



## **Bully Resources for Students**

***The Bully of Barkham Street*** by Mary Stolz. In this humorous story, you will learn what life can be like from a bully's point of view. AGES 9-12.

***Dealing with Bullying*** by Marianne Johnston. This book explains why bullies act the way they do, how to deal with them, and how to stop being one. Ages 10-12.

***Simon's Hook: A story about teases and put-downs*** by K.G. Burnett. A must read for all students and parents! Gives great advice about handling put-downs from other kids. Ages 5-12.

***Stick up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem*** by Gershen Kaufman, Ph.D. Great ideas are given about how to feel better about yourself as well as sticking up for yourself with other kids, siblings, and even adults. Ages 8-12.

***Why is Everybody Always Picking on Me*** by Terrence Webster-Doyle. Find out how to cope with bullies and gain the confidence to win without fighting! Ages 9-18.

***Cliques, Phonies, & Other Baloney*** by Trevor Romain. This book is written for any student who has ever felt excluded or trapped by a clique. Ages 8-12.

***Bullies are a Pain in the Brain*** by Trevor Romain. Humor with serious, practical suggestions for coping with bullies are found in this book. Ages 8-12.

***Stand Tall Molly Lou Melon*** by Patty Lovell. A picture book that all families should read as the main character shows how name-calling can be ignored!

***Alley Oops*** - by Janice Levy, Cynthia B. Decker. Good picture book.

***Betty Stops the Bully*** - by Lawrence E. Shapiro, Ph.D., Has some interesting advice.

\*\*\*\*\*GREAT WEBSITES FOR KIDS ABOUT BULLYING\*\*\*\*\*

**Stop Bullying Now**

<http://www.stopbullyingnow.hrsa.gov/>

**Rachel's Challenge**

<http://www.rachelschallenge.com>

**KIDS AGAINST BULLYING**

<http://www.pacerkidsagainstbullying.org/>

\*These websites consist of what bullying is, what you can do, what adults can do, pod casts, and other cool stuff!!!!!! Check it out!!!!



## **Parenting Books and Resources about Bullying**

***101 Ways to Teach Children Social Skills*** - by Lawrence E. Shapiro, Ph.D.

***Bullies & Victims, Helping Your Child Through the Schoolyard Battlefield*** - by SuEllen Fried, ADTR, Paula Fried, Ph.D..

***Bullies Can Be Transformed Into Good Citizens*** - by Steven D. Bell.

***Bully-Proofing Your Child: A Parent's Guide*** - by Carla Garrity, Ph.D., Mitchell Baris, Ph.D., William Porter, Ph.D.

***Facing the Schoolyard Bully: How to Raise an Assertive Child in an Aggressive World*** - by Kim Zarzour, Published by Firefly Books Ltd., 2000.

***Girl Wars: 12 Strategies that Will End Female Bullying*** - by Dr. Charisse Nixon, Dr. Cheryl Dellasega, Published by Fireside, 2003.

***Taking the Bully by the Horns (Children's Version of Dr. Jay Carter's Best-selling Book, Nasty People)*** - by Kathy Noll, Jay Carter, Psy.D.

***The Bully, the Bullied, and the Bystander*** - by Barbara Coloroso.

***The Bully: A Discussion and Activity Book*** - by Rita Y. Toews.

***The Parent's Book About Bullying Changing the Course of Your Child's Life*** - by William Voors.

***Bullies & Victims: Helping Your Child through the School-yard Battlefield*** by Sue Ellen Fried and Paula Fried, Ph.D. This book alerts parents and children between the differences of normal peer teasing and bullying situations. Also offers practical steps to help children prevent and solve problems.

***How to Handle Bullies, Teasers and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense*** by Kate Cohen-Posey. Gives ideas on how to help your children handle bullies and other mean children.

***The Confident Child, Raising Children to Believe in Themselves*** by Terri Apter. This book helps parents raise children who can solve problems, understand others, and manager their emotions.

***Raising Respectful Kids in a Rude World: Teaching Your Children the Power of Mutual Respect and Consideration*** by Gary D. McKay.

Parents should read this book about how to help their children overcome peer pressure to do the right thing