

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

Bullying is a form of aggressive behavior characterized by intent to harm, repeated occurrence (or high likelihood of repeated occurrence), and an imbalance of power between the perpetrator and the target.¹ It can take both direct and indirect forms and can occur physically, verbally, through social manipulation or exclusion (relational aggression), or through electronic devices (cyberbullying).¹⁻³ Bullying impacts individuals across gender, age, and race/ethnicity,^{4,5} although it tends to peak in middle school.⁴ Approximately one in five children and adolescents are involved in bullying.⁶ Bias-based bullying (bullying targeting an individual's actual or perceived membership in a social group or legally protected class, such as race, gender, religion, disability, or sexual orientation) impacts approximately 17% of youth and is associated with more negative outcomes than non-biased bullying.⁷⁻⁸

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.^{3,9,11} Most successful programs are those that use multi-level interventions. Experts generally provide guidelines for schools to follow as opposed to prescribing a particular program.^{3,9} Although there are variations in these guidelines, some of the common aspects to include are listed in Table 1.

To learn more about bullying, bullying-related behaviors, and specific prevention efforts and programs, please refer to the Alberti Center fact sheets and to the publication entitled *Guide to School-Wide Bullying Prevention Programs*¹⁰ posted on the Alberti Center website (ed.buffalo.edu/alberti/resources). We also provide links to teaching tools for educators to use in their classrooms and schools on bullying prevention and related efforts (ed.buffalo.edu/alberti/resources/educators/tools).

Table 1: Common Guidelines for Bullying Prevention Efforts within Schools^{3, 9, 11}

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.

About the Toolkit

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/or 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 books, videos, multi-media, websites, and podcasts 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 social justice. 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.

We would be happy to accept additional resources and recommendations, which may be directed to the Alberti Center at 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.”¹² 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.

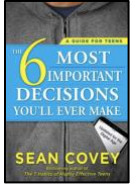
As required by this legislation, employee training programs must be provided on an annual basis “to promote a positive school environment that is free from discrimination and harassment; and to discourage and respond to incidents of discrimination and/or harassment on school property or at a school function.”¹³ 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.

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. Selecting and utilizing age and developmentally appropriate resources and content is especially important. Some of the content in the resources found in the toolkit may not be appropriate for every child.

Common Sense Media (commonsensemedia.org) provides guidelines and ratings for specific movies/TV, books, apps, and games for both parents and educators. Further, they provide suggestions for parents and educators on what kinds of content is appropriate for kids based on their age and developmental level. For more information, please visit commonsensemedia.org/about-us/our-mission/about-our-ratings. 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: alberticenter@buffalo.edu.

Book Titles for High School



The 6 Most Important Decisions You'll Ever Make/A Guide for Teens: Updated for the Digital Age (2017)

By Sean Covey

simonandschuster.com/books/The-6-Most-Important-Decisions-Youll-Ever-Make/Sean-Covey/9781501157134

Using multiple formats, including graphics, games and storytelling, the book shows teens how to succeed when it comes to friendships, family, dating, sex, addiction, self-esteem, school and more.

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

amazon.com/Accidental-Genius-Weasel-High/dp/1606841491

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: Bullying, Families, Interpersonal Relationships

Reading Level: Interest Level: YA
Lexile: 850



American Born Chinese (2008)

By Gene Luen Yang

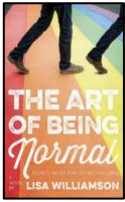
amazon.com/American-Born-Chinese-Gene-

This Graphic Novel tells the story of 3 characters, each with a similar goal: fitting in. The book has been referred to as an “action-packed modern fable” which tells the stories of 3 characters which intertwine to create an “astonishing climax.”

Book Type: Fiction

Subjects: Bullying, Interpersonal Relationships, Diversity, Empathy

Reading Level: YA



The Art of Being Normal (2015)

By Lisa Williamson

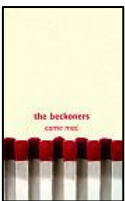
[amazon.com/gp/product/1250144272/ref=as_li_tf_il?ie=UTF8&tag=boorio-20&linkCode=as2&camp=217145&creative=399349&creativeASIN=1250144272](https://www.amazon.com/gp/product/1250144272/ref=as_li_tf_il?ie=UTF8&tag=boorio-20&linkCode=as2&camp=217145&creative=399349&creativeASIN=1250144272)

This novel tells the story of a student struggling with being bullied for being different. The book takes the perspective of a transgender teen who has not yet come out to peers and the bullying and support she experiences along the way.

Book Type: Fiction

Subjects: Bullying, Interpersonal Relationships, Diversity, Empathy, Gender Identity, Transgender,

Reading Level: YA
Lexile: 770



The Beckoners (2004)

By Carrie Mac

carriemac.com/books/the-beckoners/

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: Bullying, Gangs, Violence

Reading Level: YA



Beyond Bruises: The Truth About Teens and Abuse (2009)

By Sherrie Mabry

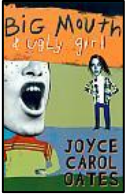
enslow.com/books/beyond_bruises/2196

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 (2009)

By Joyce Carol Oates

harpercollins.com/products/big-mouth-ugly-girl-joyce-carol-oates?variant=32929082408994

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 (2012)

By Tom Henighan

dundurn.com/books/Boy-Left-Field

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: Bullying, Family Issues, Gangs, Homelessness

Reading Level: Interest Level: YA



Breaking Point (2003)

By Alex Flinn

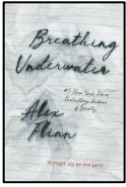
harpercollins.com/products/breaking-point-alex-flinn?variant=32208077979682

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 (2012)

By Alex Flinn

harpercollins.com/products/breaking-point-alex-flinn?variant=32208077979682

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+



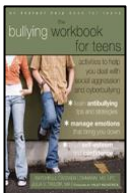
Brutal (2011)

By Michael Harmon

penguinrandomhouse.com/books/75429/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: Bullying, Family, Isolation
Reading Level: Interest Level: YA
Lexile: 620



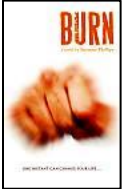
The Bullying Workbook for Teens (2013)

By Raychelle Cassada Lohman & Julia V. Taylor

amazon.com/dp/1608824500?tag=amigi-20&linkCode=ogi&th=1&psc=1

This self-help workbook from Instant Help Solutions focuses on understanding the emotional impact of bullying. In addition, the book includes information and activities designed to support managing feelings through Cognitive Behavior Therapy (CBT) techniques as well as providing practical tools for addressing the bullying and getting help from others.

