

# Alberti Center for Bullying Abuse Prevention



## Bullying Prevention Toolkit for High School Educators

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The Alberti Center for Bullying Abuse Prevention will reduce bullying abuse in schools and in the community by contributing knowledge and providing evidence-based tools to effectively change the language, attitudes, and behaviors of educators, parents, students, and society.

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# Overview of Bullying

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As cited in the Alberti Center's publication *Guide to School-Wide Bullying Prevention Programs* (posted on the Alberti Center website: [gse.buffalo.edu/alberticenter](http://gse.buffalo.edu/alberticenter)):

Bullying is a form of aggressive behavior characterized by intent to harm, repeated occurrence, and an imbalance of power between the bully and the victim.<sup>1</sup> It can take both direct and indirect forms. More specifically, bullying can occur physically, verbally, through social manipulation or exclusion (relational aggression), or through electronic means such as a computer or cell phone, known as cyberbullying.<sup>2-4</sup> Bullying impacts individuals across gender, age, and nationality,<sup>2,5</sup> although it tends to peak in middle school.<sup>6</sup> Studies have indicated that, across grade levels, approximately one in five children and adolescents are victims of bullying,<sup>7</sup> and 32% of middle and high school students report bullying others or being the victims of bullying.<sup>8</sup>

Bullying can lead to negative outcomes for victims, including depression, withdrawal, loneliness, truancy, school dropout, and suicidal ideation.<sup>9-11</sup> Youth who bully may experience externalizing problems, inadequate coping skills, academic difficulties, and interpersonal relationships problems.<sup>12</sup>

Educators are often not involved since most students do not report incidents. These incidents may not be observed or noticed by school staff since they often occur in cafeterias, hallways, and on buses. Sometimes school personnel believe that bullying is a common part of childhood, and in other cases, staff may not know how to respond. There are cases where fear of retaliation from the student who bullies is prevalent. Research suggests that bullying is more likely to thrive in school environments where adults ignore or dismiss it and where students are not academically engaged or socially connected.<sup>13-15</sup>

Adoption of empirically-based school-wide programs and a commitment to sustained professional development can increase the probability of reducing bullying in our schools and communities. Most successful programs are those that use multi-level interventions.<sup>16-18</sup> Experts generally provide guidelines for schools to follow as opposed to prescribing a particular program.<sup>19-21</sup> Although there are variations in these guidelines, some of the common aspects to include are listed in Table 1.





**Table 1: Common Guidelines for Bullying Prevention Efforts within Schools<sup>19, 20,21,23</sup>**

1. Collect reliable, valid data about the nature and extent of the problem in the school setting
2. Develop and implement an effective whole-school anti-bullying policy.
3. Emphasize personal, social, and conflict resolution skill development.
4. Increase awareness about bullying and how to prevent it by integrating this within the curriculum.
5. Increase supervision or restructure “hot spots” where bullying is most likely to occur.
6. Respond to incidents in a clear, fair, and appropriate manner within a continuum that recognizes the continuum of bullying behaviors.
7. Reach beyond the school to include parents.

To learn more about specific prevention efforts and programs, please refer to the publication entitled *Guide to School-Wide Bullying Prevention Programs* [ENREF 8](#)<sup>24</sup> posted on the Alberti Center website ([gse.buffalo.edu/alberticenter/publications](http://gse.buffalo.edu/alberticenter/publications)).



# About the Toolkit

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## Purpose

The *Bullying Prevention Toolkit for High School Educators* is intended to provide educators with resources that support a positive learning environment and supplement comprehensive school-wide efforts to prevent bullying abuse and violence. It was created as a compendium of media that may assist educators in supplementing classroom instruction and to support individual and group counseling. Books and resources can be used to individualize instruction or as motivators prior and subsequent to lessons. This is by no means a static or comprehensive list but a resource that will be updated as additional publications and websites become available. The *Toolkit* includes book titles, videos, multi-media, and websites targeted to specific audiences including educators, parents, and students of all academic levels. Three separate documents are available for educators who service elementary, middle, and secondary levels.

## Selection of Resources

The selection of resources for the *Toolkit* was based upon free and easily found materials available in schools and public libraries. In order to include a book, website or video in any of the toolkits, the resource needed to (a) be geared toward the population of PreK-12 students; and (b) include content focused mainly on the subjects of bullying prevention, character education, social emotional learning, or teaching tolerance. Books were vetted by using customer reviews of four or five stars from Amazon.com and reviews obtained from the *School Library Journal*. Websites were reviewed with regard to appropriate materials that could be shared in schools. Those websites that were primarily commercial in nature were not included.

## Organization and Targeted Audiences

Resources listed in the *Toolkit* are detailed depending upon the media:

- The list of books include the following: title, descriptor, book type (fiction or nonfiction), subjects (e.g., bullies, behavior, character education), and interest and/or reading levels (as indicated in titlewave.com). Reading levels include the Lexile text measure and/or Fountas & Pinnell reading level. When available, links to the author's website or a website pertaining to the book are included.
- Video and multi-media resources are organized by the following: audience (educators, parents, elementary, middle, and/or high school students) media type (app, DVD, video), and subjects.
- Websites are organized by description, audience, content, and subjects.

**We would be happy to accept additional resources and recommendations, which may be directed to the Alberti Center at [alberticenter@buffalo.edu](mailto:alberticenter@buffalo.edu).**



## Legislation and the Use of the Toolkit

In New York State, the *Dignity for All Students Act* (Dignity Act) took effect on July 1, 2012. The intent of this legislation is to “promote civility in public schools and to prevent and prohibit conduct which is inconsistent with a school’s education mission.”<sup>25</sup> The Dignity Act includes, but is not limited to, acts of discrimination and harassment based on a student’s actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (defined to include gender identify or expression), or sex. These eleven categories are referred to as protected classes.

As required by this legislation, employee training programs must be provided on an annual basis “to promote a positive school environment that is free from discrimination and harassment; and to discourage and respond to incidents of discrimination and/or harassment on school property or at a school function.”<sup>26</sup> Websites and videos found in this toolkit can assist in the development of such professional development.

The Dignity Act also dictates that educators must provide student instruction in the areas of civility, citizenship, and character education by documenting and tailoring lesson plans that address the eleven protected classes listed above. Resources found in the toolkit can be adapted for a variety of populations. Some materials are highlighted in order to address specific protected classes and can be searched by the individual protected class identified in the first paragraph of this section.

On July 9, 2012, Governor Cuomo signed a new law that expands the recently adopted provisions of the Dignity Act and requires schools to take immediate action to help protect students from incidents of cyberbullying, which will take effect on July 1, 2013. Cyberbullying has been defined as bullying through e-mail, instant messaging, in a chat room, on a Web site, or through digital messages or images sent through a cell phone.<sup>27</sup> Guidelines for professional development are explicitly required including the development of interventions that are age appropriate. Curriculum related to civility, citizenship, and character education must include an emphasis on discouraging acts of harassment, bullying, and discrimination. Resources that apply directly to cyberbullying are indicated under the descriptor of subject.

## Disclaimer

The books, websites, videos and other resources listed and described in this publication are intended as additional tools which educators, parents, care providers, and community-based organizations may find helpful. These resources are designed to teach children and teenagers about bullying, its effects, and the ways that students can work individually and with their families, teachers, counselors, and administrators to prevent and address bullying in a positive and proactive fashion. These tools, when used in combination with a comprehensive curriculum; personal and/or group discussions; and outreach and counseling services, are intended to help potential, current, and past victims of bullying, intimidation, or violence; and to help aid in efforts to decrease bullying behaviors.

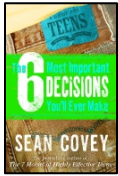


However, these materials are listed herein for general information only and are not recommended for any specific situation or student. The listing of resources in this publication is not to be used or relied on for any diagnostic or treatment purposes and should not be used as a substitute for professional treatment or intervention. The University at Buffalo, its Alberti Center for Bullying Abuse Prevention, the UB Graduate School of Education, and the State University of New York (SUNY) and their officers and employees do not officially endorse specifically any of the resources found within this publication and expressly disclaim responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of relying on the information contained in this publication. For additional information and guidance on creating age-appropriate resources and curricula for students please contact us at: [gse.buffalo.edu/alberticenter](http://gse.buffalo.edu/alberticenter).



# Book Titles for High School

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## **The 6 Most Important Decisions You'll Ever Make: A Guide for Teens**

By Sean Covey

<http://www.seancovey.com/index.html>  
<http://www.seancovey.com/teens.html>

Using real stories from teens around the world. "A Fireside Book; Describes six important decisions teenagers will face and offers advice on the choices that should be made, discussing school, friends, parents, dating and sex, addictions, and self-worth.

**Book Type:** Nonfiction

**Subjects:** Decision Making, Life Skills, Self-Esteem, Self-Reliance

**Reading Level:** Interest Level: YA



## **The Accidental Genius of Weasel High**

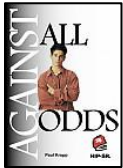
By Rick Detorie

A book for the Wimpy Kid who has grown into a Wimpy Teen Larkin Pace desperately wants a new camcorder. How else is he going to become the next great filmmaker? But his dad won't give him any money, his sister is determined to make his life miserable, and his nemesis Dalton Cooke is trying to steal his girlfriend. Now this height-challenged aspiring director must chronicle his wacky life for a freshman English assignment.

