

Resource List for Bullying

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Betty Stops the Bully. Lawrence E. Shapiro, PhD (2004)

Ages 8 and up. This book teaches children just what to do when confronted with a bully. The book also helps children who are bullies learn new social skills and encourages children who are bystanders to seek adult help. (44 pages)

Beyond Sticks and Stones: How to Help Your Child with a Disability Deal with Bullying. Pacer Center (2006)

Offers specific, practical information on how to prevent bullying.

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies. Catherine Depino (2004)

Ages 6-12. Fictional consumer text tells a story about a young boy in school being bullied by a classmate. Offers advice and recommendations on how children can stand up to bullying without fighting. (48 pages)

Bullied: A Student, a School and a Case That Made History. (DVD) (2010)

A teaching tolerance documentary.

Bullies and Victims: Helping Your Child Survive the Schoolyard Battlefield. Suellen Fried (1998)

Bullies and Victims explores the context of teasing and the power of relationships between children, as well as the roles of adults, schools, the media, and society at large.

Bullies Are a Pain in the Brain. Trevor Romain (1997)

Ages 8 and up. A serious yet humorous guide to dealing with bullies. (112 pages)

Bullies are a Pain in the Brain: Promoting Social and Emotional Fitness for Kids. (DVD) (2008) (30 minutes)

Ages 8 and up. Using humor, original music, and a fast paced storyline, this video offers kids practical, easy-to-implement solutions for dealing with their own bully problems.

The Bully, the Bullied and the Bystander: From Preschool to High School – How Parents and Teachers Can help Break the Cycle of Violence. Barbara Coloroso (2004)

Practical solutions to a problem that may affect 80% of school children.

Bully for You. (1991)

Grades 2-6. Whether you are a bully, follow a bully, or are bullied yourself, this book is for you. It tells you how to do it, why you do it, and how to deal with bullies (14 pages)

The Bully Free Classroom: Over 100 Tips and Strategies for Teachers K-8. Allan L. Beane, PhD (2005)

You can create a peaceful, caring classroom that promotes a sense of belonging in all students and stops bullying in its tracks. Spells out over 100 prevention and intervention strategies you can start using immediately.

Bully Proofing Your Child: A Parent's Guide. Carla Garrity, et al (2000)

By helping your child develop an effective personalized strategy for dealing with bullying, you can reduce the chances he or she will be a target and circumvent the bully/victim dynamic.

The Bullying Prevention Book of Lists: A Practical, Easy-to-Use Guide for All School Staff. Kenneth Shore. (2016)

Designed to provide school administrators, teachers, and support staff with quick access to key information and practical strategies, this book is an invaluable tool for any K-12 school.

Bullying and Students with Disabilities: Strategies and Techniques to Create a Safe Learning Environment for All.**Barry Edwards McNamara. (2013)**

Discover how bullying prevention programs typically fail students with disabilities. Find keys to develop and implement inclusive policies that address their particular needs.

Bystander Power: Now with Anti-Bullying Action. Phyllis Kaufman Goodstein & Elizabeth Verdick. (2012)

Ages 8 & Up. Teaches kids how to safely stand up against bullying, support kids who are targeted, and spread the word that bullying is not cool—it's cruel. (128 pages)

Connect with Kids: Sticks & Stones. DVD (2007)

Dealing with online bullying and harassment.

Diary of a Social Detective: Real-life Tales of Mystery, Intrigue and Interpersonal Adventure. Jeffrey E Jessum, PhD. (2011)

Ages 9 and up. While enjoying a good story, kids learn how to reflect upon themselves as they observe others; how to read body language and social cues; how to deal with bullies and loudmouths. (295 pages)

Don't Laugh At Me Kit. (video, DVD and books) (2000)

A Movement to help create safe and caring environments for all our children – where they can grow to become responsible, compassionate citizens. Includes video, DVD with songs and teacher's guide.

Generation Bullied 2.0: Prevention and Intervention Strategies for Our Most Vulnerable Students. Sj Miller, Leslie David Burns & Tara Star Johnson (2013)

Details the nature of bullying as a tremendously negative force in schools today and offers practical, research-based strategies for constructing and cultivating cultures that support learning, safety, and dignity for everyone.

How to Handle Bullies, Teasers and Other Meanies. Kate Cohen-Posey (1995)

Grades 4-7. Every young person will need this book at some time in his or her life! Covers annoying name calling, vicious prejudice, explosive anger, dangerous situations, and causes of difficult behavior. (91 pages)

Is Your Child a Target of Bullying? Intervention Strategies for Parents of Children with Disabilities (CD-ROM)

Curriculum developed for parent audiences has been released by the ALLIANCE to address bullying.