Book Type: Non-Fiction
Subjects: Bullying, Self-Help, Intervention
Reading Level: Interest Level: YA



Burn (2008)

By Suzane Phillips

[amazon.com/Burn-Suzanne-Phillips/dp/Boo46LUHIY](https://www.amazon.com/Burn-Suzanne-Phillips/dp/Boo46LUHIY)

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

- Book Type:** Fiction
- Subjects:** Bullying, Emotional Issues, PTSD
- Reading Level:** Interest Level: YA
Lexile: 640
F&P: Z+



By the Time You Read This, I'll be Dead (2011)

By Julie Anne Peters

byr.com/titles/julie-anne-peters/by-the-time-you-read-this-ill-be-dead/9781423139393/

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:** Bullying, Emotional Issues, Overweight, Suicide
- Reading Level:** Interest Level: YA
Lexile: 460



Carrie (1974)

By Stephen King

stephenking.com/works/novel/carrie.html

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

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



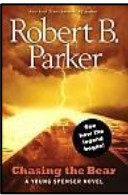
Charlie's Story (2004)

By Maeve Friel

peachtree-online.com/shop/charlies-story/

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:** Bullying, Ethnic Group, Family Life, Friendship
- Reading Level:** Interest Level: YA
F&P: W



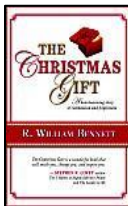
Chasing a Bear: A Young Spenser (2010)

By Robert Parker

penguinrandomhouse.com/books/300867/chasing-the-bear-by-robert-b-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:** Bullying, Child Abuse, Friendship, Kidnapping
- Reading Level:** Interest Level: YA
Lexile: 500



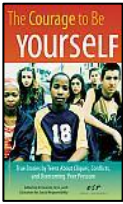
The Christmas Gift (2010)

By William Bennett

rwilliambennett.com/books

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:** Bullying, Forgiveness, Understanding
- Reading Level:** Interest Level: YA



The Courage to Be Yourself: True Stories by Teens About Cliques, Conflicts and Overcoming Peer Pressure (2005)

By Al Desetta, Editor

freespirit.com/counseling-and-social-emotional-learning/courage-to-be-yourself-al-desetta-educators-for-social-responsibility/

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 (2012)

By Kathleen Walton

simonandschuster.com/books/Cracked/K-M-Walton/9781442429178

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: Bullying, Emotional Issues, Family Issues, Self-Esteem

Reading Level: Interest Level: YA
Lexile: 610



Crazy Beautiful (2011)

By Lauren Baratz-Logsted

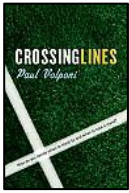
hmhbooks.com/shop/books/Crazy-Beautiful/9780547403106

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: Bullying, Special Needs

Reading Level: Interest Level: YA
Lexile: 910



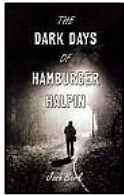
Crossing Lines (2011)

By Paul Volponi

penguinrandomhouse.com/books/305892/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:** Bullying, Family Life, Sexual Identity
- Reading Level:** Interest Level: YA
Lexile: 810



The Dark Days of Hamburger Halpin (2010)

By Josh Berk

penguinrandomhouse.com/books/12529/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

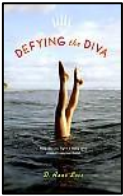


Dear Bully: 70 Authors Tell Their Stories (2011)

harpercollins.com/products/dear-bully-seventy-authors-tell-their-stories-megan-kelley-hallcarrie-jones?variant=32117247705122

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, and others.

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



Defying The Diva (2008)

By Anne Love

simonandschuster.com/books/Defying-the-Diva/D-Anne-Love/9781416934813

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:** Bullying, Family, Gossip, Identity, Self-Esteem
- Reading Level:** Interest Level: YA
Lexile: 770



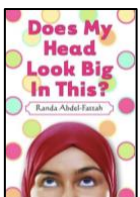
Diary of a Witness (2009)

By Catherine Ryan Hyde

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:** Bullying, Bystander, Emotional Issues, Family Issues, Obesity, Rejection
Interest Level: Y
- Reading Level:** Interest Level: YA
Lexile: 510



Does My Head Look Big in This?

By Randa Abdel-Fattah

Amal is an Australian Muslim who is struggling with intolerance and rejection. The struggle presents when she decides to wear her hijab as a symbol of her religious beliefs. This an important example of intolerance told from the perspective of an individual in the cultural minority.

read.amazon.com/kp/embed?asin=B00JLHUOKY&preview=newtab&linkCode=kpe&ref =cm_sw_r_kb_dp_EKYFbFC9RSG8

- Book Type:** Fiction
- Subjects:** Bullying, Rejection, Tolerance, Diversity, Culture
- Reading Level:** Interest Level: YA
Lexile: 770



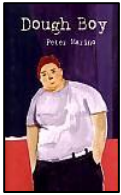
Don't Call Me Ishmael (2006)

By Michael Gerard Bauer

michaelgerardbauer.com/my-books/dont-call-me-ishmael/

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+



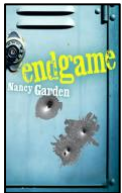
Dough Boy (2007)

By Peter Marion

amazon.com/Dough-Boy-Peter-Marino/dp/0823418731

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: Bullying, Family Issues, Friendship, Obesity
Reading Level: Interest Level: YA
Lexile: 820; F&P: Z+



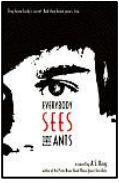
Endgame (2006)

By Nancy Garden

amazon.com/Endgame-Nancy-Garden/dp/0152063773

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: Bullying, Family Issues, School Violence
Reading Level: Interest Level: YA
Lexile: 870



Everybody Sees the Ants: A Novel (2011)

By Amy Sarig

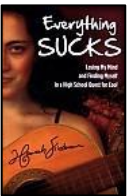
byr.com/titles/a-s-king/everybody-sees-the-ants/9780316191814/

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: Bullying, 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 (2009)

By Hannah Friedman

amazon.com/Everything-Sucks-Losing-Finding-Myself/dp/0757307752

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, Bullying, Identity Crisis

Reading Level: Interest Level: YA



Exposure (2006)

By Patricia Murdoch

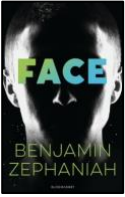
orcabook.com/cw_contributorinfo.aspx?ContribID=181&Name=Patricia+Murdoch

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: Bullying, Revenge, Self-Confidence, Self-Esteem

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



Face (2002)

By Benjamin Zephaniah

Face tells the story of a young man name Martin who appears to have it all until one fateful night when he is in a car accident and everything changes. After the accident Martin is left with facial deformities and the pain doesn't stop there as he experiences discrimination and hardship at the hands of his peers. The story shares the difficulties of being a teenager and how quickly everything can change for the worse and the better.