**Book Type:** Fiction

**Subjects:** Bullies, Families, Interpersonal Relationships

**Reading Level:** Interest Level: YA  
Lexile: 850

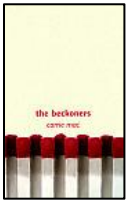


## Against All Odds: A Novel

By Paul Kropp

Jeff, who has a hard time at school and gets involved with the wrong types of kids at school, suddenly steps up and shows his strength when he and his brother are drowning in a storm sewer.

**Book Type:** Fiction  
**Subjects:** Bullies, Courage, Families  
**Reading Level:** Interest Level: YA  
Lexile: 610



## The Beckoners

By Carrie Mac

Zoe, unhappy to be moving once again, falls in with the Beckoners, a group of bullies at her new school, but soon finds herself trying to get free from the gang whose actions against their favorite target, a girl they call Dog, are escalating to violence.

**Book Type:** Fiction  
**Subjects:** Bullies, Gangs, Violence  
**Reading Level:** YA



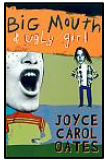
## Beyond Bruises: the Truth About Teens and Abuse

By Sherrie Mabry <http://www.beyondbruises.blogspot.com/>

A teenage girl is slapped by her boyfriend. A middle schooler is approached by a pedophile. A mother beats her children for the slightest infraction of the rules. All these are young people who are being victimized by abuse. In Beyond Bruises: The Truth About Teens and Abuse, author Sherri Mabry Gordon looks at what constitutes abuse and what causes it. Gordon describes what teens can do if they are being abused or know someone who is and explores what communities can do to help end the violence.

**Book Type:** Nonfiction  
**Subjects:** Abuse, Violence Prevention  
**Reading Level:** Interest Level: YA



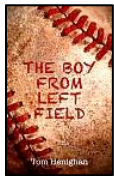


## **Big Mouth & Ugly Girl**

By Joyce Carol Oates

When sixteen-year-old Matt is falsely accused of threatening to blow up his high school and his friends turn against him, an unlikely classmate comes to his aid.

**Book Type:** Fiction  
**Subjects:** Friendship, School Violence  
**Reading Level:** Interest Level: YA  
Lexile: 720



## **The Boy From Left Field**

By Tom Henighan

Hawk, a homeless child, must deal with bullies, street gangs, and his parent's divorce, and when his baseball coach tells him that Babe Ruth hit his first homerun on nearby Toronto Island, Hawk wonders what happened to the ball.

**Book Type:** Fiction  
**Subjects:** Bullies, Family Issues, Gangs, Homelessness  
**Reading Level:** Interest Level: YA



## **Breaking Point**

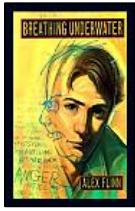
By Alex Flinn

<http://www.alexflinn.com/index.html>

Fifteen-year-old Paul enters an exclusive private school and falls under the spell of a charismatic boy who may be using him.

**Book Type:** Fiction  
**Subjects:** Friendship, Social Classes  
**Reading Level:** Interest Level: YA  
Lexile: 410





## Breathing Underwater

By Alex Flinn

<http://www.alexflinn.com/index.html>

Breathing Underwater tells the fictional story of Nick Andreas, an abusive boyfriend, through his journal. The book reveals Nick's perspective during his turbulent relationship with his girlfriend, Caitlin, his abuse, a subsequent restraining order, and his journey through rehabilitation in a court-ordered family violence class. The book is unique in that it looks at teen violence through the eyes of the aggressor.

**Book Type:** Fiction

**Subjects:** Anger, Dating Violence, Family

**Reading Level:** Interest Level: YA  
Lexile: 510  
FP: Z+



## Brutal

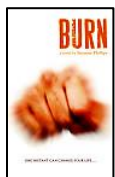
By Michael Harmon

Forced to leave Los Angeles for life in a quiet California wine town with a father she has never known, rebellious sixteen-year-old Poe Holly rails against a high school system that allows elite students special privileges and tolerates bullying of those who are different.

**Book Type:** Fiction

**Subjects:** Bullies, Family, Isolation

**Reading Level:** Interest Level: YA  
Lexile: 620



## Burn a Novel

By Suzane Phillips

Bullied constantly during his freshman year in high school, Cameron's anger and isolation grows, leading to deadly consequences.

**Book Type:** Fiction

**Subjects:** Bullies, Emotional Issues, PTSD

**Reading Level:** Interest Level: YA  
Lexile: 640  
F&P: Z+







## By the Time You Read This, I'll be Dead

By Julie Anne Peters

High school student Daelyn Rice, who has been bullied throughout her school career and has more than once attempted suicide, again makes plans to kill herself, in spite of the persistent attempts of an unusual boy to draw her out.

**Book Type:** Fiction  
**Subjects:** Bullies, Emotional Issues, Overweight, Suicide  
**Reading Level:** Interest Level: YA  
Lexile: 460



## Carrie

By Stephen King

Presents the unnerving story of a terribly ostracized young girl with supernatural powers of telekinesis.

**Book Type:** Fiction  
**Subjects:** Bullies, Revenge  
**Reading Level:** Interest Level: AD



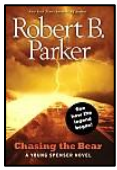
## Charlie's Story

By Maeve Friel

After being abandoned by her mother at the age of four, living for ten years with her somewhat distracted father in Ireland, and being mercilessly bullied by her cruel classmates, Charlie Collins almost gives up on life.

**Book Type:** Fiction  
**Subjects:** Bullies, Ethnic Group, Family Life, Friendship  
**Reading Level:** Interest Level: YA  
F&P: W





## **Chasing a Bear: A Young Spenser**

By Robert Parker

Spenser reflects back to when he was fourteen years old and how he helped his best friend Jeannie when she was abducted by her abusive father.

**Book Type:** Fiction

**Subjects:** Bullies, Child Abuse, Friendship, Kidnapping

**Reading Level:** Interest Level: YA  
Lexile: 500



## **The Christmas Gift**

By William Bennett

A young man named Scott stands up for a boy getting picked on at school, prompting the bully to choose Scott as his new target, and when he cannot take any more and lashes out at the bully, he is surprised to receive an apology and develop a new friendship.

**Book Type:** Fiction

**Subjects:** Bullies, Forgiveness, Understanding

**Reading Level:** Interest Level: YA



## **The Courage To Be Yourself: True Stories By Teens About Cliques, Conflicts and Overcoming Peer Pressure**

By Al Desetta, Editor

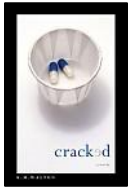
Twenty-six real teenagers describe their experiences with peer pressure, exclusion, teasing, bullying, and other forms of disrespect because of their ethnicity, sexual orientation, weight, clothing, interests, refusal to do drugs, and other reasons and discuss their struggles to be true to themselves.

**Book Type:** Fiction

**Subjects:** Adolescence, Bullying, Ethnic Group, Interpersonal Relationships, Weight, Self-Realization, Sexual Orientation

**Reading Level:** Interest Level: YA





## Cracked

By Kathleen Walton

Sixteen-year-old Victor Konig is tormented at school by bully Bull Mastrick and ridiculed at home by his parents, but when he attempts suicide by taking a bottle of his mom's sleeping pills, Victor is dismayed when he wakes up in a psychiatric hospital and discovers Bull is his roommate.

**Book Type:** Fiction

**Subjects:** Bullies, Emotional Issues, Family Issues, Self-Esteem

**Reading Level:** Interest Level: YA  
Lexile: 610



## Crazy Beautiful

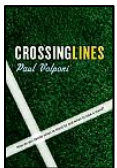
By Lauren Baratz-Logsted

Lucius, whose arms were blown off in an explosion, forms a relationship with Aurora, a young girl whose mother recently died, in hopes that she will be able to help free him from the stigma of being different.

**Book Type:** Fiction

**Subjects:** Bullies, Special Needs

**Reading Level:** Interest Level: YA  
Lexile: 910



## Crossing Lines

By Paul Volponi

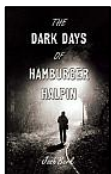
Adonis, a football hero and boyfriend to one of the prettiest girls at school, goes along with the team when they target Alan, a new kid who wears lipstick and joins the fashion club, but he must choose between being popular and doing the right thing when his buddies come up with a plan to humiliate Alan.

**Book Type:** Fiction

**Subjects:** Bullies, Family Life, Sexual Identity

**Reading Level:** Interest Level: YA  
Lexile: 810





## The Dark Days of Hamburger Halpin

By Josh Berk

When Will Halpin transfers from his all-deaf school into a mainstream Pennsylvania high school, he faces discrimination and bullying, but still manages to solve a mystery surrounding the death of a popular football player in his class.

**Book Type:** Fiction  
**Subjects:** Bullying, Special Needs  
**Reading Level:** Interest Level: YA  
Lexile: 820



## Dear Bully: 70 Authors Tell Their Stories

<http://dearbully.com/>

Seventy authors share their experiences with and feelings about bullying, including selections from Lauren Kate, R. L. Stine, Melissa Walker, Laura Kasischke, Amy Reed, Kurtis Scaletta, Carolyn Mackler, and others.

