BrainPop: **“Digital Etiquette”**

One of the videos on the subscription ‘BrainPop.com’ website. Short video explains what digital etiquette is, why it is important to be very careful when communicating online.

Available: BrainPop:

<http://www.brainpop.com/technology/computersandinternet/digitaletiquette/>

BrainPop: **“Internet Safety”**

One of the videos on the subscription ‘BrainPop.com’ website. Short video explains how students can stay safe online. Video has set of very simple rules to follow for most situations.

Available: BrainPop:

<http://www.brainpop.com/technology/computersandinternet/onlinesafety/>

III. Online Resources about Bullying, Cyber-bullying and Prevention for Educators, Parents and Students

Massachusetts Anti-Bullying Law <http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter92>

Massachusetts Bullying Prevention Guide (PDF)
www.mass.gov/Eeohhs2/docs/dph/.../bullying_prevent_guide.pdf

U.S. Department of Health and Human Services <http://www.stopbullyingnow.hrsa.gov/adults/cyber-bullying.aspx>

Public Broadcasting System <http://pbskids.org/itsmylife/friends/bullies/index.htm>

Teaching Tolerance Online Articles <http://www.tolerance.org/>

Lesson Plan - Resolving Conflicts <http://school.discoveryeducation.com/lessonplans/programs/resolvingconflicts/>

Lesson Plan - Cruel Schools <http://school.discoveryeducation.com/lessonplans/programs/cruelschools/>

Massachusetts Department of Education <http://www.doe.mass.edu/ssce/bullying/>

U.S Department of Education <http://www2.ed.gov/offices/OCR/archives/Harassment/fundamentals1.html>

Stories of Us 21st Century Film Competition <http://www.storiesofus.com/home.html>

Bullies in Books Lists <http://bulliesinbooks.com/>

Beat Bullying Website <http://www2.beatbullying.org/abw2010/index.html>

Olweus Bullying Prevention Program http://www.olweus.org/public/bullied_child.page

That's Not Cool- Where to draw your digital line <http://www.thatsnotcool.com/VideoIndex.aspx>
From Teasing to Torment: School Climate in America - A National Report on Bullying <http://www.glsen.org/cgi-bin/iowa/all/news/record/1859.html>

Safe Schools Improvement Act from Gay, Lesbian, Straight Education Network <http://www.glsen.org/cgi-bin/iowa/all/news/record/2429.html>

Safe Schools http://www.safeschoolscoalition.org/RG-bullying_harassment_schoolbasedviolence.html

CNN News Anti-Bullying Resources <http://www.cnn.com/2010/US/studentnews/04/12/anti.bullying.resources/index.html>

Steps to Respect: A Bullying Prevention Program <http://www.cfchildren.org/programs/str/overview/>

A Program from the National Center for Missing and Exploited Children <http://www.netismartz.org/index.aspx>

Internet Solutions for Kids <http://www.cyberbully411.org/>

STRYVE (Striving to Reduce Youth Violence Everywhere) CDC <http://www.safeyouth.gov/Pages/Home.aspx>

Children's Hospital Blog about Facebook <http://childrenshospitalblog.org/my-daughter-is-being-bullied-on-facebook-what-can-i-do/>

Children's Hospital Blog about Bullying <http://childrenshospitalblog.org/bullying%E2%80%94why-do-parents-miss-it/>

Massachusetts Aggression Reduction Center <http://webhost.bridgew.edu/marc/parpub.html>

Cyber-bullying: Bullying in the Digital Age <http://www.cyberbullyhelp.com/>

Bullying Prevention by Laura Parker-Roerden, David Rudewick, and Donald Gorton
Curriculum guide produced jointly by The Governor's Task Force on Hate Crimes, The Massachusetts Commission on Gay, Lesbian, Bisexual and Transgender Youth, and the Massachusetts Department of Public Health - PDF at http://www.mass.gov/Eeohhs2/docs/dph/com_health/violence/bullying_prevent_guide.pdf

Net Cetera: Chatting with Kids about being online by OnGuardOnline - PDF at <http://www.onguardonline.gov/pdf/tec04.pdf>.

Champions Against Bullying <http://www.championsagainstbullying.com/>

Online Safety <http://www.ikeepsafe.org/>

American Counseling Association Blog <http://my.counseling.org/2010/06/08/the-school-yard-bully-and-the-school-counselor/>

Helping Kids Deal with Bullies <http://kidshealth.org/parent/emotions/behavior/bullies.html>

National Crime Prevention Council <http://www.ncpc.org/topics/bullying/bullying-/what-parents-can-do>

National Parent Teacher Association <http://www.pta.org/bullying.asp>

Cyber-bullying Information for Parents <http://www.stopcyberbullying.org/parents/index.html>

Seattle Public Schools Bullying Program <http://www.seattleschools.org/area/prevention/bully.xml>

Bully Police USA - Information regarding bullying laws in the US http://www.bullypolice.org/ma_law.html