

# Alberti Center for Bullying Abuse Prevention



## Bullying Prevention Toolkit for Middle School Educators

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

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# Overview of Bullying

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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.<sup>1</sup> 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).<sup>1-3</sup> Bullying impacts individuals across gender, age, and race/ethnicity,<sup>4,5</sup> although it tends to peak in middle school.<sup>4</sup> Approximately one in five children and adolescents are involved in bullying.<sup>6</sup> 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.<sup>7-8</sup>

Adoption of empirically-based school-wide programs and a commitment to sustained professional development can increase the probability of reducing bullying in our schools and communities.<sup>3,9,11</sup> 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.<sup>3,9</sup> 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*<sup>10</sup> posted on the Alberti Center website ([ed.buffalo.edu/alberti/resources](http://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](http://ed.buffalo.edu/alberti/resources/educators/tools)).

**Table 1: Common Guidelines for Bullying Prevention Efforts within Schools<sup>3, 9, 11</sup>**

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

## About the Toolkit

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### Purpose

The *Bullying Prevention Toolkit for Middle 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](mailto:alberticenter@buffalo.edu).**

### Legislation and the Use of the Toolkit

In New York State, the *Dignity for All Students Act* (Dignity Act) took effect on July 1, 2012. The intent of this legislation is to “promote civility in public schools and to prevent and prohibit conduct which is inconsistent with a school’s education mission.”<sup>12</sup> The Dignity Act includes, but is not limited to, acts of discrimination and harassment based on a student’s actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (defined to include gender identify or expression), or sex. These eleven categories are referred to as protected classes.

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

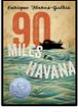
## Disclaimer

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](https://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](https://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](mailto:alberticenter@buffalo.edu).

## Book Titles for Middle School

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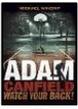


**90 Miles to Havana (2010)** | By Enrique Flores-Galbis

[enriquefloresgalbis.com/90-miles-to-havana](http://enriquefloresgalbis.com/90-miles-to-havana)

When unrest hits the streets of Havana, Cuba, Julian's parents must make the heartbreaking decision to send him and his two brothers away to Miami via the Pedro Pan operation. But when the boys get to Miami, they are thrust into a world where bullies seem to run rampant and it's not always clear how best to protect themselves.

**Book Type:** Fiction  
**Subjects:** Bullying, Tolerance  
**Reading Level:** Interest Level: 5-8 / Lexile: 790



**Adam Canfield, Watch Your Back! (2009)** | By Michael Winerip

[amazon.com/Adam-Canfield-Watch-Your-Slash](http://amazon.com/Adam-Canfield-Watch-Your-Slash)

A much-welcomed snow day turns into an embarrassing nightmare for middle-grader Adam Canfield when, after being mugged by high school bullies for his snow-shoveling money, he becomes the focus of major media attention just as his co-editors at The Slash are launching a contest to out bullies at their school.

**Book Type:** Fiction  
**Subjects:** Bullying, Class, Racism  
**Reading Level:** Interest Level: 3-6 / Lexile: 730



**The Adventures of Emery Jones: Boy Science Wonder (2013)** | By Charles & Elsheba Johnson

[amazon.com/Bending-Adventures](http://amazon.com/Bending-Adventures)

Emery Jones is a genius – he even built a robot butler to do his chores. Despite his brains, however, Emery's life isn't easy. The other students don't understand him, and that makes them lash out at him. When Emery accidentally sends one of the students who bullied him 190 million years back in time, he must figure out how to save him...or even if he wants to. Told from the perspective of Emery's best friend, Gabby, *The Adventures of Emery Jones* is sure to thrill and delight students.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Responsibility, Forgiveness  
**Reading Level:** Interest Level: 5-9



**Agnes Parker – Girl in Progress (2003)** | By Kathleen O’Dell

[kathleenodell.com](http://kathleenodell.com)

As she starts in the sixth grade, Agnes faces challenges with her old best friend, a longtime bully, a wonderful new classmate and neighbor, and herself.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship  
**Reading Level:** Interest Level: 5-8 / Lexile: 660



**Agnes Parker... Happy Camper (2006)** | By Kathleen O’Dell

[amazon.com/Agnes-Parker-Happy-Camper](http://amazon.com/Agnes-Parker-Happy-Camper)

The first thing Agnes and her best friend Prejean learn at science camp is that they won't be sharing the same cabin. Being apart gives Agnes a different perspective, and a few worries, about what others think of her longtime friend. Everyone seems to be going on and on about how beautiful Prejean is. A beauty queen? What if Prejean starts acting like one? Soil studies, camp pranks, and a weird bunkmate all play a role in this funny, insightful story of the everyday casualties and payoffs of growing up.

**Book Type:** Fiction  
**Subjects:** Coming of Age, Friendship, Middle School  
**Reading Level:** Interest Level: 3-7



**Agnes Parker... Keeping Cool in Middle School (2007)** | By Kathleen O’Dell

[amazon.com/Agnes-Parker-Keeping-Middle-School](http://amazon.com/Agnes-Parker-Keeping-Middle-School)

Agnes is in seventh grade. Initially, she decides that the best defense against the rude eighth-grade boys and their rating system and the judgmental girls and their snobbishness is to fly under the radar. This seems to be working well until her best friend, Prejean, decides to run for class president, making Agnes her campaign manager and the center of what becomes a political and social firestorm. Add in marital problems between Prejean's parents, as well as Aram, a boy in her art class who seems to have more than just friendship on his mind, and suddenly Agnes's life gets a lot more complicated.

**Book Type:** Fiction  
**Subjects:** Coming of Age, Friendship, Middle School  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 640L



**Alabama Moon (2010)** | By Watt Key

[amazon.com/Alabama-Moon](https://www.amazon.com/Alabama-Moon)

After the death of his father, ten-year-old Moon Blake is removed from the Alabama forest where he was raised and sent to a boy's home, where, for the first time, he has contact with the outside world and learns about friendship, love, and humanity.

- Book Type:** Fiction
- Subjects:** Bullying
- Reading Level:** Interest Level: 5-8 / Lexile: 720

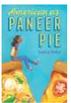


**All of Me (2019)** | By Chris Baron

[chris-baron.com](https://www.chris-baron.com)

Ari has body-image issues. After a move across the country, Ari makes new friends but he is also relentlessly bullied because he's overweight. He can't tell his parents—they're simply not around enough to listen. After an upsetting incident, Ari's mom suggests he go on a diet, and she gives him a book to help. But the book—and the diet—can't fix everything. As Ari faces the demise of his parents' marriage, he also feels himself changing, both emotionally and physically.

- Book Type:** Fiction
- Subjects:** Bullying, Family, Self-Esteem, Body-Image
- Reading Level:** Interest Level: 4-6 / Lexile: 790L



**American as Paneer Pie (2020)** | By Supriya Kelkar

[simonandschuster.net/books/American-as-Paneer-Pie](https://www.simonandschuster.net/books/American-as-Paneer-Pie)

As the only Indian American kid in her small town, Lekha Divekar feels like she has two versions of herself and avoids confrontation at all costs, especially when someone teases her for being Indian. When a girl Lekha's age moves in across the street, Lekha is excited to hear that her name is Avantika and she's Desi, too! But Avantika doesn't take the bullying quietly. And she proudly displays her culture no matter where she is: at home or at school. Lekha realizes she must make a choice: continue to remain silent or find her voice before it's too late.

- Book Type:** Fiction
- Subjects:** Bullying, Culture, Immigration, Middle School
- Reading Level:** Interest Level: 3-7 / Lexile: 840L



**Black Brother, Black Brother (2020)** | By Jewell Parker Rhodes

[amazon.com/Black-Brother](https://www.amazon.com/Black-Brother)

Sometimes, 12-year-old Donte wishes he were invisible. As one of the few black boys at Middlefield Prep, most of the students don't look like him. They don't like him either. Dubbing him "Black Brother," Donte's teachers and classmates make it clear they wish he were more like his lighter-skinned brother, Trey. When he's bullied and framed by the captain of the fencing team, "King" Alan, he's suspended from school and arrested. Terrified, searching for a place where he belongs, Donte joins a local youth center and meets former Olympic fencer Arden Jones. With Arden's help, he begins training as a competitive fencer, setting his sights on taking down the fencing team captain, no matter what. As Donte hones his fencing skills and grows closer to achieving his goal, he learns the fight for justice is far from over. Now Donte must confront his bullies, racism, and the corrupt systems of power that led to his arrest.

**Book Type:** Fiction

**Subjects:** Bullying, Identity, Justice, Racism, Middle School

**Reading Level:** Interest Level: 3-7



**BMX Bully (2006)** | By Jake Maddox

[amazon.com/Bully](https://www.amazon.com/Bully)

Eleven-year-old Matt wants to make the Evergreen Racing Team but his chances are seriously threatened when a new boy moves to town and resorts to cheating in order to win.

**Book Type:** Fiction

**Subjects:** Bullying, Cheating

**Reading Level:** Interest Level: 5-8 / Lexile: 510



**Buddha Boy (2003)** | By Kathe Koja

[amazon.com/Buddha-Boy](https://www.amazon.com/Buddha-Boy)

Justin spends time with Jinsen, the unusual and artistic new student whom the school bullies torment and call Buddha Boy, and ends up making choices that impact Jinsen, himself, and the entire school.