**Book Type:** Nonfiction  
**Subjects:** Bullies, True Stories  
**Reading Level:** Interest Level: YA



## Defying The Diva

By Anne Love <http://www.dannelove.com/>

During Haley's freshman year of high school, a campaign of gossip and bullying causes her to be socially ostracized, but after spending the summer living with her aunt, working at a resort, making new friends, and dating a hunky lifeguard, she learns how to stand up for herself and begins to trust again.

**Book Type:** Fiction  
**Subjects:** Bullies, Family, Gossip, Identity, Self-Esteem  
**Reading Level:** Interest Level: YA  
Lexile: 770





## Diary of a Witness

By Catherine Ryan Hyde

<http://www.catherineryanhyde.com/diary-of-a-witness/>

Ernie, an overweight high school student and long-time target of bullies, relies on his best friend Will to watch his back until Will, overwhelmed by problems at home and guilt over his brother's death, seeks a final solution.

**Book Type:** Fiction

**Subjects:** Bullies, Bystander, Emotional Issues, Family Issues, Obesity, Rejection

**Reading Level:** Interest Level: YA  
Lexile: 510



## Don't Call Me Ishmael

By Michael Gerard Bauer

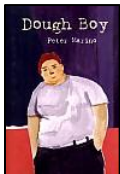
<http://michaelgerardbauer.wordpress.com>

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.

**Book Type:** Fiction

**Subjects:** Bullying

**Reading Level:** Interest Level: YA  
Lexile: 890  
F&P: Z+



## Dough Boy

By Peter Marion

Overweight, fifteen-year-old Tristan, who lives happily with his divorced mother and her boyfriend Frank, suddenly finds that he must deal with intensified criticism about his weight and other aspects of his life when Frank's popular but troubled, nutrition-obsessed daughter moves in.

**Book Type:** Fiction

**Subjects:** Bullies, Family Issues, Friendship, Obesity

**Reading Level:** Interest Level: YA  
Lexile: 820  
F&P: Z+





## Endgame

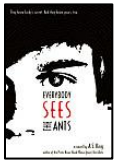
By Nancy Garden

A new town, a new school, a new start. That's what Gray Wilton believes as he chants, "It's gonna be better, gonna be better here." But it doesn't take long for Gray to realize that nothing's going to change--there are bullies in every school, and he's always their punching bag. Their brutal words, physical abuse, and emotional torture escalate until Gray feels trapped in a world where he has no control, no support systems, and no way out--until the day he enters the halls of Greenford High School with his father's semiautomatic in hand. Award-winning novelist Nancy Garden once again goes out on a limb, this time to show readers the cruelty of bullying and the devastating effects it can have.

**Book Type:** Fiction

**Subjects:** Bullies, Family Issues, School Violence

**Reading Level:** Interest Level: YA  
Lexile: 870



## Everybody Sees the Ants: A Novel

By Amy Sarig

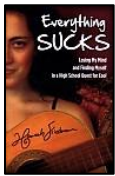
Overburdened by his parents' bickering and a bully's attacks, fifteen-year-old Lucky Linderman begins dreaming of being with his grandfather, who went missing during the Vietnam War, but during a visit to Arizona, his aunt and uncle and their beautiful neighbor, Ginny, help him find a new perspective.

**Book Type:** Fiction

**Subjects:** Bullies, Family Issues, Self-Confidence, Self-Esteem

**Reading Level:** Interest Level: YA  
Lexile: 710





## Everything Sucks: Losing My Mind and Finding Myself in a High School Quest For Cool

By Hannah Friedman

Hannah Friedman shares the story of her early life, living with her parents and brother on a tour bus and being the target of school bullies, and tells how she transformed herself after being accepted on scholarship to a prestigious boarding school--with a perfect boyfriend, grade point average, and wardrobe--only to experience a devastating identity crisis and having to start all over again.

**Book Type:** Fiction

**Subjects:** Adolescence, Bullies, Identity Crisis

**Reading Level:** Interest Level: YA



## Exposure

By Patricia Murdoch

Julie, tired of being bullied and not fitting in, gets a chance for revenge when her brother captures her chief tormentor, Dana, in a compromising position, but she learns that getting even does not feel as good as she thought it would.

**Book Type:** Fiction

**Subjects:** Bullies, Revenge, Self-Confidence, Self-Esteem

**Reading Level:** Interest Level: YA  
Lexile: 510  
F&P: Z+



## Fat Boy

By Janice Greene

The victims at Carmichael High decide it is time to put a stop to the bullying and join forces against their tormentors.

**Book Type:** Fiction

**Subjects:** Bullies

**Reading Level:** Interest Level: YA  
Lexile: 500





## **The Fat Boy Chronicles**

By Michael Buchanan

Jimmy Winterpock, 187 pounds at the age of fourteen, finds the constant taunts over his weight difficult to bear, but his life changes when his friend Paul enlists him in helping solve a local murder case.

**Book Type:** Fiction  
**Subjects:** Bullies, Obesity, Weight  
**Reading Level:** Interest Level: YA

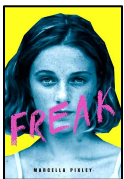


## **First Day on Earth**

By Cecil Castellucci

Mal, a high school outcast, meets Hopper, who claims he is an alien, and, through his relationship with him, Mal begins to see himself and the world in a new light.

**Book Type:** Fiction  
**Subjects:** Bullies, Coming of Age, Immigration  
**Reading Level:** Interest Level: YA  
Lexile: 540



## **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.

**Book Type:** Fiction  
**Subjects:** Bullies, Family, Identity, Self-Esteem, Self-Reliance  
**Reading Level:** Interest Level: YA  
Lexile: 750







## Ghost Medicine

By Andrew Smith

Still mourning the recent death of his mother, seventeen-year-old Troy Stotts relates the events of the previous year when he and his two closest friends try to retaliate against the sheriff's son, who has been bullying them for years.

**Book Type:** Fiction

**Subjects:** Bullies, Family Issues, Grief, Retaliation

**Reading Level:** Interest Level: YA  
Lexile: 830  
F&P: Z



## Ghost of Spirit Bear

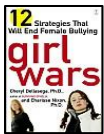
By Ben Mikaelson

Cole Matthews returns to civilization after his year of exile in the Alaskan wilderness and is ready to face high school, but when the school bullies begin to target his friend, Peter, Cole feels his rage once again coming to the surface and worries high school may prove harder to survive than the wilderness.

**Book Type:** Fiction

**Subjects:** Bullies, Friendship, Self-Actualization

**Reading Level:** Interest Level: YA  
Lexile: 700



## Girl Wars: 12 Strategies That Will End Female Bullying

By Cheryl Dellasega

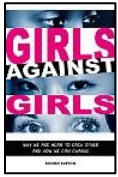
Addresses the problem of aggression in preteen and teenage girls, featuring true stories from mothers and girls who have bullied or been victims of bullying, and including suggestions for preventing and intervening in aggressive behavior among girls.

**Book Type:** Nonfiction

**Subjects:** Adolescence, Bullies, Conflict Management, Mean Girls, Violence Prevention

**Reading Level:** Interest Level: AD





## Girls Against Girls: Why We Are Mean to Each Other and How We Can Change

By Bonnie Burton

Examines the different ways girls can be cruel to one another and provides advice on dealing with abuse from another girl. You probably know what it's like to be on the receiving end of another girl's wrath. Most of us have been gossiped about, ignored, teased, taunted online, or even threatened by other girls. And you'll even realize - if you do some real soul-searching - that you too can be the mean girl from time to time. But why do we act this way? And what can we do about it?

**Book Type:** Fiction

**Subjects:** Adolescence, Bullying, Self-Esteem, Self-Reliance  
Values, Virtues, Violence

**Reading Level:** Interest Level: YA



## Hate List

By Jennifer Brown

Valerie and her boyfriend were bullied and create a "Hate List" in retaliation. Valerie finds herself in turmoil after her boyfriend opens fire at their high school. After her boyfriend kills six students and a teacher and takes his own life, Valerie must deal with the guilt from making the list. The book follows her healing process and highlights the complicated dynamics of teenage relationships. It is geared toward high school students.

**Book Type:** Fiction

**Subjects:** Emotional Problems, Family, Feelings, Forgiveness, School Shootings

**Reading Level:** Interest Level: YA  
Lexile: 760



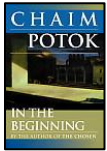


## **The How Rude! Handbook of School Manners for Teens: Civility in the Hallowed Halls**

By Alex Packer

Presents lists of manners and rules of etiquette for students and teachers designed to make school a nicer place to spend time, covering classroom and locker-room etiquette, and offering advice on clothing, dealing with bullies, handling crushes on teachers, behaving at sports events and graduation, and other topics.

**Book Type:** Nonfiction  
**Subjects:** Bullies, Cheating, Ethics  
**Reading Level:** Interest Level: YA



## **In The Beginning**

By Chaim Potok

David Lurie, a young Jewish boy growing up in the Bronx in the years leading up to World War II, learns to deal with the challenges of neighborhood bullies and his own frail health, which gives him the courage to follow his own personal path of belief in spite of opposition.