[amazon.com/Face-BENJAMIN-ZEPHANIAH/dp/140889498X/ref=sr_1_1?keywords=FACE+BY+BENJAMIN+ZEPHANIAH&qid=1607101658&s=books&sr=1-1](https://www.amazon.com/Face-BENJAMIN-ZEPHANIAH/dp/140889498X/ref=sr_1_1?keywords=FACE+BY+BENJAMIN+ZEPHANIAH&qid=1607101658&s=books&sr=1-1)

Book Type: Fiction

Subjects: Disabilities, Peer Pressure, Popularity, Bullying, Self-Discovery

Reading Level: Interest Level: YA
Lexile: 780



Fat Boy (2010)

By Janice Greene

[sdlback.com/fat-boy-series-3/saddleback-educational-publishing-hi-lo-books](https://www.sdlback.com/fat-boy-series-3/saddleback-educational-publishing-hi-lo-books)

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: Bullying

Reading Level: Interest Level: YA
Lexile: 500



The Fat Boy Chronicles (2010)

By Michael Buchanan

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

[amazon.com/Fat-Boy-Chronicles-Diane-Lang/dp/1585365432/ref=sr_1_1?dchild=1&keywords=The+Fat+Boy+Chronicles+By+Michael+Buchanan&qid=1605207723&s=books&sr=1-1](https://www.amazon.com/Fat-Boy-Chronicles-Diane-Lang/dp/1585365432/ref=sr_1_1?dchild=1&keywords=The+Fat+Boy+Chronicles+By+Michael+Buchanan&qid=1605207723&s=books&sr=1-1)

Book Type: Fiction

Subjects: Bullying, Obesity, Weight

Reading Level: Interest Level: YA



First Day on Earth (2011)

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.

[amazon.com/First-Day-Earth-Cecil-Castellucci/dp/0545060826/ref=sr_1_1?dchild=1&keywords=First+Day+on+Earth&qid=1605207957&s=books&sr=1-1](https://www.amazon.com/First-Day-Earth-Cecil-Castellucci/dp/0545060826/ref=sr_1_1?dchild=1&keywords=First+Day+on+Earth&qid=1605207957&s=books&sr=1-1)

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



Freak (2013)

By Marcella Pixley

[amazon.com/Freak-by-Marcella-Pixley-2013-09-17/dp/B01FIWGUEO/ref=tmm_pap_swatch_o?encoding=UTF8&qid=1605208029&sr=1-2](https://www.amazon.com/Freak-by-Marcella-Pixley-2013-09-17/dp/B01FIWGUEO/ref=tmm_pap_swatch_o?encoding=UTF8&qid=1605208029&sr=1-2)

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: Bullying, Family, Identity, Self-Esteem, Self-Reliance
Reading Level: Interest Level: YA
Lexile: 750



Ghost Medicine (2008)

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.

[amazon.com/Ghost-Medicine-Andrew-Smith/dp/0312375573/ref=sr_1_2?dchild=1&keywords=Ghost+Medicine&qid=1605208126&s=books&sr=1-2](https://www.amazon.com/Ghost-Medicine-Andrew-Smith/dp/0312375573/ref=sr_1_2?dchild=1&keywords=Ghost+Medicine&qid=1605208126&s=books&sr=1-2)

Book Type: Fiction
Subjects: Bullying, Family Issues, Grief, Retaliation
Reading Level: Interest Level: YA; Lexiele: 830; F&P: Z



Ghost of Spirit Bear (2008)

By Ben Mikaelson

benmikaelsen.com/ghost-of-spirit-bear

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: Bullying, Friendship, Self-Actualization

Reading Level: Interest Level: YA
Lexile: 700



Ginger Kid: Mostly True Tales from A Former Nerd (2019)

By Steve Hofstetter

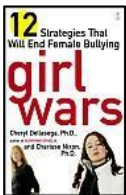
Ginger Kid is written by comedian Steve Hofstetter and presented in the form of personal essays. Topics include dating, family difficulties, bullying, and popularity.

[amazon.com/Ginger-Kid-Mostly-Tales-Former/dp/1419733591/ref=sr_1_1?dchild=1&keywords=Ginger+Kid%3A+Mostly+True+Tales+from+a+Former+Nerd&qid=1607102876&sr=8-1](https://www.amazon.com/Ginger-Kid-Mostly-Tales-Former/dp/1419733591/ref=sr_1_1?dchild=1&keywords=Ginger+Kid%3A+Mostly+True+Tales+from+a+Former+Nerd&qid=1607102876&sr=8-1)

Book Type: Non-fiction

Subjects: Bullying, Popularity, Relationships

Reading Level: Interest Level: YA
Lexile: 910



Girl Wars: 12 Strategies That Will End Female Bullying (2003)

By Cheryl Dellasega

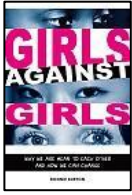
[amazon.com/Girl-Wars-Strategies-Female-Bullying/dp/0743249879](https://www.amazon.com/Girl-Wars-Strategies-Female-Bullying/dp/0743249879)

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 (2009)

By Bonnie Burton

lernerbooks.com/shop/show/19758

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 (2010)

By Jennifer Brown

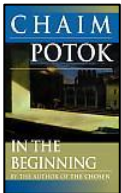
lbyr.com/titles/jennifer-brown/hate-list/9780316071208/

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



In the Beginning (1997)

By Chaim Potok

penguinrandomhouse.com/books/132815/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: Bullying, Ethnic Group, Religion, Religious Practice

Reading Level: Interest Level: AD



It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living (2012)

Edited By Dan Savage & Terry Miller

itgetsbetter.org/blog/lesson/it-gets-better-book/

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: Bullying, 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 (2004)

By Mikki Halpin

[amazon.com/Your-World-If-Dont-Like-](http://amazon.com/Your-World-If-Dont-Like-Change/dp/0689874480/ref=sr_1_1?dchild=1&keywords=It's+Your+World-If+You+Don't+Like+It,+Change+It%3A+Activism+for+Teenagers&qid=1605292184&s=books&sr=1-1)

[Change/dp/0689874480/ref=sr_1_1?dchild=1&keywords=It's+Your+World-](http://amazon.com/Your-World-If-Dont-Like-Change/dp/0689874480/ref=sr_1_1?dchild=1&keywords=It's+Your+World-If+You+Don't+Like+It,+Change+It%3A+Activism+for+Teenagers&qid=1605292184&s=books&sr=1-1)

[If+You+Don't+Like+It,+Change+It%3A+Activism+for+Teenagers&qid=1605292184&s=books&sr=1-1](http://amazon.com/Your-World-If-Dont-Like-Change/dp/0689874480/ref=sr_1_1?dchild=1&keywords=It's+Your+World-If+You+Don't+Like+It,+Change+It%3A+Activism+for+Teenagers&qid=1605292184&s=books&sr=1-1)

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 (2013)

By Susane Colasanti

<https://www.susanecolasanti.com/books/keep-holding-on/>

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: Bullying, Family Issues, Friendship, Self-Perception, Suicide

Reading Level: Interest Level: YA
Lexile: 560



Jane, the Fox and Me (2013)

By Fanny Britt

[amazon.com/dp/1554983606?tag=amigi-20&linkCode=ogi&th=1&psc=1](https://www.amazon.com/dp/1554983606?tag=amigi-20&linkCode=ogi&th=1&psc=1)

In this graphic novel, Helene has been ostracized at school, subjected to rumors and torment from peers. Her only solace is her books until one night when she meets a fox and her eyes are opened to the importance of believing in herself.