**Book Type:** Fiction

**Subjects:** Peer Pressure, Religion

**Reading Level:** Interest Level: 5-8 / Lexile: 1090 / F&P: X



**Bullied: A Modern Day Look At Middle School Bullying (2018) |** By Scott Langteau

[amazon.com/BULLIED](https://amazon.com/BULLIED)

Bullied follows the day-to-day struggles of 7 young targets of aggression along with their tormentors from adolescence to adulthood. Through the journey of this book the reader discovers that accepting and staying true to oneself and examining one's behavior and its motivations serve as powerful and empowering messages for both the bullied, and bully alike.

- Book Type:** Fiction
- Subjects:** Bullying, Middle School, Self-Empowerment
- Reading Level:** Interest Level: 3-8



**The Bully Brigade: The Turn Over (2019) |** By T.T. Floyd

[amazon.com/Bully-Brigade](https://amazon.com/Bully-Brigade)

The Bully Brigade learns that someone is bullying Milton into causing food fights and it's hard for him to escape their grasp. The team comes up with a plan for the bully that Milton tells them about, but things are not what they expected them to be.

- Book Type:** Fiction
- Subjects:** Bullying, Peer Pressure
- Reading Level:** Interest Level: 3-8



**Bystander (2009) |** By James Preller

[us.macmillan.com/books](https://us.macmillan.com/books)

Thirteen-year-old Eric discovers there are consequences to not standing by and watching as the bully at his new school hurts people. Although school officials are aware of the problem, Eric may be the one with a solution.

- Book Type:** Fiction
- Subjects:** Bullying, Bystander, Family Life
- Reading Level:** Interest Level: 5-8 / Lexile: 600 / F&P: U



**Calvin Coconut: Trouble Magnet (2009)** | By Graham Salisbury, Jacqueline Rogers  
[penguinrandomhouse.com](http://penguinrandomhouse.com)

Nine-year-old Calvin catches the attention of the school bully on the day before he starts fourth grade, while at home, the unfriendly, fifteen-year-old daughter of his mother's best friend has taken over his room.

**Book Type:** Fiction  
**Subjects:** Bullying, Family Life  
**Reading Level:** Interest Level: 3-6 / Lexile: 410 / F&P: O



**Carnival of Horrors (2009)** | By Phillip Preece  
[amazon.com/Carnival-Horrors](http://amazon.com/Carnival-Horrors)

Ben finds a strange show called Dreamland at the carnival and signs a contract that is supposed to help him get the girl, do well on tests, and beat up bullies at school. When everything starts to go wrong, he discovers that Dreamland may no longer exist.

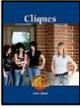
**Book Type:** Fiction  
**Subjects:** Bullying, Family Life  
**Reading Level:** Interest Level: 5-8 / Lexile: 430



**Chrissa Stands Strong (2009)** | By Mary Casanova  
[mary-casanova.square.site](http://mary-casanova.square.site)

Chrissa is just starting to enjoy her summer, spending time with her new friends, and practicing with the swim team. When someone starts posting mean messages on the team's website, Chrissa wonders who she can trust and what she can do to stop the cyberbullying.

**Book Type:** Fiction  
**Subjects:** Bullying, Cyberbullying  
**Reading Level:** Interest Level: 3-6 / Lexile: 680



**Cliques (2010)** | By Toney Allman

[amazon.com/Cliques](http://amazon.com/Cliques)

Discusses cliques and how they form, explains their dangerous influence in schools, and details how schools around the world try to discourage cliques and peer bullying.

**Book Type:** Nonfiction  
**Subjects:** Adolescence, Bullying, Cliques, Interpersonal Relationships, Peer Relationships, Violence  
**Reading Level:** Interest Level: 5-8



**Colder Than Ice (2003)** | By David Patneaude

[patneaude.com/colder-than-ice](http://patneaude.com/colder-than-ice)

Josh Showalter, an insecure and overweight sixth-grader, hopes for a new start when he transfers to a school in northern Idaho, but he and his new friends are soon the target of a cold-hearted bully.

**Book Type:** Fiction  
**Subjects:** Asperger’s Syndrome, Bullying, Obesity, Special Needs  
**Reading Level:** Interest Level: 3-6 / Lexile: 550



**Confessions from the Principal’s Chair (2006)** | By Anna Myers

[amazon.com/Confessions](http://amazon.com/Confessions)

After participating in a cruel prank on a classmate, fourteen-year-old Robin and her mother move to Oklahoma, where Robin is mistaken for the substitute principal and receives a new perspective on bullying.

**Book Type:** Fiction  
**Subjects:** Bullies, Cliques, Family, Friendship  
**Reading Level:** Interest Level: 5-8 / Lexile: 760



**Confessions of a Former Bully (2010) | By Trudy Ludwig**

[trudyludwig.com/mybook](http://trudyludwig.com/mybook)

Katie never thought of herself as a bully. So what if she excludes kids from games or says some harsh things to her friends every once and a while? It's not like she ever hits anyone. What's the big deal? After Katie gets caught teasing a schoolmate, she faces consequences for her actions. The consequences help Katie realize that bullying has hurt not only the people around her, but her, too.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship  
**Reading Level:** Interest Level: 3-7 / Lexile: 810

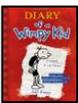


**Cyber-Bullying/Take A Stand Against Bullying (2013) | By Reagan Miller**

[amazon.com](http://amazon.com)

Learn more about cyber bullying and how it is different from other forms of bullying. Including potential legal issues related to electronic harassment, responsible digital citizenship, online security, and how to stand against cyber bullying.

**Book Type:** Nonfiction  
**Subjects:** Bullying, Cyberbullying  
**Reading Level:** Interest Level: 5-8 / Lexile: 1110L



**Diary of a Wimpy Kid (2007) | By Jeff Kinney**

[wimpykid.com/](http://wimpykid.com/)

Presents the mundane life of an adolescent boy named Greg who wishes to do the right thing but is stymied by his quest for girls and status, his well-meaning parents, his brothers, and his friends.

**Book Type:** Fiction  
**Subjects:** Adolescent Friendship  
**Reading Level:** Interest Level: 5-8



**Don't Scream (2012)** | By R.L. Stine

[amazon.com/Goosebumps](https://www.amazon.com/Goosebumps)

Jack Harmon, who is bullied at school, finds a cell phone and hears a strange voice who wants him to do bad things.

**Book Type:** Fiction  
**Subjects:** Bullying  
**Reading Level:** Interest Level: 5-8 / Lexile: 330



**Double Dutch (2004)** | By Sharon Draper

[sharondraper.com](https://www.sharondraper.com)

Three eighth-grade friends, preparing for the International Double Dutch Championship jump rope competition in their home town of Cincinnati, Ohio, cope with Randy's missing father, Delia's inability to read, and Yo Yo's encounter with the class bullies.

**Book Type:** Fiction  
**Subjects:** Bullying, Dyslexia, Special Needs  
**Reading Level:** Interest Level: 6-8 / Lexile: 760



**Drew and the Cyber Bully (2016)** | By Justine Daniell Del Monte

[amazon.com](https://www.amazon.com)

Drew and Boo use their cell phones and computers for fun and school! But soon discover that the online world is not all fun and games. They experience firsthand the pros and cons of social media when a cyberbully hacks into Drew's phone! Now they must come face to face with the cyberbully in-person! Through simple rhyming, the children's story aims to reinforce positivity on social media, even when receiving unkind feedback, and teaches young children about being polite when using the internet.

**Book Type:** Fiction  
**Subjects:** Cyberbullying, Social Media, Netiquette  
**Reading Level:** Interest Level: 2-5

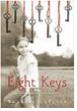


**Dudes, the School is Haunted! (2006) | By R. L. Stine**

[harpercollins.com](http://harpercollins.com)

When the most timid boy in Rotten School's fourth grade becomes the target of its biggest bully, Bernie Bridges decides to fight brawn with brains by convincing the bully that a ghost is out to get him.

**Book Type:** Fiction  
**Subjects:** Bullying  
**Reading Level:** Interest Level: 3-6



**Eight Keys (2012) | By Suzanne LaFleur**

[amazon.com/Eight-Keys](http://amazon.com/Eight-Keys)

When twelve-year-old Elise, orphaned since age three, becomes disheartened by middle school, with its bullies, changing relationships, and higher expectations, keys to long-locked rooms and messages from her late father help her cope.

**Book Type:** Fiction  
**Subjects:** Bullying, Family, Friendship  
**Reading Level:** Interest Level: 3-6 / Lexile: 590



**Emily Windsnap and the Monster From the Deep (2004) | By Liz Kessler**

[amazon.com/Emily-Windsnap](http://amazon.com/Emily-Windsnap)

Reunited with her merman father and now living on an island located in the Bermuda Triangle, twelve-year-old Emily accidentally awakens the fearsome kraken and also faces a bully from her past.

**Book Type:** Fiction  
**Subjects:** Bullying  
**Reading Level:** Interest Level: 3-6 / F&P: T



**Escaping the Giant Wave (2003)** | By Peg Kehret

[simonandschuster.com](http://simonandschuster.com)

When an earthquake creates a tsunami while thirteen-year-old Kyle is babysitting his sister during a family vacation at a Pacific Coast resort, he tries to save himself, his sister, and a boy who has bullied him for years. Includes an author's note which provides factual information on tsunamis.