**Book Type:** Fiction  
**Subjects:** Bullies, Ethnic Group, Religion, Religious Practice  
**Reading Level:** Interest Level: AD



## **It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living**

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

A collection of original essays and testimonials written to LGBT teens from a variety of people, including celebrities, politicians, parents, and other ordinary people, emphasizing the possibilities of a positive future for them.

**Book Type:** Fiction  
**Subjects:** Bullies, Coming Out, LGBT, Quality of Life, Sexual Orientation  
**Reading Level:** Interest Level: AD





## **It's Your World—If You Don't Like It, Change It: Activism for Teenagers**

By Mikki Halpin

Presents advice for teenagers who desire to cultivate changes within their schools and communities and provides information on racism, animal and human rights, environmental issues, HIV/AIDS, school violence, and tolerance.

**Book Type:** Nonfiction

**Subjects:** Actual or Perceived Race, Racism, School Violence, Social Change

**Reading Level:** Interest Level: YA



## **Keep Holding On**

By Susane Colasanti <http://www.susanecolasanti.com/keepholdingon.html>

Noelle's life is all about survival. Even her best friend doesn't know how much she gets bullied, or the ways her mom neglects her. Noelle's kept so much about her life a secret for so long that when her longtime crush Julian Porter starts paying attention to her, she's terrified. Noelle finally reaches the breaking point after a classmate commits suicide, Noelle realizes it's time to stand up for herself--and for the love that keeps her holding on.

**Book Type:** Fiction

**Subjects:** Bullies, Family Issues, Friendship, Self-Perception, Suicide

**Reading Level:** Interest Level: YA  
Lexile: 560



## **Kiss Me Kill Me**

By Lauren Henderson

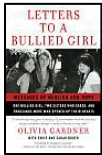
Longing to be part of the in-crowd at her exclusive London school, orphaned, sixteen-year-old Scarlett, a trained gymnast, eagerly accepts an invitation to a party whose disastrous outcome changes her life forever.

**Book Type:** Fiction

**Subjects:** Bullying, Friendship, Grief, Popularity

**Reading Level:** Interest Level: YA  
Lexile: 930





## **Letters To A Bullied Girl: Messages of Healing and Hope**

By Olivia Gardner

Presents a selection from the thousands of letters written to offer comfort and support to Olivia Gardner, a girl who became the victim of bullying after suffering an epileptic seizure in school, and whose story was heard by sisters Emily and Sarah Buder who took it upon themselves to start the letter writing campaign

**Book Type:** Nonfiction  
**Subjects:** Bullies, Epileptic Seizure, Special Needs, Violence  
**Reading Level:** Interest Level: YA



## **Leverage**

By Joshua Cohen

High school sophomore Danny excels at gymnastics but is bullied, like the rest of the gymnasts, by members of the football team, until an emotionally and physically scarred new student joins the football team and forms an unlikely friendship with Danny.

**Book Type:** Fiction  
**Subjects:** Bullies, Friendship, Revenge, Violence  
**Reading Level:** Interest Level: YA



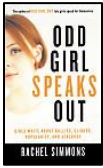
## **My Big Mouth: 10 Songs I Wrote That Almost Got Me Killed**

By Peter Hannan

When Davis Delaware moves to a new school after the death of his mother, he immediately gets on the wrong side of Gerald, the school bully, when he creates a band called The Amazing Dweebs along with Molly, the girl he has a crush on--who also happens to be Gerald's girlfriend.

**Book Type:** Fiction  
**Subjects:** Bullies, Interpersonal Relationships  
**Reading Level:** Interest Level: YA  
Lexile: 640





## Odd Girl Speaks Out: Girls Write About bullies, Cliques, Popularity, and Jealousy

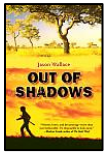
By Rachel Simmons

A collection of writings in which girls discuss their own experiences of being bullied or bullying other girls.

**Book Type:** Fiction

**Subjects:** Bullying, Cliques, Interpersonal Relationships, Jealousy, Popularity

**Reading Level:** Interest Level: YA



## Out of Shadows

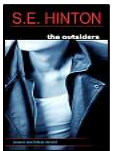
By Jason Wallace

Robert Jacklin is thrown into the aftermath of war when his family moves from England to Zimbabwe in the 1980s, and when he is enrolled in a prestigious boarding school, he faces racism and violence and must make a difficult decision as a group of white boys decides to protest the country's new government.

**Book Type:** Fiction

**Subjects:** Bullies, National Origin, Race Relations

**Reading Level:** Interest Level: YA  
Lexile: 710



## The Outsiders

By S. E. Hinton

Rivalry between rich and poor gangs in 1960s Oklahoma leads to the deaths of three teenagers and intense soul-searching for one of the youths involved, a sensitive fourteen-year-old writer named Ponyboy.

**Book Type:** Fiction

**Subjects:** Family Life, Gangs, Violence

**Reading Level:** Interest Level: YA  
Lexile: 750





## Payback

By James Heneghan

Happy he is no longer being bullied, Charley Callaghan does not step in when another classmate is, and when the new target of the abuse is tragically hurt, Charley must deal with his guilt.

**Book Type:** Fiction  
**Subjects:** Bullies, Bystander, Guilt  
**Reading Level:** Interest Level: YA



## Payback

By Paul Langan

Bluford freshman Tyray Hobbs, the class bully and tormentor of Darrell Mercer, is determined to get revenge on Darrell, the only boy who ever stood up to Tyray.

**Book Type:** Fiction  
**Subjects:** Bullies, Family Issues, Respect, Revenge  
**Reading Level:** Interest Level: YA



## Pretty Ugly

By Karyn Langhorne Folan

High school student Jamee Wills, having become the target of bullies after trying to stop them from teasing the shy new girl Angel McAllister, struggles to decide how to handle the situation.

**Book Type:** Fiction  
**Subjects:** Bullies, Cyberbullying  
**Reading Level:** Interest Level: YA  
Lexile: 630



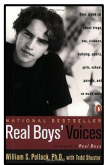


## Quantum Mistake. Vol. 1

By Eun-Ho Son

It's nature vs. Nurture when a nerd swaps bodies with the toughest guy in school! Tuji and Usoo have swapped...their bodies! Usoo, who was once a model student, must face the life of Tuji, a teenage menace. Never having an enemy in his life, he now has to deal with the handful of Tuji's list. Will he become the hardened fighter that matches his new exterior?

**Book Type:** Fiction  
**Subjects:** Bullying, Identity  
**Reading Level:** Interest Level: YA



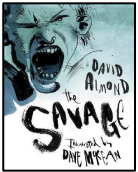
## Real Boys' Voices

By William Pollack

[http://www.williampollack.com/voices\\_advice.html](http://www.williampollack.com/voices_advice.html)

Young boys speak out about a variety of topics that affect their lives, including drugs, sex, violence, bullying, sports, school, and other related topics

**Book Type:** Nonfiction  
**Subjects:** Bullying, Drugs, Sex, Violence  
**Reading Level:** Interest Level: YA



## The Savage

By David Almond

After his father dies and the town bully Hooper begins to target him, Blue starts to write and illustrate a graphic novel full of blood, guts, and adventures; but after one of Blue's characters pays Hooper a nighttime visit, Blue wonders if the lines of reality have blurred.

**Book Type:** Fiction, Graphic Novel  
**Subjects:** Bullying, Death in Family  
**Reading Level:** Interest Level: 5-8  
Lexile: 730  
F&P: Z+







## Scrawl

By Mark Shulman

When eighth-grade school bully Tod and his friends get caught committing a crime on school property, his penalty--staying after school and writing in a journal under the eye of the school guidance counselor--reveals aspects of himself that he prefers to keep hidden.

**Book Type:** Fiction

**Subjects:** Bullies, Homelessness, Poverty, Self-Perception

**Reading Level:** Interest Level: YA  
Lexile: 650



## Send

By Patty Blount

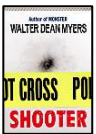
<http://pattyblount.com/end-bullying/>

Dan aspires to get through his senior year at a new high school without attracting any attention, but his plans are ruined when he steps in to prevent a bully from terrorizing a kid half his size, an act which causes the entire school to think him a hero--except pretty Julie Murphy, who looks at Dan like she knows he is hiding something.

**Book Type:** Fiction

**Subjects:** Bullies, Cyberbullying, Guilt, Texting Mistakes,

**Reading Level:** Interest Level: YA



## 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.

**Book Type:** Fiction

**Subjects:** Bullies, Emotional Issues, Family Issues, School Violence

**Reading Level:** Interest Level: YA  
Lexile: 690





## Some Girls Are

By Courtney Summers

Regina, a high school senior in the popular--and feared--crowd, suddenly falls out of favor and becomes the object of the same sort of vicious bullying that she used to inflict on others, until she finds solace with one of her former victims.