Book Type: Fiction

Subjects: Bullying, Friendship, Popularity, Obesity

Reading Level: Interest Level: YA
Lexile: 800



Kiss Me Kill Me (2008)

By Lauren Henderson

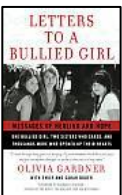
[penguinrandomhouse.com/books/78449/kiss-me-kill-me-by-lauren-henderson/](https://www.penguinrandomhouse.com/books/78449/kiss-me-kill-me-by-lauren-henderson/)

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 (2008)

By Olivia Gardner

[harpercollins.com/products/letters-to-a-bullied-girl-olivia-gardneremily-budersarah-buder?variant=32207610544162](https://www.harpercollins.com/products/letters-to-a-bullied-girl-olivia-gardneremily-budersarah-buder?variant=32207610544162)

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: Bullying, Epileptic Seizure, Special Needs, Violence

Reading Level: Interest Level: YA



Leverage (2012)

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.

amazon.com/Leverage-Joshua-C-Cohen/dp/0142420867/ref=sr_1_1?dchild=1&keywords=leverage+by+joshua+cohen&qid=1605292668&sr=8-1

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



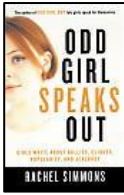
My Big Mouth: 10 Songs I Wrote That Almost Got Me Killed (2011)

By Peter Hannan

shop.scholastic.com/parent-ecommerce/books/my-big-mouth-10-songs-i-wrote-that-almost-got-me-killed-9780545162104.html

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: Bullying, Interpersonal Relationships
Reading Level: Interest Level: YA
Lexile: 640



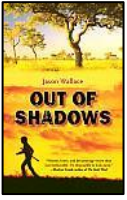
Odd Girl Speaks Out: Girls Write About bullies, Cliques, Popularity, and Jealousy (2004)

By Rachel Simmons

hmhbooks.com/shop/books/Odd-Girl-Speaks-Out/9780156028158

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 (2011)

By Jason Wallace

holidayhouse.com/book/out-of-shadows/

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: Bullying, National Origin, Race Relations
Reading Level: Interest Level: YA
Lexile: 710



The Outsiders (2006)

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.

penguinrandomhouse.com/books/536555/the-outsiders-by-se-hinton/

Book Type: Fiction
Subjects: Family Life, Gangs, Violence
Reading Level: Interest Level: YA
Lexile: 750



Payback (2007)

By James Heneghan

jamesheneghanauthor.wordpress.com/books-3/payback/

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: Bullying, Bystander, Guilt
Reading Level: Interest Level: YA



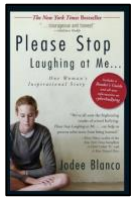
Payback (2007)

By Paul Langan

shop.scholastic.com/parent-ecommerce/books/bluford-high-6-payback-9780439904872.html

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:** Bullying, Family Issues, Respect, Revenge
- Reading Level:** Interest Level: YA



Please Stop Laughing at Me: One Woman's Inspirational Story (2010)

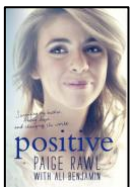
By Jodee Blanco

Author and speaker Jodee Blanco shares the story of her experiences with bullying as the target as well as a defender.

[amazon.com/Please-Stop-Laughing-Me-](http://amazon.com/Please-Stop-Laughing-Me-Inspirational/dp/1440509867/ref=sr_1_1?dchild=1&keywords=9781440509865&qid=1607043676&sr=8-1&tag=randohouseinc7904-20)

[Inspirational/dp/1440509867/ref=sr_1_1?dchild=1&keywords=9781440509865&qid=1607043676&sr=8-1&tag=randohouseinc7904-20](http://amazon.com/Please-Stop-Laughing-Me-Inspirational/dp/1440509867/ref=sr_1_1?dchild=1&keywords=9781440509865&qid=1607043676&sr=8-1&tag=randohouseinc7904-20)

- Book Type:** Non-fiction
- Subjects:** Bullying, Bystanders
- Reading Level:** Interest Level: YA



Positive (2014)

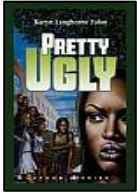
By Paige Rawl

amazon.com/dp/0062342517?tag=comsenmed07-20

Common Sense Media: commonsensemedia.org/book-reviews/positive-surviving-my-bullies-finding-hope-and-living-to-change-the-world

Paige Rawl tells the story of her experience as a child born with HIV and the bullying she experienced as a result of telling a friend. Rawl shares the devastating effects of bullying on her identity and her relationships and ultimately the suicidal act that nearly ended it all.

- Book Type:** Non-fiction
- Subjects:** Bullying, Bystanders, Suicide, HIV
- Reading Level:** Interest Level: YA
Lexile: 730



Pretty Ugly (2010)

By Karyn Langhorne Folan

townsendpress.com/store/college/fiction-and-nonfiction/pretty-ugly

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:** Bullying, Cyberbullying
- Reading Level:** Interest Level: YA
Lexile: 630



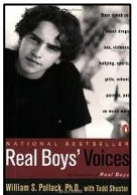
Quantum Mistake. Vol. 1 (2004)

By Eun-Ho Son

amazon.com/Quantum-Mistake-1-Quantu/dp/1413901492

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 (2001)

By William Pollack

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 (2009)

By David Almond

walker.co.uk/The-Savage-9781406319859.aspx

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+



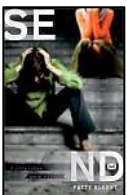
Scrawl (2012)

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.

amazon.com/Scrawl-Novel-Mark-Shulman/dp/1250012694/ref=sr_1_2?dchild=1&keywords=Scrawl+By+Mark+Shulman&qid=1605294416&sr=1-2

Book Type: Fiction
Subjects: Bullying, Homelessness, Poverty, Self-Perception
Reading Level: Interest Level: YA
Lexile: 650



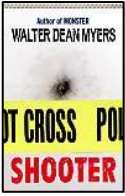
Send (2012)

By Patty Blount

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: Bullying, Cyberbullying, Guilt, Texting Mistakes,
Reading Level: Interest Level: YA



Shooter (2005)

By Walter Dean Myers

harpercollins.com/products/shooter-walter-dean-myers?variant=32121930547234

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:** Bullying, Emotional Issues, Family Issues, School Violence
- Reading Level:** Interest Level: YA
Lexile: 690



The Skin I'm In (2018)

By Sharon Flake

amazon.com/dp/1368019439?tag=amigi-20&linkCode=ogi&th=1&psc=1

Tells the story about a girl named Maleeka who suffers at the hands of her peers, being bullied for her clothes, her grades and her skin color. All of the bullying leads to self-doubt, but that is challenged when she meets Miss Saunders, a teacher who accepts herself in spite of what others think.

- Book Type:** Fiction
- Subjects:** Bullying, Acceptance, Race, Diversity
- Reading Level:** Interest Level: YA
Lexile: 670



Some Girls Are (2010)

By Courtney Summers

us.macmillan.com/books/9780312573805

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:** Bullying, Cliques, Emotional Issues
- Reading Level:** Interest Level: YA
Lexile: 600



Stargirl (2002)

By Jerry Spinelli

amazon.com/dp/037582233X?tag=amigi-20&linkCode=ogi&th=1&psc=1

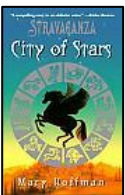
Common Sense Media: commonsensemedia.org/book-reviews/stargirl

Stargirl is the new girl in a new school. At first things go well as her quirkiness captures the attention and praise of her peers. Things are not always easy though and Stargirl finds herself having to choose between being accepted and being herself. According to A Mighty Girl, “It’s important that tweens and teens know that they shouldn’t change who they are for the sake of gaining popularity; this book captures that message beautifully.”