**Book Type:** Fiction  
**Subjects:** Bullying  
**Reading Level:** Interest Level: 5-8 / Lexile: 750



**Farah Rocks Fifth Grade (2020)** | By Susan Muaddi Darraj

[amazon.com/Farah-Rocks-Fifth](http://amazon.com/Farah-Rocks-Fifth)

Farah and her best friend, Allie Liu, are getting excited to turn in their applications to the Magnet Academy, where they both hope to attend sixth grade. But when new girl Dana Denver shows up, Farah's world is turned upside down. As Dana starts bullying Farah's little brother, Samir, Farah begins to second-guess her choice to leave him behind at Harbortown Elementary/Middle School. Determined to handle it on her own, Farah comes up with a plan--a plan that involves lying to those closest to her. Will her lies catch up with her, or can Farah find a way to defeat the bully and rock fifth grade?

**Book Type:** Fiction  
**Subjects:** Bullying, Family, Middle School  
**Reading Level:** Interest Level: 3-6 / Lexile Level: 0580



**Finding Audrey (2015)** | By Sophie Kinsella

[penguinrandomhouse.com](http://penguinrandomhouse.com)

Features a 14-year-old protagonist suffering from anxiety and depression after being bullied at school. Audrey's wacky family and cute new crush, Linus, stand by her as she strives to recover. Though the book often has a funny, lighthearted tone, it imparts a lot of lessons, including what it feels like to suffer from panic attacks (and some steps for managing their severity).

**Book Type:** Realistic Fiction  
**Subjects:** Anxiety Disorders, Family, Friendship  
**Reading Level:** Interest Level: 7-12 / Lexile: 540



**Fish in a Tree (2015)** | By Lynda Mullaly Hunt

[penguinrandomhouse.com](http://penguinrandomhouse.com)

Sixth-grader Ally is a math genius with an active imagination, but she also has a secret: she can't read. The daughter of a military family, Ally's moved from school to school, so her dyslexia was never identified, and Ally believes she's dumb. All of that changes when a substitute teacher, Mr. Daniels, catches on to Ally's dyslexia and works with her to address it. Meanwhile, Ally's relationships with her quirky classmates evolve, as they all learn to stop believing their bullies and start believing in themselves.

- Book Type:** Fiction
- Subjects:** Dyslexia, Friendship, Special Needs
- Reading Level:** Interest Level: 6-8 / Lexile Level: 550



**The Fourth Stall (2012)** | By Chris Rylander

[amazon.com/Fourth-Stall](http://amazon.com/Fourth-Stall)

Sixth-graders Mac and Vince operate a business charging schoolmates for protection from bullies and for help to negotiate conflicts peacefully, with amazing challenges and results.

- Book Type:** Fiction
- Subjects:** Bullying, Conflict Management, Friendship
- Reading Level:** Interest Level: 3-6 / Lexile: 760



**Francine Puts On Her Courage (2020)** | By Betsy Woytovich

[amazon.com/Francine-Puts-Courage](http://amazon.com/Francine-Puts-Courage)

Francie is your everyday 6th grader who loves basketball and excels in art when suddenly her hair starts to fall out. As she deals with her diagnosis of Alopecia and the stigma of being different in middle school, Francie's journey becomes difficult at times. But with help from her best friend Livy, her parents and sister, Francie finds support, discovers an unrevealed talent and eventually feels strong enough to put on her courage!

- Book Type:** Fiction
- Subjects:** Bullying, Identity, Middle School, Self-Esteem
- Reading Level:** Interest Level: 3-8



**Games (2007)** | By Carol Gorman

[amazon.com/Games](https://www.amazon.com/Games)

Fourteen-year-old rivals Boot Quinn and Mick Sullivan, in one fight too many, are sent to the new principal who devises the punishment of having to play games together at his office, where they learn which battles are worth fighting.

**Book Type:** Fiction  
**Subjects:** Bullying, Fighting, Respect  
**Reading Level:** Interest Level: 3-6 / Lexile: 660



**Get That Ghost To Go! (2006)** | By Catherine MacPhail

[amazon.com/Get-That-Ghost](https://www.amazon.com/Get-That-Ghost)

When a ghost begins haunting Duncan, turning his life upside down and ruining his cool image, he and his best friend Markie turn to the class "nerd," whose plan for getting rid of the ghost comes at a steep price.

**Book Type:** Fiction  
**Subjects:** Bullying, Popularity  
**Reading Level:** Interest Level: 5-8 / Lexile: 450 / F&P: R



**The Ghost in Allie's Pool (2007)** | By Sari Bodi

[amazon.com/Ghost-Allies-Pool](https://www.amazon.com/Ghost-Allies-Pool)

Eighth-grader Allie Toth is visited by the ghost of a woman who committed suicide during the voyage of the Mayflower, while at the same time her best friend Marissa has dropped her for a more popular crowd. Includes facts about Dorothy May Bradford and other Mayflower passengers.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Popularity  
**Reading Level:** Interest Level: 5-8



**Gifted (2007)** | By Beth Evangelista

[amazon.com/Gifted](https://www.amazon.com/Gifted)

Arrogant, mentally gifted George Clark has dreaded the eighth-grade class camping trip and its inevitable bullying, but a hurricane and a friend's loyalty make him realize what is important in life.

- Book Type:** Fiction
- Subjects:** Bullying, Gifted, Friendship, Self-Perception, Special Needs
- Reading Level:** Interest Level: 5-8



**Grace's Twist (2005)** | By Melissa Morgan

[penguinrandomhouse.com](https://www.penguinrandomhouse.com)

During her second summer at camp, Grace tries to balance her enthusiasm for fun activities with her promise to her parents to read two books.

- Book Type:** Fiction
- Subjects:** Bullying, Family, Friendship
- Reading Level:** Interest Level: 5-8 / Lexile: 640



**The Great Wall of Lucy Wu (2013)** | By Wendy Wan-Long Shang

[amazon.com/Great-Wall](https://www.amazon.com/Great-Wall)

Lucy's vision of a perfect year begins to crumble, and in its place come an unwelcome roommate, foiled birthday plans, a bully who tries to scare Lucy off the basketball team, and Chinese school with the annoying know-it-all Talent Chang. Lucy's year is ruined -- or is it?

- Book Type:** Fiction
- Subjects:** Bullying, Coming of Age, Family, Middle School
- Reading Level:** Interest Level: 3-7 / Lexile Level: 700L



**The Hive (2009) |** By Kelley Powell Barcellona

[amazon.com/Hive](https://www.amazon.com/Hive)

Barcellona, a former middle school teacher, sheds light on the inner workings of female cliques. The book follows members of "the hive," a group of four popular girls who torment other students. It is eventually revealed that Brook Stevens, the hive's leader, displays aggressive behavior due to a turbulent home life. The book is meant to explore possible motivations for bullying, provide support for victims, and expose the pain caused by bullying.

- Book Type:** Fiction
- Subjects:** Bullying, Child Abuse, Cliques, Popularity
- Reading Level:** Interest Level:5-8



**Horns & Wrinkles (2006) |** By Joseph Helgerson

[amazon.com/Horns-Wrinkles](https://www.amazon.com/Horns-Wrinkles)

Along a magic-saturated stretch of the Mississippi River near Blue Wing, Minnesota, twelve-year-old Claire and her bullying cousin Duke are drawn into an adventure involving Bodacious Deepthink the Great Rock Troll, a helpful fairy, and a group of trolls searching for their fathers.

- Book Type:** Fiction
- Subjects:** Bullying, Family
- Reading Level:** Interest Level: 3-6 / Lexile: 880



**How to Handle Bullies, Teasers, and Other Meanies:  
A Book That Takes the Nuisance Out of Name Calling and Other Nonsense (2018)**

By Kate Cohen-Posey

[amazon.com](https://www.amazon.com)

The book provides information on what makes bullies and teasers tick, how to handle bullies, how to deal with prejudice, and how to defend one-self when being teased or insulted.

- Book Type:** Nonfiction
- Subjects:** Bullying, Self-Defense
- Reading Level:** Interest Level: 5-8 / Lexile: 610L-800L\*\*



**The Humiliation of Pipi McGee (2019)** | By Beth Vrabel

[amazon.com/Humiliations](https://www.amazon.com/Humiliations)

Every year she's been in school, Pipi has suffered some sort of humiliation and mean-girl Kara has often been the one broadcasting it to the world. Now in eighth grade, Pipi is determined to remake herself before high school — and to get a little revenge along the way. But her quest is threatening her few real friendships, and she's also discovering some of the people on her list are a little more complicated than she thought.

**Book Type:** Fiction  
**Subjects:** Bullying, Family, Friendship, Self-Esteem  
**Reading Level:** Interest Level: 5-7 / Lexile Level: N/A



**I Am Jack (2012)** | By Susanne Gervay

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

Jack is an upbeat, happy 11-year old until a bullying situation at school leads to fear, isolation, and shame. Jack tries to handle the situation himself, but it just keeps getting worse. Eventually his friends decide that enough is enough and the adults step in with a plan to help.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Middle School  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 550L



**If This Were a Story (2018)** | By Beth Turley

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

Ten-year-old Hannah has always been good at holding in her emotions, even when life at home is hard. But when she finds a note that says "nobody likes Hannah" on the floor of her classroom, she starts getting support from an unexpected place: voices from objects around her, from her lucky pennies to her stuffed elephant, Ambrose. She also gets help from her teacher and from the school counselor, Ms. Meghan, but they can't help her if she won't reveal what's going on — and as Hannah herself thinks, "We are all unreliable narrators."