Kids Against Bullying. Pacer Center. (CD-ROM) (2006)

Grades 2-6. CD based on the Web site PACERKidsAgainstBullying.org, which educates students about bullying prevention and provide methods to respond to bullying situations.

Let's Get Real. DVD (2003)

Grades 6 and up. Powerful documentary where youth speak up about name calling and bullying.

Loudmouth George and the 6th Grade Bully. Nancy Carlson (1983)

Grades Pre-K–3. After having his lunch repeatedly stolen by a bully twice his size, Loudmouth George and his friend Harriet teach him a lesson he'll never forget. (29 pages)

Mom, They're Teasing Me: Helping Your Child Solve Social Problems. Michael Thompson, Ph.D., Lawrence J. Cohen, Ph.D., with Catherine O'Neil Grace (2002)

Using case studies and a question and answer format this book shows parents and teachers what a typical child may confront daily with other children.

No Fishing Allowed-“Reel” in Bullying – Teacher Manual, Student Workbook and (Kit with DVD & 2 books). Carol Gray and Judy Williams (2006) (Bullying Prevention Program: Educating ALL students on how bullying affects

Program teaches students and adults what they can do to prevent bullying.

No More Victims: Protecting Those with Autism from CyberBullying, Internet Predators & Scams. Dr. Jed Baker. (2013)

Teens. Students will learn what to look out for, whom to avoid, and how to protect themselves when they're communicating online.

Odd Girl Out: The Hidden Culture of Aggression in Girls. Rachel Simmons (2003)

Dirty looks and taunting notes are just a few examples of girl bullying that girls and women have long suffered through silently and painfully. Puts the spotlight on this issue, using real-life examples from both the perspective of the victim and of the bully.

Please Stop Laughing at Me...One Woman's Inspirational Story. Jodee Blanco (2003)

Tells how school became a frightening and painful place, where threats, humiliation, and assault were as much a part of her daily experience as bubblegum and lip-gloss were for others. It is an unflinching look at what it means to be an outcast, how even the most loving parents can get it wrong, why schools fail, and how bullying is both misunderstood and mishandled.

Recognize, Respond, Report: Preventing and Addressing Bullying of Students with Special Needs. Lori Ernsperger, PhD. (2015)

Bullying in schools is a national problem that affects a high percentage of students with special needs. This ready-to-use guidebook gives K-12 educators, administrators, and school counselors the research-based interventions they need to stop bullying in its tracks—and prevent it before it starts.

Safe Child: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves. Sherryll Kraizer, PhD (1996)

Gives parents effective and non-threatening techniques for teaching children how to protect themselves without making them afraid.

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem. Lev Raphael & Pamela Espeland (1999)

Grades 3-7. A self-help guide to positive thinking, high self-esteem, and responsible personal power. (116 pages)

Stop Bullying: Take a Stand. DVD. (2005)

Teens. Provides advice to victims, parents and bystanders. From the PBS series, In The Mix.

Stop Bullying Now: Take a Stand, Lend a Hand. (DVD)

Collection of Webisodes, Public Service Announcements and Video workshops for use in schools and in the community.

Too Smart for Bullies. Robert Kahn & Sharon Chandler (2001)

Elementary. This children's safety booklet will educate children and make their lives safer while entertaining them with art and clever wording. (18 pages)

We ALL Fit: A K-5th Grade Autism Peer Sensitivity and Bullying Prevention Video. (DVD) (2014)

Grades K-5. With a run-time of 15 minutes plus a reinforcing 4-minute music video by The Figureheads, this professionally-produced video was written with elementary students in mind, but contains information about autism and social emotional lessons valuable to people of any age.

Wendy On Wheels Takes a Stand. Angela Ruzicka. (2011)

Ages 5-11. Entertaining and educating story about dealing with bullying. Discussion questions are featured in the back of the book, along with a printable anti-bully sign.

What to Do When Kids Are Mean to Your Child. Elin McCoy (1997)

Answers all the basic questions parents have about the painful topics of teasing, bullying, and rejection and offers aged-based, what-to-do tactics for teaching kids to counter such behaviors.

Why is Everybody Always Picking on Me? A Guide to Handling Bullies. Terrence Webster-Doyle (1999)

Ages 9-12. This is a workbook for bullies and victims ages eight to fourteen. With sample dialogue and exercises, it teaches children to respect themselves and introduces them to a variety of threatening situations and how to resolve them nonviolently. (144 pages)