Book Type: Fiction

Subjects: Bullying, Adolescent Friendships, Courage, Popularity, Individuality

Reading Level: Interest Level: YA
Lexile: 590



Stravaganza: City of Stars (2003)

By Mary Hoffman

penguinrandomhouse.com/books/81311/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 (2010)

By Jill Alexander

us.macmillan.com/books/9780312548575

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



Symptoms of Being Human (2016)

By Jeff Garvin

[amazon.com/dp/0062382861?tag=amigi-20&linkCode=ogi&th=1&psc=1](https://www.amazon.com/dp/0062382861?tag=amigi-20&linkCode=ogi&th=1&psc=1)

Common Sense Media: commonsensemedia.org/book-reviews/symptoms-of-being-human

The story tells about the struggles of Riley Cavanaugh, a student struggling with the pressure of starting a new school, a high-profile father and a secret gender fluid identity. As Riley starts an anonymous blog to begin to share a little of the struggle, he is faced with threats of being exposed. Riley is forced to make the decision to go back into hiding or face the risks of coming out.

Book Type:	Fiction
Subjects:	Gender Identity, Diversity, Self-Acceptance, Peer Pressure
Reading Level:	Interest Level: YA Lexile: 760



This Is What I Did (2007)

By Anne Dee Ellis

anndeellis.com/books/this-is-what-i-did/

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+



To This Day: For the Bullied and Beautiful

By Shane Koyczan

Inspired by Koyczan's anti-bullying poem "To This Day", this book is a collection of art from 30 international artists. "To This Day expresses the profound and lasting effect of bullying on an individual, while affirming the strength and inner resources that allow people to move beyond the experience." [amazon.com/This-Day-Bullied-Beautiful/dp/1554516390/ref=sr_1_2?dchild=1&keywords=To+This+Day%3A+For+the+Bullied+and+Beautiful&qid=1607103855&s=books&sr=1-2](https://www.amazon.com/This-Day-Bullied-Beautiful/dp/1554516390/ref=sr_1_2?dchild=1&keywords=To+This+Day%3A+For+the+Bullied+and+Beautiful&qid=1607103855&s=books&sr=1-2)

Book Type:	Non-Fiction
Subjects:	Bullying, Bravery, Self-Love, Interpersonal Relationships
Reading Level:	Interest Level: YA



The Traitor Game (2008)

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.

[amazon.com/Traitor-Game-B-R-COLLINS/dp/0747594384/ref=sr_1_1?dchild=1&keywords=The+Traitor+Game+By+B.R.+Collins&qid=1605295123&s=books&sr=1-1](https://www.amazon.com/Traitor-Game-B-R-COLLINS/dp/0747594384/ref=sr_1_1?dchild=1&keywords=The+Traitor+Game+By+B.R.+Collins&qid=1605295123&s=books&sr=1-1)

Book Type: Fiction

Subjects: Bullying, Family, Friendship, Sexual Orientation

Reading Level: Interest Level: YA
Lexile: 650; F&P: Z+



Twisted (2008)

By Laurie Halse Anderson

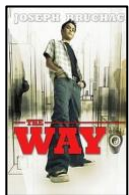
[penguinrandomhouse.com/books/296719/twisted-by-laurie-halse-anderson/9780142411841/readers-guide](https://www.penguinrandomhouse.com/books/296719/twisted-by-laurie-halse-anderson/9780142411841/readers-guide)

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: Bullying, Coming of Age, Family Issues, Popularity

Reading Level: Interest Level: YA
Lexile: 680; F&P: Z+



The Way (2013)

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.

[amazon.com/Way-Joseph-Bruchac/dp/1467708623/ref=sr_1_3?dchild=1&keywords=The+Way+By+Joseph+Bruchac&qid=1605295330&s=books&sr=1-3](https://www.amazon.com/Way-Joseph-Bruchac/dp/1467708623/ref=sr_1_3?dchild=1&keywords=The+Way+By+Joseph+Bruchac&qid=1605295330&s=books&sr=1-3)

Book Type: Fiction

Subjects: Bullying, Extended Family, Self-Confidence

Reading Level: Interest Level: YA
Lexile: 850



We Want You to Know: Kids Talk about Bullying (2010)

By Deborah Ellis

[amazon.com/We-Want-You-Know-Bullying/dp/1550504630](https://www.amazon.com/We-Want-You-Know-Bullying/dp/1550504630)

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: Bullying, True Stories
Reading Level: Interest Level: YA
Lexile: 700



Who I Am (2011)

By M.L. Rice

boldstrokesbooks.com/books/who-i-am-by-ml-rice-1535-b

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: Bullying, Gender Identity, Grief, LGBT
Reading Level: Interest Level: YA



Words Wound (2013)

By Justin W. Patchin, PhD and Sameer Hinduja, PhD

freespirit.com/bullying-prevention-conflict-resolution

Vicious words and damaging photos exchanged through texts, email, or social media can result in humiliation, broken friendships, punishment at school, and even legal prosecution. In some cases, online harassment has contributed to suicide. Written by experts in cyberbullying prevention, *Words Wound* provides strategies for teens dealing with cyberbullying as well as for those who have taken part in bullying others. The book gives teens the tools they need to keep themselves safe online, protect their digital reputations, and make their schools and their communities kinder places.

Book Type: Nonfiction
Subjects: Cyberbullying, Harassment, Cyber Safety, Bullying Prevention
Reading Level: Interest Level: YA

Websites



American Federation of Teachers: Bullying Prevention

aft.org/bully

This website provides resources and training for educators, parents, and students to develop a better understanding of bullying. The site includes access to articles, webinars, FAQs, activities, and booklists.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Website, Videos, Blogs, Webinars
- Subjects:** Bullying Prevention, Character Education, Cyberbullying, Social Emotional Learning, Violence Prevention



Anti-Bullying Alliance

anti-bullyingalliance.org.uk

This UK based website was created by the Anti-Bullying Alliance which defines itself as “a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.” The website strives to increase awareness of bullying, promote understanding of best practices related to bullying, and develop programming to support change.

- Audience:** Educators, Parents, Students
- Content:** Blogs, Videos, Recommended Books, Toolkits, Campaigns
- Subjects:** Bullying Prevention, Character Education, Social Emotional Learning



Born This Way Foundation

bornthiswayfoundation.org

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.

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



BullyBust: Promoting a Community of Upstanders

bullybust.org

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 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



National Education Association: Preventing Violence & Bullying

nea.org/professional-excellence/school-climate

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 opportunities to obtain micro-credentials that support anti-bullying efforts in schools.

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



Bullying No Way!

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. Also included are activities, tips, and worksheets to incorporate programs that support “student leaders” or mentors for younger students (ages 5-8).