**Book Type:** Fiction  
**Subjects:** Bullying, Family  
**Reading Level:** Interest Level: 8-12 / Lexile Level: 660

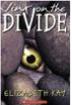


**Indigo's Star (2006)** | By Hilary McKay

[amazon.com/Indigos](https://www.amazon.com/Indigos)

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

- Book Type:** Fiction
- Subjects:** Bullying, Family, Friendship
- Reading Level:** Interest Level: 3-6 / Lexile: 740 / F&P: W



**Jinx on the Divide (2007)** | By Elizabeth Kay

[amazon.com/Jinx-Divide](https://www.amazon.com/Jinx-Divide)

Power from the Divide falls into the wrong hands when Rhino the class bully steals Felix's magical lamp and discovers the djinn and enchanted jinx box inside.

- Book Type:** Fiction
- Subjects:** Bullying, Friendship, Morals
- Reading Level:** Interest Level: 5-8 / Lexile: 790



**Journal of a Schoolyard Bully: Notes on Noogies, Wet Willies, and Wedgies (2011)**

By Farley Katz

[amazon.com/Journal-Schoolyard-Bully](https://www.amazon.com/Journal-Schoolyard-Bully)

Seventh-grade bully Niko Kaylor, forced to keep a journal as a form of therapy, instead creates a how-to guide while plotting a lesson in bullying for the entire middle school, including the teachers and Vice Principal Jones.

- Book Type:** Fiction
- Subjects:** Bullying
- Reading Level:** Interest Level: 5-8



### **Just Jaime (2019)**

By Terri Libenson

[amazon.com/Just-Jaime](https://www.amazon.com/Just-Jaime)

The last day of seventh grade has Jaime and Maya wondering who their real friends are. Jaime knows something is off with her friend group. They've started to exclude her and make fun of the way she dresses and the things she likes. At least she can count on her BFF, Maya, to have her back . . . right?

**Book Type:** Realistic Fiction  
**Subjects:** Middle School, Friendship  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 540L



### **Kit Feeny. 1, On the Move (2009) | By Michael Townsend**

[amazon.com/Kit-Feeny](https://www.amazon.com/Kit-Feeny)

When plucky Kit Feeny moves to a new town, he immediately makes an enemy of the sadistic school bully and must struggle to find friends who share his interests.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship  
**Reading Level:** Interest Level: 3-6



### **Lacrosse Face-Off (2006) | By Stephanie True Peters**

[amazon.com/Lacrosse-Face-Off](https://www.amazon.com/Lacrosse-Face-Off)

Eleven-year-old Garry, embarrassed when his un-athletic brother joins his lacrosse team, faces a bigger problem when the team bully turns on both of them.

**Book Type:** Fiction  
**Subjects:** Bullying, Family, Sportsmanship  
**Reading Level:** Interest Level: 3-6



**The Liberation of Gabriel King (2007) | By Kelly Going**

[amazon.com/Liberation](https://www.amazon.com/Liberation)

Gabriel, a white boy who is being bullied, and Frita, an African-American girl facing prejudice, decide to overcome their many fears together as they enter fifth grade in Georgia in 1976.

- Book Type:** Fiction
- Subjects:** Actual or Perceived Race, Bullying, Friendship, Prejudices, Race Relations, Self-Confidence
- Reading Level:** Interest Level: 5-8 / Lexile: 780



**Metal Like Me (2019) | By D.W. Saur**

[amazon.com/Metal-Like-Me](https://www.amazon.com/Metal-Like-Me)

As the years passed, the more Vinny realized that being different is not easy. He noticed people staring, whispering to themselves as he passed, and sometimes shouting insults. Because of the differences, Vinny had a hard time making friends in elementary school. However, the lack of friends did not get him down, and as he entered middle school, Vinny was determined to find friends who were like him.

- Book Type:** Fiction
- Subjects:** Bullying, Friendship, Middle School
- Reading Level:** Interest Level: 4-7



**The Mighty Odds (2016) | By Amy Ignatow**

[amazon.com](https://www.amazon.com)

Four diverse sixth-graders and their teacher who get bizarre superpowers (such as being able to teleport only four inches to the left) as a result of a school bus crash involving an Amish teen.

- Book Type:** Fiction
- Subjects:** Bullying
- Reading Level:** Interest Level: 5-9 / Lexile Level: 750

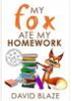


**The Misfits (2001)** | By James Howe

[bookshop.org](http://bookshop.org)

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

- Book Type:** Fiction
- Subjects:** Bullying, Friendship, Teasing
- Reading Level:** Interest Level: 5-8 / Lexile: 960 / F&P: W



**My Fox Ate My Homework (2018)** | By David Blaze

[amazon.com/My-Fox-Ate-Homework](http://amazon.com/My-Fox-Ate-Homework)

My name is Jonah Johnson, and I'm in the 6th grade - but please call me Joe. My whole world just got turned upside down. It's my first day at a new school and I've already got to deal with the bully. If that wasn't bad enough, there's a talking fox that keeps getting me into trouble at my new house in the country. I know it sounds crazy, but it's true! To top it all off, I've got to help save my mom's house!

- Book Type:** Fiction
- Subjects:** Bullying, Middle School, Family
- Reading Level:** Interest Level: 3-7 / Lexile: 540L



**My Life in Dog Years (1999)** | By Gary Paulsen

[amazon.com/Life-Dog-Years](http://amazon.com/Life-Dog-Years)

The author describes how dogs have impacted his life from childhood through the present day, recounting the stories of his first dog, Snowball, in the Philippines; Dirk, who protected him from bullies; and Cookie, who saved his life.

- Book Type:** Fiction
- Subjects:** Bullying
- Reading Level:** Interest Level: 5-8 / Lexile: 1150 / F&P: S



**New Kid (2019)** | By Jerry Craft

[jerrycraft.com](http://jerrycraft.com)

Seventh grader Jordan Banks loves nothing more than drawing cartoons about his life. But instead of sending him to the art school of his dreams, his parents enroll him in a prestigious private school known for its academics, where Jordan is one of the few kids of color in his entire grade. As he makes the daily trip from his Washington Heights apartment to the upscale Riverdale Academy Day School, Jordan soon finds himself torn between two worlds-and not really fitting into either one.

**Book Type:** Fiction

**Subjects:** Bullying, Diversity, Middle School

**Reading Level:** Interest Level: 3-7 / Lexile Level: GN320L



**The Night the Bells Rang (2000)** | By Natalie Kinsey-Warnock

[amazon.com/Night-Bells-Rang](http://amazon.com/Night-Bells-Rang)

The last year of World War I is an eventful one for Vermont farm boy Mason as he helps with the chores, tries to get along with his little brother, and sees an older bully go off to the war.

**Book Type:** Fiction

**Subjects:** Bullying, Family Life

**Reading Level:** Interest Level: 3-6 / Lexile: 790



**The No More Bullying Book for Kids (2018)** | By Vanessa Green Allen

[amazon.com](http://amazon.com)

This informative book gives children and adults the information that they need in order to identify bullying and battle it. The reader is given strategies to help deal with specific bullying situations.

**Book Type:** Nonfiction

**Subjects:** Bullying, Self-Esteem

**Reading Level:** Interest Level: 3-7 / Lexile: 610L-800L\*\*



**The Offenders (2013)** | By Jerry Craft

[amazon.com/Offenders](https://www.amazon.com/Offenders)

Bullies beware! A freak accident gives five middle school bullies super powers. But instead of being able to transform into cool super-beings, they take on the characteristics of the kids they bully. Sure their abilities may be at an all-time high, but do they really have what it takes to save their school when their self-esteem is at an all-time low? "Creative, funny, and engaging – this book presents a unique look at the dynamics of bullying. With a diverse cast of characters, the book illustrates that bullying affects everyone – and that the students who are bullying can change their behavior and make their school a more positive place." – PACER's National Bullying Prevention Center.

**Book Type:** Fiction

**Subjects:** Bullying, Dynamics, Middle School, Self-Esteem

**Reading Level:** Interest Level: 3-7



**The Other Boy (2016)** | By M.G. Hennessey

[mghennessey.com](https://www.mghennessey.com)

A heartfelt story about a boy's journey to acceptance. Twelve-year-old Shane Woods loves to play baseball, hangout with friends and work on his graphic novel. Shane is keeping a secret and one of his classmates threatens to reveal the secret to Shane's closest friends. It will take courage for Shane to remind everyone that he is still the same boy he was before.

**Book Type:** Fiction

**Subjects:** Bullying, Gender Identity, LGBTQ

**Reading Level:** Interest Level: 3-7 / Lexile: HL560L



**The Other Ones (2001)** | By Jean Thesman

[amazon.com](https://www.amazon.com)

High school sophomore Bridget Raynes has to decide whether or not to accept her powers of witchcraft, or abandon them and try to fit in as an ordinary teenager. A quiet and thought-provoking coming-of-age story, delightfully flavored with touches of humor, romance, and teenage angst.