**Book Type:** Fiction  
**Subjects:** Bullies, Cliques, Emotional Issues  
**Reading Level:** Interest Level: YA  
Lexile: 600



## Stravaganza: City of Stars

By Mary Hoffman

Fifteen-year-old Georgia, who loves horses as much as she hates her bullying stepbrother, buys a figurine of a winged horse and finds it has magical powers that transport her from present-day London to the sixteenth-century world of Talia where, in the city of Remora, similar to Sienna, Italy, she finds danger and intrigue as well as friendship and a chance to perfect her riding skills.

**Book Type:** Fiction  
**Subjects:** Bullying, Families, Self-Confidence  
**Reading Level:** Interest Level: YA  
Lexile: 890  
F&P: Z+



## The Sweetheart of Prosper County

By Jill Alexander

In a small East Texas town largely ruled by prejudices and bullies, fourteen-year-old Austin sets out to win a ride in the next parade and, in the process, grows in her understanding of friendship and helps her widowed mother through her mourning.

**Book Type:** Fiction  
**Subjects:** Actual or Perceived Race, Bullying, Family, Friendship, Grief, Prejudices, Self-Confidence  
**Reading Level:** Interest Level: YA  
Lexile: 710





## This Is What I Did

By Anne Dee Ellis

Bullied because of an incident in his past, eighth-grader Logan is unhappy at his new school and has difficulty relating to others until he meets a quirky girl and a counselor who believe in him.

**Book Type:** Fiction  
**Subjects:** Abuse, Bullying, Interpersonal Relationships  
**Reading Level:** Interest Level: YA  
Lexile: 550  
F&P: Z+



## The Traitor Game

By B.R. Collins

Fifteen-year-old Michael and his friend Francis both feel betrayed when someone at their private school learns of Evgard, a secret fantasy world they created together, but when a sadistic bully becomes involved in Michael's plan for revenge, the boys and Evgard itself face grave danger.

**Book Type:** Fiction  
**Subjects:** Bullies, Family, Friendship, Sexual Orientation  
**Reading Level:** Interest Level: YA  
Lexile: 650  
F&P: Z+



## 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 between transforming himself or giving in to his destructive thoughts.

**Book Type:** Fiction  
**Subjects:** Bullies, Coming of Age, Family Issues, Popularity  
**Reading Level:** Interest Level: YA  
Lexile: 680  
F&P: Z+





## The Way

By Joseph Bruchac

Cody LeBeau, the new kid, becomes the new target for the bullies even though he is Abenaki like most of the school, but things begin to change when his uncle comes to town for a martial arts competition and he and Cody begin training together.

**Book Type:** Fiction

**Subjects:** Bullies, Extended Family, Self-Confidence

**Reading Level:** Interest Level: YA  
Lexile: 850



## We Want You To Know: Kids Talk about Bullying

By Deborah Ellis

Provides firsthand perspectives on bullying from children ages nine to nineteen and includes discussion questions. These kids have something to say. It's time we listened.

**Book Type:** Nonfiction

**Subjects:** Bullies, True Stories

**Reading Level:** Interest Level: YA  
Lexile: 700



## Who I Am

By M.L. Rice

After the death of her father, Devin Kelly and her mother move to Los Angeles to start a new life, and although Devin faces an arrogant bully named Jason at her new school, his beautiful and intelligent sister, Melanie Parker, rescues her and she begins to develop feelings for Melanie that are more than platonic.

**Book Type:** Fiction

**Subjects:** Bullies, Gender Identity, Grief, LGBT

**Reading Level:** Interest Level: YA



# Websites

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## Born This Way Foundation

<http://bornthiswayfoundation.org>

**Description:** This website was founded by Lady Gaga and her mother Cynthia Germanotta in order “to foster a more accepting society, where differences are embraced and individuality is celebrated.”

The goals described include creating a safe and useful place to celebrate individuality, teaching advocacy and identifying ways to implement solutions to impact local communities. Teachers can use the *Stories of Bravery* to inspire students’ responses in writing or podcasts. Students can share their ideas for actions and activities to impact their community.

**Audience:** Educators, Parents, Students (Middle and High)  
**Content:** Blogs, Videos, Recommended Books  
**Subjects:** Bullying Prevention, Character Education, Social Emotional Learning



## Bully Bust:

### Promoting a Community of Upstanders

[www.schoolclimate.org/bullybust](http://www.schoolclimate.org/bullybust)

This program is sponsored by The National School Climate Center and includes a pledge to end bullying, activities, a partner school program, and an essay contest for teens. Helpful links, tips for responding to bullying, 10 ways to be an upstander, writing activities, a toolkit for organizing an Upstanders Alliance and creating a team project.

**Audience:** Educators, Parents, Students (Elementary, Middle, High)  
**Content:** Blogs, information pertaining to all subject matters associated with bullying prevention, pledges, videos posted from a video contest and additional websites are posted.  
**Subjects:** Bullying Prevention, Character Education, Social Emotional Learning, Upstanders



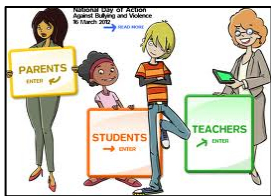


## Bully Free: It Starts With Me

[www.nea.org/home/BullyFreeSchools.html](http://www.nea.org/home/BullyFreeSchools.html)

This site was designed by the *National Education Association* and assists teachers and adults in helping students who have been bullied. A plethora of resources is available including a guide to start a bully free campaign in schools, lesson plans, an opportunity to pledge, a guide for the film *Bully*, and information pertaining to staff development with all employees. NEA policy briefs and research reports are posted under references.

<b>Audience:</b>	All employees of schools - Educators (including paraprofessionals), Clerical, Food Services Workers, School Bus Drivers
<b>Content:</b>	Blogs, PDFs for selected employees, PSA's and Videos
<b>Subjects:</b>	Bullying Prevention, Character Education, Social Emotional Learning



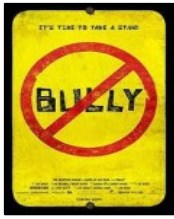
## Bullying No Way!

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

This comprehensive anti-bullying website is hosted by the Australian government. Specific recommendations for action are prescribed along with an interactive website which is targeted to specific audiences (teachers, parents or students). Also included are activities, tips, and worksheets to incorporate programs that support “student leaders” or mentors for younger students (ages 5-8).

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Interactive Computer Games, Videos (by function of audience and age), Avatars that students can build within the context of responding to bullying and bullying prevention
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning





## The Bully Project

<http://specialneeds.thebullyproject.com/educators>

This website includes a set of resources for confronting bullying of children with special needs from all angles (e.g., talking to children, knowing rights, teaching tolerance in schools). The toolkit includes the [Top Ten Facts](#) to know about bullying and children with special needs and the [unique challenges](#) children with special needs face when encountering bullying. Use the conversation starters, videos, and text resources for all levels and stakeholders. There site also includes a discussion on the movie *Bully*.

<b>Audience:</b>	Educators, Parents, Students (Intermediate Elementary, Middle, High)
<b>Content:</b>	Blogs, Videos, Resources
<b>Subjects:</b>	Ability Awareness, Bullying Prevention, Character Education, Social Emotional Learning, Special Needs,



## Character Education Partnership

[www.character.org](http://www.character.org)

Character Education Partnership's mission is to help "create safe, caring, and respectful schools where students flourish academically and do the right thing." *Eleven Principles of Effective Character Education* are the cornerstone of CEP's philosophy. Activities can be searched by specific age ranges and include lesson plans and videos. Lesson plans can be found at [www.character.org/lessons/lesson-plans/A](http://www.character.org/lessons/lesson-plans/A). Examples about how schools across the country have responded to bullying are also included. (Note: Some information is sold on this site.)

<b>Audience:</b>	Educators, Parents, Students, (Elementary Middle, High)
<b>Content:</b>	Blogs, Lesson Plans, Videos
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning





## Common Sense Media

[www.common sense media.org/cyberbullying](http://www.common sense media.org/cyberbullying)

[www.common sense media.org/educators/cyberbullying-toolkit](http://www.common sense media.org/educators/cyberbullying-toolkit)

Common Sense Media is dedicated to improving the lives of kids and families by providing the trustworthy information and education to thrive in a world of media and technology. Readers will find reviews of films and separate tabs for pre-k, elementary, preteens, teens, and older teens. A course for digital citizenship is also available.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Apps, Book titles, Games, Music by Topic, Videos, Websites, Toolkit for Cyberbullying
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



## Education.com

[www.education.com/topic/school-bullying-teasing](http://www.education.com/topic/school-bullying-teasing)

This comprehensive website includes activities, worksheets, videos, and literature for educators and parents. Workbooks and webinars can be used to support classroom activities. Under "Just Ask" there are resources for tips about bullying. Examples of letters for teachers and administrators are also included. Factsheets, webinars, and research articles are also posted to this site.

<b>Audience:</b>	Educators, Parents
<b>Content:</b>	Website, Videos, Blogs, Webinars
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning







## Gay, Lesbian and Straight Education Network (GLSEN)

[www.glsen.org/cgi-bin/iowa/all/home/index.html](http://www.glsen.org/cgi-bin/iowa/all/home/index.html)

More than 4 out of 5 LGBT students frequently experience verbal, physical, and sexual-harassment in their schools. The GLSEN website includes information about how to address bullying and harassment. Resources include lesson plans, posters, campaign kits, and research related to bullying prevention. Instructions can also be on how to set up a Safe Space in your school with a *Guide to Being an Ally*, *Safe Space* stickers, and *Safe Space* poster.