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Interactive Computer Games, Videos (by function of audience and age), International Child Helpline Access, Toolkits
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



The Bully Project

thebullyproject.com

This website includes a set of resources for understanding and confronting bullying from all angles (e.g., talking to children, knowing rights, teaching about social justice in schools). The toolkit includes information for teachers, students, parents and advocates. The website highlights the [unique challenges](#) children with special needs face when encountering bullying. The site also includes a discussion on the movie *Bully* and access to tools to incorporate the movie in bullying prevention and intervention efforts.

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

Content: Blogs, Videos, Resources

Subjects: Ability Awareness, Bullying Prevention, Character Education, Social Emotional Learning, Special Needs



Character Education Partnership

character.org

CEP's mission is to help "provide the voice, visibility, and resources for educators to build nurturing and supportive school cultures that focus on a set of core values and character strengths vital to school success." *Eleven Principles of Effective Character Education* are the cornerstone of the character.org philosophy. Offerings include evaluation tools; professional development; annual conference; Schools of Character designations; and National Schools of Character magazine publication.

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

Content: Resources, Annual Conference, Evaluation Tools

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



Committee For Children

cfchildren.org

The Committee for Children is a nonprofit organization which emphasizes social-emotional learning strategies. The site provides resources in a variety of areas including overall social emotional learning, child protection, and bullying prevention.

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

Content: Resources, Evaluation Tools, Podcast, Activities, Advocacy

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



Common Sense Media
commonsensemedia.org

Common Sense Media is a non-profit organization 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. Age-based ratings and reviews of books, games, and movies include summaries and content warnings. Common Sense Education provides tools for K-12 educators including EdTech Ratings and Reviews and digital citizenship curriculum which includes cyberbullying resources.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Apps, Books, Games, Music, Videos, Websites, Toolkit for Cyberbullying
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Digital Citizenship



Education.com
education.com/topic/school-bullying-teasing

This comprehensive website includes activities, worksheets, games, videos, and lesson plans for educators and parents. Content areas include Resources highlight core academic skill areas but tools highlighting bullying, character education, social emotional learning, digital citizenship/internet safety and diversity can also be found. (Note: Premium membership is available for a fee).

- Audience:** Educators, Parents
- Content:** Website, Videos, Blogs, Webinars
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



Edutopia
Edutopia.org

This website provides information on a number of topics designed to support educators including bullying and social and emotional learning.

- Audience:** Educators, Parents
- Content:** Website, Videos, Blogs, Webinars
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



Federal Bureau of Investigation

Fbi.gov

This website provides a variety of resources to parents and educators including news and information related to cyberbullying, internet safety, hate crimes, sextortion, harassment and more. Resources include articles, infographics and statistics which can be used to inform parents and educators about Internet Safety.

- Audience:** Educators, Parents
- Content:** Advice about Child Exploitation, Hot Tip Line, Pamphlets, Infographics, News and Information, Statistics
- Subjects:** Internet Safety, Cyberbullying, Hate Crimes, Harassment



Free2Luv

Free2luv.org

The mission of Free2Luv is to support youth, bullying prevention, LGBTQ, mental health, anxiety & suicide prevention through arts. Their website includes resources for youth to connect and share their stories, articles and a blog, The Free2Luv organization raises awareness, mentors youth advocates and provides a safe platform for story sharing and conversation. They also send empowerment packages to youth in crisis.

- Audience:** High School students
- Content:** Advocacy opportunities, website, blog, articles, personal stories
- Subjects:** Bullying, Empowerment, Advocacy, LGBTQ+, Diversity



Gay, Lesbian and Straight Education Network (GLSEN)

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 found 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.

- Audience:** Educators, Parents, Students (Middle and High)
- Content:** Website, Videos, Blogs, Information on Critical Topics
- Subjects:** Bullying Prevention, Character Education, Social Emotional Learning, Diversity



It Gets Better Project

itgetsbetter.org

The goal of this website is to connect people in the LGBTQ+ community with others who have had similar experiences. Videos and testimonials have been posted by individuals in order to inspire and encourage LGBTQ+ youth who are struggling. It Gets Better EDU is designed to move LGBTQ+ education into schools with materials to use in classrooms as well as in school clubs/groups. This site also includes references for help such as: itgetsbetter.org/pages/get-help/.

- Audience:** Educators, Parents, Students (Middle and High)
- Content:** Blogs, Videos
- Subjects:** Bullying Prevention, Character Education, LGBTQ+, Diversity, Social Emotional Learning



Media Smarts

mediasmarts.ca

Media Smarts is a Canadian not-for-profit charitable organization for digital and media literacy. The website provides resources designed to be used by parents and educators for students in grades K-12 on a variety of topics including digital citizenship, substance use, cyberbullying, body image, individuals with disabilities, LGBTQ+ community and more. Topics are accompanied with lesson plans, tip sheets, and educational games.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Games, Guides, Lesson Plans, Tip Sheets, Tutorials and Workshops
- Subjects:** Body Image, Bullying Prevention, Cyberbullying, Gender Identification, Media Representation of Minorities, Online Hate, Diversity



A Mighty Girl

amightygirl.com

On this website you can find a plethora of information and access to books, toys, movies, and music in easy to search formats for parents, teachers and students. “The site was founded on the belief that all children should have the opportunity to read books, play with toys, listen to music, and watch movies that offer positive messages about girls and honor their diverse capabilities.”

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Guides, Blog, Tip Sheets, Fact Sheets
- Subjects:** Bullying, Relationships, Health and Wellness, Parenting, Peer Relations, Character Development, Positive Messaging



National PTA: Connect for Respect

pta.org/home/programs/Connect-for-RespectBullying

This website includes tips, references, and advice for educators, parents, and PTAs to develop a positive school climate to prevent bullying. This includes a *Connect for Respect* (C4R) Toolkit includes a Get Started guide, assessment tools, a C4R Forum guides, action plan templates, and educational tools for students, families and the community.

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



NetSmartz Teens

nsteens.org

This site, sponsored by the National Center for Missing and Exploited Children provides free digital resources and tools to promote online safety intended for students and families. Topics include: Cyberbullying, Gaming, Online Enticement, Sexting and Sextortion, Smartphones, Social Media, and Livestreaming. Videos, activities, lesson plans, tip sheets, and presentations are provided for direct use by parents, educators and students. Note that some of the content covers complicated subject matter and should be reviewed carefully before using.