**Book Type:** Fiction

**Subjects:** Bullying, Extended Family, Friendship

**Reading Level:** Interest Level: 5-8 / Lexile: 710L



**Our Class is a Family (2020)** | By Shannon Olsen

[amazon.com/Our-Class-Family](https://www.amazon.com/Our-Class-Family)

This is the perfect book to help build and strengthen your class community. By reading this book students learn that in their classroom students should feel safe to be themselves, it's important to be a friend to others and it is ok to make mistakes.

**Book Type:** Fiction  
**Subjects:** Family, Multiculturalism, Tolerance  
**Reading Level:** Interest Level: 3-7 / Lexile: 610L-800L



**The Outcasts of 19 Schuyler Place (2006)** | By E.L. Konigsburg

[amazon.com](https://www.amazon.com)

Upon leaving an oppressive summer camp, twelve-year-old Margaret Rose Kane spearheads a campaign to preserve three unique towers her great-uncles have been building in their backyard for more than forty years.

**Book Type:** Fiction  
**Subjects:** Cultural Heritage, Extended Family, Individuality  
**Reading Level:** Interest Level: 5-8 / Lexile: 840L

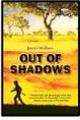


**Out of My Mind (2010)** | By Sharon M. Draper

[simonandschuster.com](https://www.simonandschuster.com)

Melody is not like most people. She cannot walk or talk, but she has a photographic memory; she can remember every detail of everything she has ever experienced. She is smarter than most of the adults who try to diagnose her and smarter than her classmates in her integrated classroom—the very same classmates who dismiss her as mentally challenged, because she cannot tell them otherwise. But Melody refuses to be defined by cerebral palsy. And she's determined to let everyone know it...somehow.

**Book Type:** Fiction  
**Subjects:** Bullying, Disabilities, Family, Special Needs  
**Reading Level:** Interest Level: 4-7 / Lexile Level: 700L



**Out of Shadows (2012) | By Jason Wallace**

[amazon.com/Out-Shadows](https://www.amazon.com/Out-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 Outcasts of 19 Shuyler Place (2004) | By E.L. Konigsburg**

[amazon.com](https://www.amazon.com)

Upon leaving an oppressive summer camp, twelve-year-old Margaret Rose Kane spearheads a campaign to preserve three unique towers her great-uncles have been building in their backyard for more than forty years.

- Book Type:** Fiction
- Subjects:** Cultural Heritage, Ethnic Group, Extended Family, Individuality
- Reading Level:** Interest Level: 5-8 / Lexile: 840 / F&P: W



**The Pants Project (2019) | By Cat Clarke**

[bookshop.org](https://www.bookshop.org)

Liv knows that he was always meant to be a boy, but because of his dress code at school he is supposed to wear a skirt instead of pants. Liv sets out on a mission to change the school policy and his life in the process.

- Book Type:** Fiction
- Subjects:** Bullying, Friendship, Gender Identity, Self-Esteem
- Reading Level:** Interest Level: 4-9 / Lexile: 710L



**Pinned (2012) |** By Sharon G. Flake

[shop.scholastic.com](http://shop.scholastic.com)

But even with their differences, Autumn and Adonis have one thing in common - they're each dealing with a handicap. For Autumn, who has a learning disability, reading is a painful struggle that makes it hard to focus in class. But as her school's most aggressive team wrestler, Autumn can take down any problem. Adonis is confined to a wheelchair. But he's a strong reader who loves books. Even so, Adonis has a secret he knows someone like Autumn can heal. In time, Autumn and Adonis are forced to see that our greatest weaknesses can turn into the assets that forever change us and those we love.

- Book Type:** Fiction
- Subjects:** Bullying, Behavioral and Learning Problems and Disorders, Friendships
- Reading Level:** Interest Level: 7-12 / Lexile Level: 460



**Pippa Park Raises Her Game (2020) |** By Erin Yun

[pippapark.com](http://pippapark.com)

Life is full of great expectations for Korean American Pippa Park. It seems like everyone, from her family to the other kids at school, has a plan for how her life should look. But Pippa begins to receive a string of hateful, anonymous messages via social media. As things start to spiral out of control, Pippa wonders if she can keep her old and new lives separate, or if she should even try.

- Book Type:** Fiction
- Subjects:** Cyberbullying, Middle School
- Reading Level:** Interest Level: 5-7 / Lexile: 710L



**Poison Ivy (2008) |** By Amy Goldman Koss

[amazon.com/Poison-Ivy](http://amazon.com/Poison-Ivy)

In a government class three popular girls undergo a mock trial for their ruthless bullying of a classmate.

- Book Type:** Fiction
- Subjects:** Bullying, Mock Trial, Morals, Revenge
- Reading Level:** Interest Level: 5-8 / Lexile: 840



**Posted (2017)** | By John David Anderson

[johndavidanderson.org](http://johndavidanderson.org)

When cell phones are banned at Branton Middle School, Frost and his friends Deedee, Wolf, and Bench come up with a new way to communicate: leaving sticky notes for each other all around the school. It catches on, and soon all the kids in school are leaving notes—though for every kind and friendly one, there is a cutting and cruel one as well. As the sticky-note war escalates, Frost soon realizes that after this year, nothing will ever be the same.

**Book Type:** Fiction  
**Subjects:** Friendship, Middle School  
**Reading Level:** Interest Level: 4-7 / Lexile Level: 750



**Powerless (2009)** | By Matthew Cody

[penguinrandomhouse.com](http://penguinrandomhouse.com)

Twelve-year-old Daniel, the new kid in town, soon learns the truth about his nice--but odd--new friends: one can fly, another can turn invisible, yet another controls electricity. The superkids use their powers to secretly do good in the town, but the moment they turn 13, their abilities will disappear.

**Book Type:** Fiction  
**Subjects:** Bullying, Family Life, Extended Family  
**Reading Level:** Interest Level: 5-8 / Lexile: 800



**The Present Tense of Prinny Murphy (2009)** | By Jill MacLean

[amazon.com/Present-Tense](http://amazon.com/Present-Tense)

Prinny is struggling in school with reading, bullying, and friends plus an alcoholic mother at home.

**Book Type:** Fiction  
**Subjects:** Bullying, Family Issues, Remedial Reading  
**Reading Level:** Interest Level: 5-8 / Lexile: 700



**The Prettiest (2020)** | By Brigit Young

[amazon.com/Prettiest](https://www.amazon.com/Prettiest)

It's the last thing Eve Hoffmann expected to be, the only thing Sophie Kane wants to be, and something Nessa Flores-Brady knows she'll never be . . . until a list appears online, ranking the top fifty prettiest girls in the eighth grade. Eve, ranked number one, can't ignore how everyone is suddenly talking about her looks—and her body. Sophie, always popular and put together, feels lower than ever when she's bullied for being number two. Nessa isn't on the list at all, but she doesn't care. Or does she? Eve, Nessa, and Sophie are determined to get justice—or at least revenge. But as these unlikely vigilantes become fiercely loyal friends, they discover that the real triumph isn't the takedown. It's the power that comes from lifting one another up.

- Book Type:** Fiction
- Subjects:** Bullying, Body Image, Self-Esteem, Middle School
- Reading Level:** Interest Level: 3-7 / Lexile Level: 670L



**The Queen Bee and Me (2020)** | By Gillian McDunn

[amazon.com/Queen-Bee](https://www.amazon.com/Queen-Bee)

Meg has always found comfort in her best friend Beatrix's shadow. But middle school has brought some changes in Beatrix, especially when Meg tries to step outside her role as sidekick. A special science elective is Meg's first step away, but when she's paired with quirky new girl Hazel, Beatrix steps in to stake her claim on Meg. Meg is taken aback at how mean Beatrix can be--and how difficult it is to stand up to her friend

- Book Type:** Fiction
- Subjects:** Bullying, Friendship, Middle School
- Reading Level:** Interest Level: 4-6



**Racing the Past (2005)** | By Sis Boulous Deans

[penguinrandomhouse.com](https://www.penguinrandomhouse.com)

After the death of his abusive father, eleven-year-old Ricky tries to help his younger brother deal with his residual fears and discovers that running helps him deal with his own anger and the taunts of a bullying classmate.

- Book Type:** Fiction
- Subjects:** Abuse, Bullying, Family Issues
- Reading Level:** Interest Level: 5-8 / Lexile: 950 / F&P: Y



**Real Friends (2017)** | By Shannon Hale

[amazon.com/Real-Friends](https://www.amazon.com/Real-Friends)

Shannon and Adrienne have been best friends ever since they were little. But one day, Adrienne starts hanging out with Jen, the most popular girl in class and the leader of a circle of friends called The Group. Everyone in The Group wants to be Jen's #1, and some girls would do anything to stay on top . . . even if it means bullying others.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Middle School  
**Reading Level:** Interest Level: 4-6 / Lexile Level: GN290L



**Reformed (2017)** | By Justin Weinberger

[justinweinberger.com/](https://www.justinweinberger.com/)

What's harder than surviving a school bully? Surviving a school full of bullies. The word troublemaker has never been used to describe Ian Hart. Nice, nerdy . . . clueless, if you ask the girls in his class. Which is exactly why he gets along with Devon Crawford. Devon's the kind of kid who speaks his mind and stands up for his friends -- even if he sometimes takes it too far. But after one of Devon's pranks goes terribly awry, Ian finds himself shipped off to the scariest place on earth -- bully reform school -- where the pranks are more twisted, the bullies are more brutal, and good kids like Ian don't stand a chance.