<b>Audience:</b>	Educators, Parents, Students (Middle and High)
<b>Content:</b>	Website, Videos, Blogs, Information on Critical Topics
<b>Subjects:</b>	Bullying Prevention, Character Education, Social Emotional Learning



## It Gets Better Project

[www.itgetsbetter.org](http://www.itgetsbetter.org)

This site includes references for help such as:

<http://www.itgetsbetter.org/pages/get-help/>. Videos and testimonials

have been posted by individuals in order to inspire and encourage LGBT youth who are struggling.

<b>Audience:</b>	Educators, Parents, Students (Middle and High)
<b>Content:</b>	Blogs, Videos
<b>Subjects:</b>	Bullying Prevention, Character Education, LGBT, Social Emotional Learning





## Media Smarts

<http://mediasmarts.ca>

Media Smarts is a Canadian not-for-profit charitable organization for digital and media literacy. Digital issues are addressed with lesson plans, tip sheets for all subjects, and educational games.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** PDFs of researched topics associated with bullying prevention, digital literacy,
- Subjects:** Body Image, Bullying Prevention, Cyberbullying, Gender Identification, Media Representation of Minorities, Online Hate



## National PTA Bullying: Connect to Respect

[www.pta.org/bullying.asp](http://www.pta.org/bullying.asp)

This website includes tips, references, and advice for educators, parents, and PTAs to develop a movement in preventing bullying abuse. This includes how to plan a *Connect to Respect* event.

- Audience:** Educators, Parents
- Content:** Tip Sheets, Organizational Strategies
- Subjects:** Bullying Prevention, Character Education, Social Emotional Learning



## NetSmartz Teens

[www.nsteens.org](http://www.nsteens.org)

The National Center for Missing and Exploited Children provides information on the topics of internet safety and cyberbullying. Select videos from one of three series in order to facilitate an internet safety discussion with students. The *Real-Life Stories* series covers complicated subject matter (review carefully before using with younger students). Each video is accompanied by activity cards that may be used to reinforce lessons.

<b>Audience:</b>	Educators, Parents, Students (Middle and High)
<b>Content:</b>	Activity cards, Blogs, Comics, Videos, Video Games
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



## Not in Our Town

[www.niot.org](http://www.niot.org)

This site highlights communities working together to stop hate and intolerance. Categories include When Hate Comes to Your Town, Supporting Victims of Hate, Prevention and Community Engagement, Law Enforcement in the Fight Against Hate, Not in Our School & Youth Organizing. There are numerous free videos and some DVD's for sale.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Blogs, DVD's, Videos
<b>Subjects:</b>	Bullying Prevention, Character Education, Social Emotional Learning



## **PACER's National Bullying Prevention Center**

[www.pacer.org/bullying](http://www.pacer.org/bullying); [www.pacerkidsagainstbullying.org](http://www.pacerkidsagainstbullying.org)

Resources include videos including a puppet show, a 32 page [Peer Advocacy Guide](#) provided to address students with disabilities (grades 4 through High School), and information for LGBTQ Students and their families.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Games, Letters, Stories, Posters, Resources for All Audiences Listed on the Second Website, Videos,
<b>Subjects:</b>	Bullying Prevention, Character Education, Disabilities, LGBTQ, Violence Prevention



## **A Parent's Guide for Internet Safety**

[www.fbi.gov/stats-services/publications/parent-guide/parent-guide](http://www.fbi.gov/stats-services/publications/parent-guide/parent-guide)

This website and parent guide cautions the following: "While on-line computer exploration opens a world of possibilities for children, expanding their horizons and exposing them to different cultures and ways of life, they can be exposed to dangers as they hit the road exploring the information highway." This site provides information for parents about internet safety and links to additional resources. Educators can use this resource to advise parents about Internet Safety.

<b>Audience:</b>	Educators, Parents
<b>Content:</b>	Advice about Child Exploitation, Hot Tip Line, Pamphlet
<b>Subjects:</b>	Internet Safety



## PREVNet: Promoting Relationships and Preventing Violence

[www.prevnet.ca](http://www.prevnet.ca)

PREVNet is a coalition of Canadians concerned about bullying. The primary goal of PREVNet is to “translate and exchange knowledge about bullying to enhance awareness, to provide assessment and intervention tools, and to promote policy related to the problems of bullying.” Lesson plans include materials, facts, resources and discussion questions; videos by level and audience.

<b>Audience:</b>	Educators, Bus Drivers, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Blogs, Lesson Plans, Tip Sheets, Videos,
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Violence Prevention



## See a Bully, Stop a Bully: Make a Difference - American Federation of Teachers

[www.aft.org/yourwork/tools4teachers/bullying/index.cfm](http://www.aft.org/yourwork/tools4teachers/bullying/index.cfm)

This is a multifaceted campaign to raise awareness and provide resources and training to educators. The site includes webinars, FAQs, creating safe learning environment, activities, and booklists.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Website, Videos, Blogs, Webinars on all Topics
<b>Subjects:</b>	Bullying Prevention, Character Education, Cyberbullying, Social Emotional Learning, Violence Prevention





## Speak Up, Stop Bullying – Cartoon Network

[www.cartoonnetwork.com/promos/stopbullying/index.html](http://www.cartoonnetwork.com/promos/stopbullying/index.html)

This website includes activities including teacher guides, tip sheets, and posters for educators. Additional resources include an educator's checklist, a timeline for short-term and long-term strategies, book lists, reading guides, video shorts, and comic strips.

**Audience:** Educators, Parents, Students (Elementary, Middle, High)

**Content:** Comics, Videos, Worksheets

**Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Violence Prevention



## Stop Bullying Now!

<http://ask.hrsa.gov/index.cfm>

This site is sponsored by the U.S. Department of Health and Human Services and provides information from various government agencies to prevent or stop bullying. Information on state laws and policies, videos, and practical strategies for schools and communities are posted to keep environments safe. Suggestions are made on how parents can discuss bullying and cyberbullying. Educators can also access tip sheets, mini units for addressing and responding to bullying, activities, guides, and posters.

**Audience:** Educators, Parents, Students (Elementary, Middle, High)

**Content:** Website, Webisodes, Factsheets, Videos, Blogs, 12 Animated Episodes for Elementary Students

**Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Violence Prevention

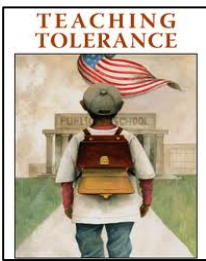




**STRYVE:**  
**Striving to Reduce Youth Violence Everywhere**  
[www.safeyouth.gov](http://www.safeyouth.gov)

STRYVE is a national initiative led by the Centers for Disease Control and Prevention (CDC) which takes a public health approach to prevention of youth violence before it starts. A writing activity entitled “Success Story” can be used to document activities or interventions with violence prevention or abuse.

<b>Audience:</b>	Educators, School-Based Mental Health Professionals
<b>Content:</b>	Information pertaining to specific tiers of intervention in all areas of violence prevention
<b>Subjects:</b>	Child Maltreatment, Partner Violence, Youth Violence, Sexual Violence, Suicide



**Teaching Tolerance**

[www.tolerance.org](http://www.tolerance.org)  
[www.tolerance.org/print/activity/contract-bullying](http://www.tolerance.org/print/activity/contract-bullying)

This site provides support for schools about “diversity, equal opportunity, and respect for differences.” One can search the site by protected class and age range. A mini-unit entitled A Contract on Bullying involves four steps: identify the types of bullying; define the types of bullying; putting their knowledge to the test; and signing a contract.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Website, Videos, Blogs, Lesson Plans, Readings, Songs, <i>Bullied</i> DVD (one free copy per school; also available for purchase)
<b>Subjects:</b>	Bullying Prevention, Character Education, Culturally-Responsive Teaching, Social Emotional Learning, Violence Prevention



## Thinkfinity

[www.thinkfinity.org](http://www.thinkfinity.org)

Verizon's *Thinkfinity* offers comprehensive teaching and learning resources that are grade-specific and aligned with state standards for grades K-12. Use the search box with quotes to find specific resources. Educators will find literature-responsive activities, ideas to promote conversations, and ideas for student research projects. A PowerPoint on the topic of cyberbullying is available on the website and can be used as a classroom instructional tool.

<b>Audience:</b>	Educators, Parents, Students (Pre-K, Elementary, Middle, High)
<b>Content:</b>	PowerPoint, Activities, Lesson Plans, Audio, Videos
<b>Subjects:</b>	Bullying Prevention, Character Education, Cyberbullying, Social Emotional Learning, Violence Prevention



## A Thin Line

[www.athinline.org](http://www.athinline.org)

This MTV site was developed “to empower youth to identify, respond to, and stop the spread of digital abuse.” Resources include videos, interviews, discussion points, and references to curricula such as the following: [Liz Claiborne- Love is not abuse](#) - for teaching high school students about the issue of dating violence; [Hazelden -- Cyber Bullying: A Prevention Curriculum for Grades 6-12](#); [Anti-Defamation League -- Cyberbullying and Online Cruelty: Challenging Social Norms](#).