- Audience:** Educators, Parents, Students (Middle and High)
- Content:** Activity cards, Blogs, Comics, Videos, Video Games
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Digital Citizenship



Not in Our Town

niot.org

This site highlights communities working together to stop hate and intolerance. Targeted audiences include members of law enforcement, schools, and communities. There are numerous free videos and some DVD's for sale as well as lesson plans and a blog.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Blogs, DVD's, Videos, Lesson Plans
- Subjects:** Bullying Prevention, Character Education, Social Emotional Learning, Diversity



PACER's National Bullying Prevention Center

pacer.org/bullying; pacerteensagainstabullying.org

Pacer is an organization dedicated to improving the lives of children and young adults with disabilities. The websites provide a variety of resources dedicated to decreasing bullying for all with a particular emphasis on individuals with disabilities who have been noted to be particularly vulnerable. Resources include videos, a pledge, personal stories about bullying, Student Action Plan Against Bullying, a newsletter and advocacy information.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Games, Letters, Stories, Posters, Videos, Pledges, Action Plans, Advocacy Guides, Videos, Infographics
- Subjects:** Bullying Prevention, Character Education, Disabilities, LGBTQ, Violence Prevention



PREVNet: Promoting Relationships and Preventing Violence

prevnet.ca

PREVNet: Parenting in a Digital Age: Understanding Kids and Technology

cyberbullying.primus.ca/

PREVNet is a coalition of researchers and organizations dedicated to the development of healthy relationships. The primary goal of PREVNet is to “create space where research and practice converge” to establish more informed policies and practices in the area of interpersonal violence including bullying, cyberbullying and teen dating violence as well as toward the development of healthy relationships. Lesson plans are provided on each of the topics indicated and include training modules that contain materials, facts, resources and discussion questions as well as videos. Additional resources including Parenting in a Digital Age: Understanding Kids and Technology can also be found.

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



Speak Up, Stop Bullying – Cartoon Network

cartoonnetwork.com/stop-bullying

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



Stomp Out Bullying
stompoutbullying.org

This website includes tools to address bullying, cyberbullying and sexual harassment. Resources include access to celebrity PSAs and videos, pages for parents, educators and teens, fact sheets about bullying, help lines and more.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Videos, Fact Sheets, Help Chat Line, Leadership Opportunities, Toolkits
- Subjects:** Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning, Violence Prevention



stopbullying.gov
stopbullying.gov

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



Learning for Justice
learningforjustice.org

This site identifies its mission to “help teachers and schools educate children and youth to be active participants in a diverse democracy.” Topics include: Race & Ethnicity; Religion; Ability; Class; Immigration; Gender & Sexual Identity; Bullying & Bias; Rights & Activism.

- Audience:** Educators, Parents, Students (Elementary, Middle, High)
- Content:** Website, Videos, Blogs, Lesson Plans, Readings, Songs
- Subjects:** Bullying Prevention, Character Education, Culturally-Responsive Teaching, Social Emotional Learning, Violence Prevention, Diversity



A Thin Line 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 in the following areas: Sexting; Constant Messaging; Spying; Text Messaging; Digital Disrespect; and Cruelty.

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



The Whole Child wholechildeducation.org/what-works/featured-topics/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 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

Videos

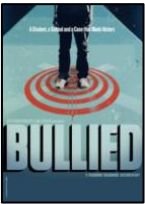


Bridge to Terabithia

amazon.com/Bridge-Terabithia-Katherine-Paterson/dp/0060734019

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.

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

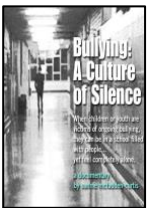


Bullied: A Student, a School and a Case That Made History Teaching Tolerance – (2010) A project of the Southern Poverty Law Center

splcenter.org/ ; 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 & high schools designed to help administrators, teachers & counselors create a safer school. Includes two-part viewer's guide with lesson plans and activities.

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

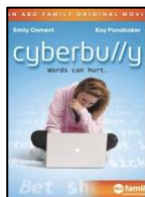


Bullying: A Culture of Silence/A Documentary by Sunnie McFadden-Curtis

cultureunplugged.com/documentary/watch-online/play/52590/Bullying--A-Culture-of-Silence

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



Cyberbully: Words Can Hurt

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.

[amazon.com/Cyberbully-Emily-](http://amazon.com/Cyberbully-Emily-Osment/dp/Boo652U72S/ref=sr_1_3?dchild=1&keywords=cyberbully&qid=1607022055&s=movies-tv&sr=1-3)

[Osment/dp/Boo652U72S/ref=sr_1_3?dchild=1&keywords=cyberbully&qid=1607022055&s=movies-tv&sr=1-3](http://amazon.com/Cyberbully-Emily-Osment/dp/Boo652U72S/ref=sr_1_3?dchild=1&keywords=cyberbully&qid=1607022055&s=movies-tv&sr=1-3)

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

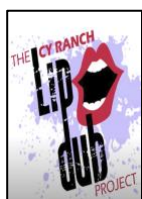


Cybersafe: Identifying and Combating Cyber Bullies

clickview.com.au/curriculum-libraries/video-details/?id=3713457&cat=6013776&library=tertiary

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

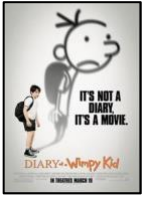


Cypress Ranch High School Anti Bullying Lip Dub “Who Do U Think U R?”

youtube.com/watch?v=ENBJnX6cEKE

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



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.

[amazon.com/Diary-Wimpy-Kid-Rachael-](https://www.amazon.com/Diary-Wimpy-Kid-Rachael-Harris/dp/B009EEOV5S/ref=sr_1_2?dchild=1&keywords=diary+of+a+wimpy+kid&qid=1607022431&s=movies-tv&sr=1-2)

[Harris/dp/B009EEOV5S/ref=sr_1_2?dchild=1&keywords=diary+of+a+wimpy+kid&qid=1607022431&s=movies-tv&sr=1-2](https://www.amazon.com/Diary-Wimpy-Kid-Rachael-Harris/dp/B009EEOV5S/ref=sr_1_2?dchild=1&keywords=diary+of+a+wimpy+kid&qid=1607022431&s=movies-tv&sr=1-2)

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

thefatboychronicles.com/
[imdb.com/title/tt1493243/](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

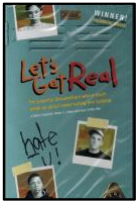


Finding Kind

Written by [Lauren Parsekian](#)
[imdb.com/title/tt1539991/](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. 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.

Audience: Students (High)
Type: DVD Video (2012) 77 min. Documentary
Subjects: Bullying in Schools, Interpersonal Relationships



Let's Get Real

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



My Kid Would Never Do That: Bullying

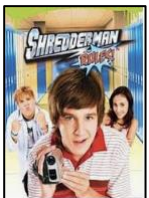
nbcnews.com/dateline/video/my-kid-would-never-do-that--bullying-478065731676

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



Shredderman Rules

amazon.com/Shredderman-Rules-Clare-Carey/dp/B000S2XCZK

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

activeparenting.com/product/silent-witness-bullying-prevention-dvd/h

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



Stargirl

disneyplusoriginals.disney.com/movie/stargirl

Common Sense Media: commonsensemedia.org/movie-reviews/stargirl

Based on the book of the same name Disney's Stargirl tells the story of a new girl in a new school. At first things go well as her quirkiness captures the attention and praise of her peers. Things are not always easy though and Stargirl finds herself having to choose between being accepted and being herself.