**Book Type:** Fiction  
**Subjects:** Bullying, Middle School  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 640



**Restart (2017)** | By Gordon Korman

[amazon.com/Restart](https://www.amazon.com/Restart)

When a middle school bully suffers amnesia after a bad fall, it gives him the chance to start fresh, but rebuilding his life is an uphill battle when everyone else still remembers the sins of his past.

**Book Type:** Fiction  
**Subjects:** Bullying, Middle School  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 730L



**The Revealers (2011)** | By Doug Wilhelm

[amazon.com/Revealers](https://www.amazon.com/Revealers)

Tired of being bullied and picked on, three seventh-grade outcasts join forces and, using scientific methods and the power of the Internet, begin to create a new atmosphere at Parkland Middle School.

- Book Type:** Fiction
- Subjects:** Bullying, Cyberbullying, Friendship
- Reading Level:** Interest Level: 5-8 / Lexile: 580



**Runt (2014)** | By Nora Raleigh Baskin

[amazon.com/Runt](https://www.amazon.com/Runt)

Elizabeth’s mom runs a boarding kennel out of their home, so she’s seen how dogs behave to determine pack order. Her experience in middle school is uncomfortably similar. What makes a bully, and what makes a victim? It’s all in the perspective, and the dynamics shift. From sibling rivalries to mean girl antics, the varying points of view show the many shades of gray in this illuminating novel from the award-winning author of *Anything But Typical*—because middle school is anything but black and white.

- Book Type:** Fiction
- Subjects:** Bullying, Middle School, Sibling Rivalry, Perspective
- Reading Level:** Interest Level: 5-8



**The Saturday Boy (2013)** | By David Fleming

[penguinrandomhouse.com](https://www.penguinrandomhouse.com)

This book gives a different perspective on bully/victim relationships, one where nobody is completely innocent or entirely helpless. Derek and Budgie used to be best friends, and they are still good friends—when no one else is around. Derek learns a lot about himself, Budgie, and the changing dynamics in their friendship.

- Book Type:** Fiction
- Subjects:** Bullying, Coming of Age, Family, Friendship
- Reading Level:** Interest Level: 5-6 / Lexile Level: 710



**The Savage (2008)** | By David Almond

[amazon.com/Savage](https://www.amazon.com/Savage)

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+



**Save Me a Seat (2016)** | By Gita Varadarajan, Sarah Weeks

[shop.scholastic.com](https://www.shop.scholastic.com)

Joe's lived in the same town all his life, and was doing just fine until his best friends moved away and left him on his own. Ravi's family just moved to America from India, and he's finding it pretty hard to figure out where he fits in. Joe and Ravi don't think they have anything in common but soon enough they have a common enemy (the biggest bully in their class) and a common mission: to take control of their lives over the course of a single crazy week.

**Book Type:** Fiction  
**Subjects:** Bullying, Coming of Age  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 780



**School and My Bully Experience (2019)** | By Frank Joseph Minichetti

[amazon.com/School-Bully](https://www.amazon.com/School-Bully)

Join Joseph Minnow as he travels back in time to the year 1965, to his early years in school and his various encounters with bullies. Most of Joseph's memories are happy ones; however, bullies have inflicted their damage and left some rather bad memories, too.

**Book Type:** Fiction  
**Subjects:** Bullying, Middle School  
**Reading Level:** Interest Level: 5-9



**Schooled (2008)** | By Gordon Korman

[amazon.com/Schooled](https://www.amazon.com/Schooled)

Cap lives in isolation with his grandmother, a former hippie; but when she falls from a tree and breaks her hip, Cap is sent to a foster home where he has his first experience in a public school.

**Book Type:** Fiction  
**Subjects:** Extended Family, Popularity  
**Reading Level:** Interest Level: 5-8 / Lexile: 740 / F&P: V



**The Second Life of Abigail Walker (2012)** | By Frances O'Roark Dowell

[amazon.com/Second-Life](https://www.amazon.com/Second-Life)

Seventeen pounds. That's the difference between Abigail Walker and Kristen Gorzca. Between chubby and slim, between teased and taunting. Abby is fine with her body and sick of seventeen pounds making her miserable, so she speaks out against Kristen and her groupies — and becomes officially unpopular. Embracing her new status, Abby heads to an abandoned lot across the street and crosses an unfamiliar stream that leads her to a boy who's as different as they come.

**Book Type:** Fiction  
**Subjects:** Friendship, Self-Esteem  
**Reading Level:** Interest Level: 8-12 / Lexile Level: 740



**The Secret Sheriff of Sixth Grade (2017)** | By Jordan Sonnenblick

[shop.scholastic.com](https://www.shop.scholastic.com)

In sixth grade, bad things can happen to good kids. The kids who joke the loudest can drown out the quieter, nicer kids. Maverick wants to change all that. One of the last things his father left him was a toy sheriff's badge, back when Maverick was little. Now he likes to carry it around to remind him of his dad - and also to remind him to make school a better place for everyone... even if that's a hard thing to do, especially when his own home life is falling apart.

**Book Type:** Fiction  
**Subjects:** Bullying, Family, Middle School  
**Reading Level:** Interest Level: 4-7 / Lexile Level: 760



**September Surprises (2008)** | By Ann Martin

[amazon.com/September-Surprises](https://www.amazon.com/September-Surprises)

Olivia, having just started seventh grade, ends up becoming the target of bullies and a popular, older girl and has to find a way to grow up fast.

**Book Type:** Fiction  
**Subjects:** Bullying, Popularity  
**Reading Level:** Interest Level: 3-6 / Lexile: 810



**A Smart Kid's Guide to Online Bullying (2009)** | By David Jakubiak

[rosenpublishing.com](https://www.rosenpublishing.com)

What is an online bully? -- A cyberbully in your inbox -- Why cyberbullies bully -- Taking off the mask -- Making a case -- Getting help -- Shutting a cyberbully down -- Staying safe online -- Don't be a cyberbully -- Safety tips. Introduces the dangers of online bullying to young readers, discusses how and why bullies try to intimidate others on the Internet, and provides advice on how to avoid and thwart the negative aims of cyber bullies.

**Book Type:** Nonfiction  
**Subjects:** Bullying, Cyberbullying, Online Safety  
**Reading Level:** Interest Level: 3-6



**Squish. No. 1, Super Amoeba (2011)** | By Jennifer Holm

[amazon.com/Squish-Amoeba](https://www.amazon.com/Squish-Amoeba)

The young amoeba Squish, inspired by his favorite comic book hero, Super Amoeba, tries to navigate his way through school and save his friends and the world from the evils that lurk in the halls.

**Book Type:** Fiction  
**Subjects:** Bullying, Courage  
**Reading Level:** Interest Level: 3-6 / Lexile: 230



**Stand Up for Yourself & Your Friends:  
Dealing With Bullies and Bossiness, and Finding a Better Way (2016)**

By Patti Kelley Criswell

[amazon.com/Stand-Yourself](https://www.amazon.com/Stand-Yourself)

Offers advice for young girls on dealing with bullies and bossiness, and includes self-assessment tools.

**Book Type:** Fiction  
**Subjects:** Assertiveness, Bullying, Conflict Management  
Friendship, Interpersonal Relationships  
**Reading Level:** Interest Level: 3-6 / Lexile: 740



**Stick with Me (2020) | By Jennifer Blecher**

[amazon.com/Stick-Me](https://www.amazon.com/Stick-Me)

Two misfit girls, Wren and Izzy, become unlikely friends over the course of an unusual week. Wren's parents send her to camp at a school where she doesn't know anyone and the mean girls have it in for her. Izzy and Wren didn't think things could get any worse. But, in the end, they might be exactly what the other needs.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Middle School  
**Reading Level:** Interest Level: 3-7



**Sticks and Stones (2016) | By Abby Cooper**

[abbycooperauthor.com/sticks-stones](https://abbycooperauthor.com/sticks-stones)

Elyse has an unusual condition: ever since she was a baby, the words people use to describe her appear on her skin. Words like "cute" and "adorable" are just an oddity, but as she gets older, she starts seeing words like "loser" and "pathetic" that itch and pull at her skin — and worse, some of them are her own thoughts about herself. Now that's she's twelve, the situation seems dire: the friends who used to accept her are drifting away just as she starts middle school. The author uses Elyse's medical condition as a fascinating metaphor for both self-esteem problems and the impact that words can have upon a person's confidence.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Middle School, Self-Esteem  
**Reading Level:** Interest Level: 5-7 / Lexile Level: 750



**Stravaganza: City of Stars (2003) | By Mary Hoffman**

[penguinrandomhouse.com](http://penguinrandomhouse.com)

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: X



**Stuck on Earth (2010) | By David Klass**

[amazon.com/Stuck-Earth](http://amazon.com/Stuck-Earth)

On a secret mission to evaluate whether the human race should be annihilated, a space alien inhabits the body of a bullied fourteen-year-old boy.