<b>Audience:</b>	Educators, Parents, Students (Middle and High)
<b>Content:</b>	Website, Videos, Blogs, Lesson Plans
<b>Subjects:</b>	Bullying Prevention, Character Education, Cyberbullying, Social Emotional Learning, Violence Prevention





## WebWiseKids

[www.webwisekids.org/about.html](http://www.webwisekids.org/about.html)

Web Wise Kids (WWK) is a national non-profit organization dedicated “to promoting a culture of safety, respect, and responsibility for youth and families in this digital world.” Games for all ages and free apps are a central focus of this website. Resources with supporting documentation and information about cyberbullying are available for all audiences.

**Audience:** Educators, Parents, Students (Elementary, Middle, High)  
**Content:** Apps, Games, Teacher Resources for K-3 and 4-6  
**Subjects:** Internet Safety



## The Whole Child

<http://whatworks.wholechildeducation.org/blog/tag/Bullying>

Supported by ASCD, this site provides information “to identify and address challenges in educating the whole child such as bullying and implement evidence-based practices such as arts integration.”

**Audience:** Educators  
**Content:** Blogs, Podcasts, Webinars  
**Subjects:** Bullying Prevention, Character Education, Social Emotional Learning, Violence Prevention



## WITS Program

<http://witsprogram.ca/>

The WITS program includes resources for parents, educators, and children to help deal with bullying and peer victimization. The Primary Program is directed for students in K-3 and the Leads Program is directed for students in grades 4-6. Resource guides, lesson plans associated with book titles are also included. Although primarily a resource for elementary and middle school teachers this resource has been included for high school as it is extremely robust with books and materials.

**Audience:** Educators, Parents, Students (Elementary, Middle, High)  
**Content:** Lesson Plans, On-line Training, Posters, Pamphlets, Videos  
**Subjects:** Bullying Prevention, Character Education





## Youth Voice Project

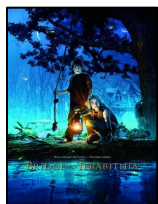
[www.youthvoiceproject.com](http://www.youthvoiceproject.com)

The link provides findings from a study on students' perceptions about strategy effectiveness to reduce peer mistreatment in schools. More than 13,000 teens in 31 schools completed the Youth Voice project survey. A PowerPoint summarizes the study – information can be abstracted for presentation to classrooms and for students' research projects.

<b>Audience:</b>	Educators, Students (Middle and High)
<b>Content:</b>	PowerPoint, Research Findings
<b>Subjects:</b>	Bullying Prevention, Violence Prevention

## Videos & Multi-Media Resources

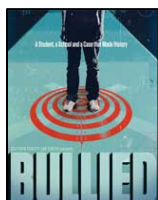
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### Bridge to Terabithia

Based on the Book by Katherine Paterson, Jesse Aarons is in the 5th grade and has trained all summer to become the fastest runner in school. He becomes upset when new classmate Leslie Burke outruns him and everyone else. Despite this and some other striking differences, the two become fast friends. Together, they create Terabithia where they rule as king and queen and is a land filled with monsters, trolls, ogres, and giants. This friendship helps Jesse cope with a tragedy that makes him realize what Leslie taught him.

<b>Audience:</b>	Students (Upper Elementary, Middle, High)
<b>Type:</b>	DVD Video (2007), 96 min., Adventure, Drama, Family
<b>Subjects:</b>	Bullying Prevention, Character Education, Student Perceptions, Violence Prevention



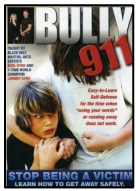
### Bullied: A Student, a School and a Case That Made History Teaching Tolerance – (2010) A project of the Southern Poverty Law Center

<http://www.splcenter.org/> ; <http://www.tolerance.org/bullied>

*Bullied* is a 40-minute documentary film that chronicles one student's ordeal at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. It can become a cornerstone of anti-bullying efforts in middle and high schools as it is designed to help administrators, teachers and counselors create a safer school. Includes two-part viewer's guide with lesson plans and activities. A two-part [viewer's guide](#) with standards-aligned lesson plans and activities for use in staff development is also available on the website.

<b>Audience:</b>	Educators, Parents, Students (Middle and High)
<b>Type:</b>	DVD Video (2010) 39 min. Documentary
<b>Subjects:</b>	Tolerance, Bully Prevention, Character Education, Self Perceptions, Violence Prevention





## **Bully 911: Stop Being a Victim of Bullying**

<http://bully911.com/>

Being bullied is a nightmare for a kid and how you handle it will make all the difference for your child. The first rule is to run away; the second rule is to use your words; the third...you learn Self-Defense. This empowering DVD is simple to learn, easy to use and designed to make children feel considerably more confident when coping with bullies by teaching them the tools to escape without getting hurt. This is why BULLY 911 is for you! The DVD includes a bonus feature with an extensive forum on bullies and bullying that addresses all issues of bullying with parents, kids, and child psychologists and provides defense techniques for victims to defend themselves from bullies, when all else fails.

**Audience:** Educators, Parents, Students (Middle and High)  
**Type:** DVD Video (2007) 86 min. Education  
**Subjects:** Bullying, Non-Violence, Self-Defense



## **Bully 911**

<http://bully911.com/>

<http://itunes.apple.com/us/app/bully-911/id427873682?mt=8>

This App is a balanced look at bullying from all perspectives and provides practical advice covering the broad spectrum of solutions available to your child on a case-by-case basis. It is self-defense that is fun and easy to master. Easy-to-learn self-defense instructions for boys and girls.

**Audience:** Educators, Parents, Students (Middle and High)  
**Type:** App (2011) FREE Education,  
**Subjects:** Bullying, Non-Violence, Self-Defense, Sportsmanship





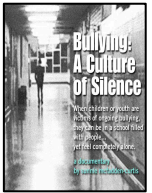
## Bully Blaster

<http://itunes.apple.com/us/app/bully-blast/id498281161?mt=8>

<http://abclocal.go.com/kfsn/story?section=news/education&id=8556096>

Have you ever been bullied? If yes, then this is the game for you! Fight your way through waves of positive and negative words as you help defeat bullying. Destroy all bad words, and collect good ones to achieve your highest score! The game was designed by teens from Center for Advanced Research and Technology (CART) for teens to increase awareness of the current issue of bullying.

**Audience:** Students (Elementary, Middle, High)  
**Type:** App (2012) FREE Education, Games  
**Subjects:** Bullying, Positive and Negative Words



## Bullying: A Culture of Silence/A Documentary by Sunnie McFadden-Curtis

<http://benchboyproductions.com/index.htm>

Focuses on the victims and the profound and lasting consequences that bullying can have on families, friends, and bystanders. Investigates the rationale behind the silence that surrounds it with heartfelt accounts from victims and families along with gripping interviews with leading experts in the field. Viewer discretion is advised.

**Audience:** Educators, Parents, Possibly High School Students  
**Type:** DVD Video (2009) 52 min. Documentary  
**Subjects:** Bullying, Bullying Prevention



## Bullying Behavior in Boys and What to Do About It

<http://www.acacamps.org/campmag/1105/bullying-behavior-in-boys>

The American Camping Association includes information and advice for summer camp personnel with regard to bullying behavior in boys and "how to respond to it in practical, effective ways." Contents: Bullying behavior in boys--what to do about it -- Introduction -- Bullying behavior in boys -- Three approaches: #1--Help the victim -- Three approaches: #2--Address the bully -- Three approaches: #3--Work with the other boys -- Use parents as allies -- Review.

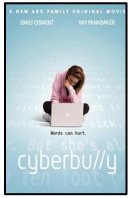
**Audience:** Educators, Parents  
**Type:** DVD Video (2011) 30 min. Education  
**Subjects:** Bullying, Bullying Prevention



## Conflict Resolution for Students (Series)

Viewers examine two scenarios to gain a better understanding of the consequences of succumbing to peer pressure. In "Hacking, Cracking and Stealing," a student is cajoled by the star football player to hack into the school's computer system to amend a failing grade. In "With friends like these...", a new student is invited to a makeover party by the most popular girls, unwittingly joining them in a shoplifting spree. Teacher's guides include presentation suggestions, program summaries, discussion questions, suggested activities, and additional resources.

**Audience:** Educators, Parents, Students (Elementary -Grades 5, Middle and High)  
**Type:** DVD Video 22 min. Education  
**Subjects:** Bullying, Conflict with Authority, Crisis Intervention, Harassment, Peer Conflict, Peer Pressure, Sexual Harassment, Student & Adult Conflict, Public Performance Rights



## Cyberbully: Words Can Hurt

<http://www.imdb.com/title/tt1930315/>

Cyberbully follows Taylor Hillridge (Osment), a teenage girl who falls victim to online bullying, and the cost it takes on her as well as her friends and family.