- Audience:** Students (Middle and High)
- Type:** Disney original movie
- Subjects:** Popularity, Individuality, Bullying, Peer Relationships



Stop Bullying! Standing Up for Yourself and Others

amazon.com/Stop-Bullying-Standing-Yourself-Others/dp/B000I5YSDC

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)

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

Alberti Center YouTube Playlists



What You Can Do

<https://youtube.com/playlist?list=PLZ50kyb2ZR-9FXfRYAUm2G2okeKDB8XWC>

Bullying and LGBTQ Youth

<https://youtube.com/playlist?list=PLZ50kyb2ZR--VVlhyAdfMzf7puIHRw9WK>

Uplifting and Inspirational

<https://youtube.com/playlist?list=PLZ50kyb2ZR-8NIdr5uxCqpLVOU-e6kZvB>

Diversity and Inclusion

https://youtube.com/playlist?list=PLZ50kyb2ZR--DedcMvJ_uLt- wc_BjDM2

Bullying and Youth with Disabilities

<https://youtube.com/playlist?list=PLZ50kyb2ZR- kmW2pZwqsfKtTFSzByD7Z>

Bystander Videos for Teens

https://youtube.com/playlist?list=PLZ50kyb2ZR-9iCR1j_FTZiHoU-C_kGC9-

Cyberbullying and Internet Safety

<https://youtube.com/playlist?list=PLZ50kyb2ZR--dt8xhJS3CLQcqP8sFR7rN>

Teen Talk

https://youtube.com/playlist?list=PLuxT6Ef3SEzh_98OdxBFpmSYiA_Lp92MP

Podcasts



Teen Talk | Episode 3 -Bullying! by Teen Talk

<http://realpeoplereallife.org/teen-talk-episode-3/>

The episode involved a group of students talking about the following topics related to bullying : statistics, personal experiences, reasons, types (e.g. physical, social, cyberbullying), gender differences in coping, impacts (e.g. depression, suicide), bystander effect (fear culture), gender stereotypes of coping (e.g. guys should be tough and dealing with being bullied alone), actions and their efficacy to/of prevent, reasons why victims are not seeking help, school failures of preventing and dealing with incidents, students' distrust of schools/teachers, students' distrust of their parents, adults' failures of supporting their children, students' distrust of school counselors, what can adults/schools do differently to prevent/deal with bullying (e.g. support, coping classes).

Audience: Students (Middle, High), Parents, Schools/Teachers/Counselors

Length: 32 mins

Subjects: Bystander Effect, Bully prevention, Bullying in schools, Bullying, Cyberbullying, Emotional problems, Family, Friendship, Gender, Mean Girls, Social Emotional Learning, Suicide

Teen Talk | Episode 18 -Courage to Speak Up by Teen Talk

<http://realpeoplereallife.org/teen-talk-episode-18-courage-to-speak-up/>

This episode involved a group of students talking about the following topics: Black Lives Matter movement, racism, discrimination, coping with covid-19, media, parents' role/failures in educating their children on racism, actions to support Black Lives Matter movement, insensitive jokes related to bullying/racism, racism and politics, social support, courage to speak up for others/oneself, parents' and school's role in preventing/dealing with bullying or racism, society's progress in dealing with racism, importance of calling out racism.

Audience: Students (Middle, High)

Length: 18 mins

Subjects: Courage, Bullying, Bullying Prevention, Bullying in Schools, Color, Family, Racism



***Bullying is not ok!* by Talking Teens**

<https://anchor.fm/talkingteens/episodes/Bullying-is-not-ok-e40dfm/a-aeso3v>

A podcast for teenagers hosted by a teenager, this episode discusses a wide variety of topics about bullying, including what it is, what it looks like today, why people bully, and tips and advice to handle bullying. All of these topics are discussed through the lens of the teenage host's own personal experiences growing up today, making it easy to understand and relatable.

Audience: Students (Middle, High)

Length: 25 minutes

Subjects: Bullying, Cyberbullying, Bullying in Schools



***Bullying at School* by BBC Radio 4's Shared Experience**

<https://www.bbc.co.uk/programmes/b05xggjh>

Three teenage students discuss their experiences being bullied at school, telling detailed accounts of what happened to them and how they handled these situations. They talk about how these bullying experiences and the adults' responses, or lack thereof, impacted them.

Audience: Students (High)

Length: 28 minutes

Subjects: Bullying, Violence, Self-Perception, Suicide



***How to deal with bullying and have an amazing life (Interview with Kelly Lovell)* by The Unstoppable Teen Podcast with Kevin Mincher**

<https://unstoppableteen.com/kelly-lovell/>

An interview with Kelly Lovell, an accomplished young woman who started her own business at the age of 19 to tell her own story and the story of her peers and help other young people achieve their potential. They discuss many topics to encourage young listeners, including what to do if you experience bullying, how to stay true to yourself, how to discover your passions and develop meaningful relationships and skills to help you succeed.

Audience: Students (Middle, High)

Length: 50 minutes

Subjects: Bullying, Self-Perception, Self-Confidence, Attitudes, Individuality, Character Development



SPOT 127 on Bullying

<https://spot127.org/content/spotonbullying>

SPOT 127 has a collection of short podcasts and videos ranging from 2-15 minutes in length, covering many topics related to bullying. The collection is divided into subcategories looking into different issues, such as what bullying looks like today, what are the causes of bullying, how different perspectives can impact how we interpret bullying, how can we prevent bullying, and what are the consequences of bullying.

Audience: Students (Elementary, Middle, High)

Length: 2-15 minutes (varying)

Subjects: Bullying, Cyberbullying, Bullying Prevention, Racism, Identity, Interpersonal Relationships, Self-esteem, LGBTQ

Self-Bullying/ Clarissa Yosick by Spot 127

https://www.youtube.com/watch?v=2jnt3DxafJE&feature=emb_titleIn

A series of interviews, teens open up about their insecurities, self-doubts, and self-hates. Such negativities often came from: social media, peers, comparing themselves with others, and parents. Other topics include: academic failures, body shame, coping with self-bullying.

Audience: Students (Middle, High)

Length: 5mins

Subjects: Acceptance, Body Image, Emotions, Family, Peer Pressure, Self-Acceptance, Self-Confidence, Social Emotional Learning

Bullying in Special Education: Breaking Minds, Breaking Laws by Caroline Smyrk

<https://spot127.org/content/spotonbullying#top>

This episode talks about the detrimental impacts of bullying on students in special education. School's role in preventing bullying (e.g. education of bullying, social support).

Audience: Students (elementary, high, middle), Parents, Schools

Length: 3 mins

Subjects: Bullying, Bullying in schools, special education

Freedom of Speech Vs Bullying by Liz Taserak

<https://spot127.org/content/spotonbullying#top>

This episode talked about -The line between jokes and teen bullying-The line between the First Amendment and Freedom of Speech and bullying/attacking people-What punishments should society assign to bullies? (e.g. deprivation of free speech)-Personal Experiences of Bullying -Gay marriage.

Audience: Students (Elementary, Middle, High)

Length: 9 and half mins

Subjects: Bullying, Bullying in Schools, LGBTQ

***The Problems with Cyberbullying and Why it Happens* by Kamau Muhammad**

<https://spot127.org/content/spotonbullying#top>

This episode discussed the following questions: -Are boys often being the bullies and girls being the victims in cyberbullying? Why? (the answer is yes btw)-People/Girls with limited social support tend to be the targets of bullying. -Comparison of cyberbullying and physical bullying -Impacts of cyberbullying and physical bullying.

Audience: Students (Elementary, Middle, High)

Length: Varying

Subject: Cyberbullying

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