**Book Type:** Fiction

**Subjects:** Bullying

**Reading Level:** Interest Level: 5-8 / Lexile: 740 / F&P: X



**Super Chicken Nugget Boy vs. Dr. Ned-Grant and His Eggplant Army (2010)**

By Josh Lewis

[amazon.com/Super-Chicken-Nugget](http://amazon.com/Super-Chicken-Nugget)

Super Chicken Nugget Boy, normally a student at Bert Lahr Elementary School, must step in to save the day when an army of evil eggplants attacks after the school bully, Dirk Hamstone, makes fun of a mad food scientist named Dr. Myron Ned-Grant by calling him "eggplant."

**Book Type:** Fiction

**Subjects:** Bullying

**Reading Level:** Interest Level: 3-6 / Lexile: 690

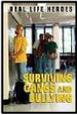


**Surviving Brick Johnson (2000)** | By Laurie Myers

[amazon.com/Surviving-Brick](https://www.amazon.com/Surviving-Brick)

Afraid of getting maimed for making fun of Brick, the husky new kid in his fifth-grade class, Nick decides that even his baseball collection will not protect him so he signs up for karate class, despite his little brother's reassurances that Brick is not a bully.

**Book Type:** Fiction  
**Subjects:** Bullying, Family  
**Reading Level:** Interest Level: 3-6 / Lexile: 410

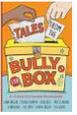


**Surviving Gangs and Bullying (2010)** | By Michaela Miller

[amazon.com/Surviving-Gangs](https://www.amazon.com/Surviving-Gangs)

Ancient legends are full of heroes. But heroes also exist in real life. They may not fight dragons, but their challenges can be just as awesome. In REAL LIFE HEROES, we look at true stories of courage and heroism in the face of persecution, disaster, addiction, and disease. Contains true stories of seventeen young people whose lives have been influenced by gangs or bullying, and offers related facts and advice.

**Book Type:** Nonfiction  
**Subjects:** Bullying, Gangs  
**Reading Level:** Interest Level: 3-6



**Tales From The Bully Box (2014)** | By Cat Woods

[amazon.com/Tales-Bully-Box](https://www.amazon.com/Tales-Bully-Box)

In Tales from the Bully Box, you will find short stories about kids just like you. They get bullied, and sometimes they even bully. But most of the time, they are bystanders who have to figure out what to do when they witness the bullying all around them.

**Book Type:** Fiction  
**Subjects:** Bullying, Bystanders, Middle School  
**Reading Level:** Interest Level: 7-9



**Through Rosalie Colored Glasses (2020) | By Carrie J**

[paperpeonypress.com/rosalie](http://paperpeonypress.com/rosalie)

Rosalie, rather suddenly and fully aware of being different from all the other children she knows, chooses to navigate this newfound hardship by showing kindness. Rosalie stands up for herself and others in a kind way, embraces differences with understanding and compassion, and chooses to see the good in others.

**Book Type:** Fiction  
**Subjects:** Friendship, Kindness  
**Reading Level:** Interest Level: 3-7

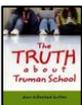


**The Tornado (2019) | By Jake Burt**

[jburtbooks.com](http://jburtbooks.com)

Since third grade, Parker has tormented Bell, who's spent two long years devising a finely tuned system that keeps him out of Parker's way. Until Daelynn Gower touches down in his classroom like a tornado. Bell's not sure why the new girl is drawn to him, but he knows one thing--she means trouble. It's bad enough that she disrupts Bell's secret system, but when Daelynn becomes the bully's new target, Bell is forced to make an impossible decision: Finally stand up to Parker.

**Book Type:** Fiction  
**Subjects:** Bullying, Friendship, Middle School  
**Reading Level:** Interest Level: 5-9 / Lexile Level: 740L



**The Truth About Truman School (2008) | By Dori Hillestad Butler**

[amazon.com/Truth-about-Truman](http://amazon.com/Truth-about-Truman)

Tired of being told what to write by the school newspaper's advisor, Zibby and her friend Amr start an underground newspaper online where everyone is free to post anything. Things spiral out of control when a cyberbully starts using the site to harass one popular girl.

**Book Type:** Fiction  
**Subjects:** Bullying, Cyberbullying, Gossip  
**Reading Level:** Interest Level: 4-7 / Lexile: 640L

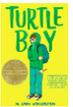


**The Truth as Told by Mason Buttle (2018)** | By Leslie Connor

[amazon.com/Truth-Told-Mason-Buttle](https://www.amazon.com/Truth-Told-Mason-Buttle)

Mason Buttle is the biggest, sweatiest kid in his grade, and everyone knows he can barely read or write. Mason’s learning disabilities are compounded by grief. Fifteen months ago, Mason’s best friend, Benny Kilmartin, turned up dead in the Buttle family’s orchard. Both Mason and his new friend, tiny Calvin Chumsky, are relentlessly bullied by the other boys in their neighborhood, so they create an underground haven for themselves. When Calvin goes missing, Mason finds himself in trouble again.

- Book Type:** Fiction
- Subjects:** Bullying, Grief, Friendship, Learning Disabilities, Middle School
- Reading Level:** Interest Level: 3-7 / Lexile Level: 310L

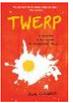


**Turtle Boy (2020)** | By M. Evan Wolkenstein

[amazon.com/Turtle-Boy](https://www.amazon.com/Turtle-Boy)

Seventh grade is not going well for Will Levine. Kids at school bully him because of his funny-looking chin. And for his bar mitzvah community service project, he's forced to go to the hospital to visit RJ, an older boy struggling with an incurable disease.

- Book Type:** Fiction
- Subjects:** Bullying, Friendship
- Reading Level:** Lexile Level: 640L



**Twerp (2013)** | By Mark M. Goldblatt

[penguinrandomhouse.com](https://www.penguinrandomhouse.com)

Julian Twerski isn’t a bully. He’s just made a big mistake. So when he returns to school after a weeklong suspension, his English teacher offers him a deal: if he keeps a journal and writes about the terrible incident that got him and his friends suspended, he can get out of writing a report on Shakespeare. Julian jumps at the chance. And so begins his account of life in sixth grade—blowing up homemade fireworks, writing a love letter for his best friend (with disastrous results), and worrying whether he’s still the fastest kid in school. Lurking in the background, though, is the one story he can’t bring himself to tell, the one story his teacher most wants to hear.

- Book Type:** Fiction
- Subjects:** Bullying, Friendship
- Reading Level:** Interest Level: 4-7 / Lexile Level: 730



**Under the Blood-Red Sun (1995)** | By Graham Salisbury

[amazon.com/Under-Blood-Red-Sun](https://www.amazon.com/Under-Blood-Red-Sun)

Tomikazu Nakaji's biggest concerns are baseball, homework, and a local bully. Until life with his Japanese family in Hawaii changes drastically after the bombing of Pearl Harbor in December 1941.

**Book Type:** Fiction  
**Subjects:** Bullying, Family Life, Cultural Identity  
**Reading Level:** Interest Level: 5-8 / Lexile: 640L

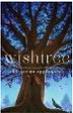


**Vive la Paris (2006)** | By Esme Raji Codell

[amazon.com/Vive-Paris](https://www.amazon.com/Vive-Paris)

Fifth-grader Paris learns some lessons about dealing with bullies of all kinds as she wonders how to stop a classmate from beating up her brother at school and as she learns about the Holocaust from her piano teacher, Mrs. Rosen.

**Book Type:** Fiction  
**Subjects:** Bullying, Family  
**Reading Level:** Interest Level: 3-6

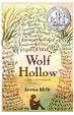


**Wishtree (2017)** | By Katherine Applegate

[wishtreebook.com](http://wishtreebook.com)

Red is an oak tree who is many rings old. Red is the neighborhood "wishtree"—people write their wishes on pieces of cloth and tie them to Red's branches. Along with a crow named Bongo and other animals who seek refuge in Red's hollows, this wishtree watches over the neighborhood. You might say Red has seen it all. Until a new family moves in. Not everyone is welcoming, and Red's experience as a wishtree is more important than ever.

**Book Type:** Fiction  
**Subjects:** Friendship, Immigration, Nature  
**Reading Level:** Interest Level: 3-7 / Lexile Level: 590



**Wolf Hollow (2016) | By Lauren Wolk**

[amazon.com/Wolf-Hollow](https://www.amazon.com/Wolf-Hollow)

Despite growing up in the shadows cast by two world wars, Annabelle has lived a mostly quiet, steady life in her small Pennsylvania town. Until the day new student Betty Glengarry walks into her class. Betty quickly reveals herself to be cruel and manipulative, and though her bullying seems isolated at first, it quickly escalates. Toby, a reclusive World War I veteran, soon becomes the target of Betty's attacks. While others see Toby's strangeness, Annabelle knows only kindness. And as tensions mount in their small community, Annabelle must find the courage to stand as a lone voice for justice.