**Audience:** Students (Middle and High), Parents  
**Type:** DVD Video (2011) 87 min. Drama  
**Subjects:** Bullying, Cyberbully, Internet Safety, LGBT, Friendship

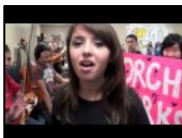


## Cybersafe: Identifying and Combating Cyber Bullies

<http://trove.nla.gov.au/work/8451166?versionId=9753384>

Looks at what cyber bullying is and what students can do to protect themselves from this ever-increasing threat. Education for parents and school communities is also examined, with strategies on how to deal with cyberbullying and positive school-wide solutions.

**Audience:** Educators, Parents, Students (Middle and High)  
**Type:** DVD Video (2007) 26 min. Education  
**Subjects:** Cyberbullying, Internet Safety



## Cypress Ranch High School Anti Bullying Lip Dub "Who Do U Think U R?"

<http://www.youtube.com/watch?v=waAqJ6727Hk>

Students at Cypress Ranch High School came together to create an original Lip Dub video and to Stand Up to bullies by asking "Who Do U Think U R?" The entire project was created, filmed, sung, and performed by actual students.

**Audience:** Educators Students (Middle and High), Parents  
**Type:** Video (2012); 5 minutes, 26 seconds. Produced and directed by Triple Oswald, a Cypress Ranch Student  
**Subjects:** Bullying, Friendship, Tolerance





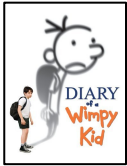
## Destructive Issues

<http://www.destructiveissues.com/index.html>

<http://itunes.apple.com/us/app/destructive-issues/id402838694?mt=8>

Destructive Issues deals with the top 20 issues facing youth today. With current information and continually updated help resources this App will be the favorite help tool of anyone who works or cares about youth. From suicide to gangs, dropout to sexting this App is full of education, tell-tale signs, prevention tips, intervention tips, Q&A, scenarios, resources and more which will prove to be a game-changer. If you have ever felt alone in the battle of working with Destructive Issues, you cannot be without this App! Keep in mind this information is meant to be a help tool, not a substitute for medical or professional help. By downloading this App you agree not to hold Turning Point Experience liable for any negative results or misuse of the information.

**Audience:** Educators, Parents  
**Type:** App (2010) FREE Education  
**Subjects:** Bullying, Cyberbullying, Gangs, Internet Safety, Peer Pressure, Self-Esteem

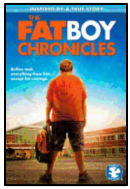


## Diary of a Wimpy Kid

A live-action adaptation of Jeff Kinney's best-selling illustrated novel, Diary of a Wimpy Kid chronicles the adventures of skinny "middle child" Greg Heffley over the course of a school year, as told through his diary and hand-drawn cartoons.

**Audience:** Students (Upper Elementary and Middle: Grades 5-8)  
**Type:** DVD Video (2010) 93 min. Family  
**Subjects:** Adolescent Behavior, Bullying, Friendship





## The Fat Boy Chronicles

<http://thefatboychronicles.com/>

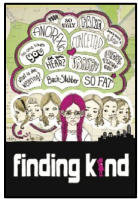
<http://www.imdb.com/title/tt1493243/>

Overweight outsider Jimmy Winterpock is subjected to cruel bullying from his high school classmates. Despite the constant teasing and torment, Jimmy's strength to never give up helps him focus on his goals to lose weight and win over the girl of his dreams.

**Audience:** Students (High)

**Type:** DVD Video (2012) 78 min. Drama

**Subjects:** Bullying, Interpersonal Relationships, Obesity



## Finding Kind

<http://www.imdb.com/title/tt1539991/>

Lauren can still vividly recall the horrific experiences she went through with girls in middle school. She grew up well aware of the fact that females can be outright cruel to each other and the fact that society has done nothing to bring attention to the severity of this issue. If anything, society has glamorized, mocked and accepted the "mean girl" phenomenon. For the last ten years of her life she has wanted to change this phenomenon. Watch as Lauren and her best friend Molly combine their experiences and passion to uncover what is really going on within the "Girl World." The two girls packed their bags and traveled across America in a mini-van with both their mothers to interview hundreds of females around the country. The stories they found will shock you to your core. Watch as the girls embark on an emotional and revealing roller-coaster around the country, while finding kindness along the way.

Written by [Lauren Parsekian](#)

**Audience:** Students (High)

**Type:** DVD Video (2012) 77 min. Documentary

**Subjects:** Bullying in Schools, Interpersonal Relationships



## Let's Get Real

<http://groundspark.org/our-films-and-campaigns/lets-get-real>

This program includes a video and curriculum guide to allow children to speak about their own experiences with bullying; seeks to promote understanding and prevent prejudice by exploring awareness of a person's role in society. This program includes a video and curriculum guide

**Audience:** Educators (Upper Elementary, Middle, High: Grades 5-9), Parents

**Type:** DVD Video (2004) Documentary

**Subjects:** Bullying



## Relational Aggression in Girls: Bullying Behavior and What to Do About It

Features a clear and powerful discussion of the complexities of relational aggression in girls and an overview of how to respond to it in practical, effective ways. The DVD reviews several of the factors that make bullying behavior so difficult in general and then thoughtfully clarifies the differences between girls and boys who intimidate or abuse others. The DVD also details a step-by-step process for responding to bullying behavior in girls, an approach that is essential for anyone working with children in groups, no matter what the setting. Among the topics covered: bullying behavior (relational aggression) in girls, bully behavior: two reasons, consequence: moving a dominant girl to another group, working with the parents of relationally aggressive girls.

**Audience:** Educators (Elementary, Middle, High), Parents

**Type:** DVD Video (2011) 37 min. Education

**Subjects:** Aggressiveness in Adolescence, Bullying Prevention, Conflict Management, Conduct Disorders and Interpersonal Relationships in Adolescence, Teenage Girls-Psychology



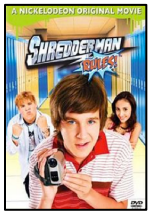


## School 26 HD Free Version

<http://itunes.apple.com/us/app/school-26-hd-free-version/id461154956?mt=8>

School 26 follows Kate, a student whose nomadic family has made it difficult for her to maintain long-term friendships. As she enrolls at her 26th new school, she and her parents strike a deal: if Kate makes good friends here, the family will stay put. Now the player must help Kate use intuition, empathy, and strategy to build friendships and navigate the often-treacherous social hierarchies of high school in this unique game of social mastery.

**Audience:** Students (Middle and High)  
**Type:** App (2012) Free Version Education Games  
**Subjects:** Empathy, Friendship



## Shredderman Rules

Based upon the book series by Wendelin Van Draanen. This plot is about a grade-9 student named Nolan who is bullied by Bubba Bixby.

**Audience:** Students (High)  
**Type:** DVD Video (2007) 96 minutes Family  
**Subjects:** Bully Prevention, Character Education, Self-Perceptions, Violence Prevention



## Silent Witness: Bullying

Nearly 30 percent of teenagers are bullies or victims of bullying, and 88 percent of teenagers are bystanders who do not interfere. Several strides are being made in school districts across the country to encourage bystanders to stick up for people being bullied and report the bullying to an administrator.

**Audience:** Students (Middle and High)  
**Type:** DVD Video (2010) 20 min.  
**Subjects:** Bullying, Bullying Prevention, Bystander



## Stop Bullying! Standing Up for Yourself and Others

Bullying is pervasive in our schools. Over 150,000 students stay home from school each day to avoid harassment from their peers. An estimated 1.6 million young people in grades six through ten are bullied at least once a week. Many young people feel helpless in these situations. They need to know what to do if they are bullied or if they are a witness to bullying. Through expert advice and students' real-life experiences, *Stop Bullying!* gives students concrete steps they can take to respond to bullying.

**Audience:** Students (Middle and High)  
**Type:** DVD Video (2003) 20 min. Education  
**Subjects:** Bully Prevention, Character Education, Self-Perceptions, Violence Prevention



## Stories of Us:

### Promoting Positive Peer Relationships (P3R)

<http://www.storiesofus.com/>

P3R is a Bullying prevention curriculum that engages students in real work that is consistent with ELA and Health Education Standards. It is centered on highly authentic films made with students, for students. Lesson plans for creating movies can also be found on this site.

**Audience:** Middle School  
**Type:** DVD Kit Education  
**Subjects:** Attitudes, Bullying, Bullying Prevention, School Violence Prevention





## Student Workshop: Stop Picking on Me!

[http://www.kineticvideo.com/Bully\\_News\\_Can.pdf](http://www.kineticvideo.com/Bully_News_Can.pdf)

From her command post at "Bully Control Center," Major Hassle uses realistic mini-dramas to show youngsters the do's and don'ts for dealing with bullies safely. Students learn the techniques that will help them contend with one of the most difficult problems facing them in schools.

**Audience:** Students (Elementary, Middle, High)  
**Type:** Video Kit (2002) Education  
**Subjects:** Bystander, Bullying, Character Development, Conflict management, Violence Prevention



## We are the Solution

<http://www.msnbc.msn.com/id/3032600/>

<http://www.youtube.com/watch?v=JyBTap2wudo>

My Kid Would Never Bully – Dateline episodes showing how kids react when put in situations with bullying.

**Audience:** Educators, Students (Middle and High), Parents  
**Type:** Online video series - approx. 10 min. Education, News  
**Subjects:** Bullying, Obesity



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