- Book Type:** Fiction
- Subjects:** Bullying, Justice, Kindness, Middle School
- Reading Level:** Interest Level: 5-6 / Lexile Level: 800L



**Wonder (2012) | By R.J. Palacio**

[wonderthebook.com](http://wonderthebook.com)

August (Auggie) Pullman was born with a facial deformity that prevented him from going to a mainstream school-until now. He's about to start 5th grade at Beecher Prep, and if you've ever been the new kid then you know how hard that can be. The thing is Auggie's just an ordinary kid, with an extraordinary face. But can he convince his new classmates that he's just like them, despite appearances?

- Book Type:** Realistic Fiction
- Subjects:** Bullying, Middle School, Self-Esteem
- Reading Level:** Interest Level: 3-7 / Lexile Level: 790



**Young Samurai: The Way of the Warrior (2008) | By Chris Bradford**

[amazon.com/Young-Samurai](https://www.amazon.com/Young-Samurai)

Orphaned by a ninja pirate attack off the coast of Japan in 1611, twelve-year-old English lad Jack Fletcher is determined to prove himself, despite the bullying of fellow students, when the legendary sword master who rescued him begins training him as a samurai warrior.

- Book Type:** Fiction
- Subjects:** Bullying, Cultural Identity
- Reading Level:** Interest Level: 5-8 / Lexile: 860



**Zenobia July (2019) |** By Lisa Bunker

[penguinrandomhouse.com](http://penguinrandomhouse.com)

When someone anonymously posts hateful memes on her school’s website, Zenobia knows she’s the one with the abilities to solve the mystery, all while wrestling with the challenges of a new school, a new family, and coming to grips with presenting her true gender for the first time.

**Book Type:** Fiction

**Subjects:** Bullying, LGBTQ+ Youth, Middle School

**Reading Level:** Interest Level: 5-10 / Lexile Level: 610

## Websites

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### **American Federation of Teachers: Bullying Prevention**

[aft.org/bully](http://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.

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



### **Anti-Bullying Alliance**

[anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk)

This UK based website was created by the Anti-Bullying Alliance which defines itself as “a unique coalition of organizations 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.

<b>Audience:</b>	Educators, Parents, Students
<b>Content:</b>	Blogs, Videos, Recommended Books, Toolkits, Campaigns
<b>Subjects:</b>	Bullying Prevention, Character Education, Social Emotional Learning



### **Anti-Defamation League**

[adl.org/](http://adl.org/)

ADL is a leading anti-hate organization. ADL is a global leader in exposing extremism and delivering anti-bias education, and is a leading organization in training law enforcement. ADL is the first call when acts of antisemitism occur. ADL’s ultimate goal is a world in which no group or individual suffers from bias, discrimination or hate.

<b>Audience:</b>	Educators, Parents, Students
<b>Content:</b>	Articles, Blogs, Videos, Webinars, Podcasts
<b>Subjects:</b>	Bullying Prevention, Cyberbullying Prevention, Racial Justice, LGBTQ+, Religious Freedom

## **Born This Way Foundation**

[bornthiswayfoundation.org](http://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.” 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



## **Bully Bust: Promoting a Community of Upstanders**

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

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

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



## **Bullying No Way!**

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

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

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



## The Bully Project

[specialneeds.thebullyproject.com/educators](https://specialneeds.thebullyproject.com/educators)

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

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

**Content:** Blogs, Videos, Resources

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



## Care. Connect. Champion.

[msbptoolkit.safeschools.info/](https://msbptoolkit.safeschools.info/)

This website provides easy-to-use information, activities, and best practices to encourage students to share their voice and engage in preventing bullying with the support of an adult school-based advisor.

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

**Content:** Articles, Toolkits, Videos

**Subjects:** Bullying Prevention, School Climate



## Character Education Partnership

[character.org](https://character.org)

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

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

**Content:** Blogs, Lesson Plans, Videos

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



## Committee for Children

[cfchildren.org](http://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.

<b>Audience:</b>	Educators, Parents, Students (Elementary, Middle, High)
<b>Content:</b>	Resources, Evaluation Tools, Podcast, Activities, Advocacy
<b>Subjects:</b>	Bullying Prevention, Cyberbullying, Character Education, Social Emotional Learning



## Common Sense Media

[commonsensemedia.org/cyberbullying](http://commonsensemedia.org/cyberbullying) [commonsensemedia.org/educators/cyberbullying-toolkit](http://commonsensemedia.org/educators/cyberbullying-toolkit)

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

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



## Education.com

[education.com/](http://education.com/)

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

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



**Edutopia**

[Edutopia.org](http://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



**Free2Luv**

[free2luv.org/](http://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:** Students (Middle and High), Educators, Parents  
Blog, Advocacy Opportunities, Articles, Personal Stories
- Content:**
- Subjects:** Bullying Prevention, Diversity, Empowerment, Mental Health, LGBTQ+, Suicide Prevention



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

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

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

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

## It Gets Better Project

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

This site includes references for help such as: [itgetsbetter.org/pages/get-help/](http://itgetsbetter.org/pages/get-help/). Videos and testimonials have been posted by individuals in order to inspire and encourage LGBT youth who are struggling.

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



## Learning for Justice

[learningforjustice.org](http://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 and High)
- Content:** Website, Video, Blogs, Lesson Plans, Readings, Songs
- Subjects:** Bullying Prevention, Character Education, Culturally-Responsive Teaching, Social Emotional Learning, Violence Prevention, Diversity



## Media Smarts

[mediasmarts.ca](http://mediasmarts.ca)

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

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



## **A Mighty Girl**

[amightygirl.com](http://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.”

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



## **National PTA Bullying: Connect to Respect**

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

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

<b>Audience:</b>	Educators, Parents
<b>Content:</b>	Tip Sheets, Organizational Strategies
<b>Subjects:</b>	Bullying Prevention, Character Education, Social Emotional Learning



## **National School Climate Center**

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

The National School Climate Center offers a comprehensive approach, which can help schools positively address their culture and climate. The National School Climate Center promotes safe, supportive learning environments that nurture social and emotional, civic, and academic growth for all students. The website includes several resources for measuring school climate and professional development.

<b>Audience:</b>	School Districts, Teachers, Parents
<b>Content:</b>	Articles, Surveys
<b>Subjects:</b>	Bullying, Cyberbullying, Prevention



## NetSmartz Teens

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

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

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



## Not in Our Town

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

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

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



## PACER's National Bullying Prevention Center

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

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

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



## **PREVNet: Promoting Relationships and Preventing Violence**

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

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

- 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](http://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](http://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

## Stop Bullying

[stopbullying.gov/](http://stopbullying.gov/)

This is a federal government website managed by the U.S. Department of Health and Human Services. This site includes relevant resources for educators, parents, and teens. Under the “Resources” tab, there is a bullying prevention training course, PowerPoints, and PDFs. User guides tailored to 11 audiences that play a critical role in bullying prevention is included.

<b>Audience:</b>	Parents, Teachers, Youth, Teens
<b>Content:</b>	Blogs, Resources, Videos
<b>Subjects:</b>	Bullying, Cyberbullying, Prevention, Diversity, LGBTQ+



## STRYVE: Striving to Reduce Youth Violence Everywhere

[cdc.gov/violenceprevention/youthviolence/stryve/index.html](http://cdc.gov/violenceprevention/youthviolence/stryve/index.html)

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

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



## A Thin Line

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

This MTV site was developed “to empower youth to identify, respond to, and stop the spread of digital abuse.” Resources include videos, interviews, discussion points, and references to curricula such as the following: [Liz Claiborne- Love is not abuse](#) - for teaching high school students about the issue of dating violence.

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



## WebWiseKids

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

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

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

**Content:** Apps, Games, Teacher Resources for K-3 and 4-6

**Subjects:** Internet Safety



## The Whole Child

[wholechildeducation.org/what-works/featured-topics/bullying](http://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/](http://witsprogram.ca/)

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

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

**Content:** Lesson Plans, On-line Training, Posters, Pamphlets, Videos

**Subjects:** Bullying Prevention, Character Education

## The Youth Voice Project

### Youth Voice Project

[njbullying.org/documents/YVPMarch2010.pdf](http://njbullying.org/documents/YVPMarch2010.pdf)

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

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

## Videos & Applications

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### Bridge to Terabithia

[amazon.com/Bridge-Terabithia](http://amazon.com/Bridge-Terabithia)

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:** Video (2007), 96 min. Adventure, Drama, Family

**Subjects:** Bullying Prevention, Character Education, Student Perceptions, Violence Prevention



### Billy Elliot

<http://www.amazon.com/Billy-Elliot>

Billy Elliot is a great flick for older students that are too mature for some of the other titles in the elementary section yet not quite ready to watch bullying movies made for high school students. The movie follows the journey of 11-year-old Billy, a boy who has to deal with the stereotypes of wanting to be a dancer. He has to deal with his father's "manly man" attitude and his brother's constant bullying. It teaches kids about acceptance of both others and themselves.

**Audience:** Students (Upper Elementary, Middle)

**Type:** Video (2000), 110 min./Rated R for language

**Subjects:** Bullying, Acceptance, Family, Self-Confidence



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

[learningforjustice.org](http://learningforjustice.org)

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

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

**Type:** Video (2010) 39 min. Documentary

**Subjects:** Tolerance, Bully Prevention, Character Education, Self Perceptions, Violence Prevention



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

[bully911.com/](http://bully911.com/)

Being bullied is a nightmare for a kid and how you handle it will make all the difference for your child. The first rule is to run away; the second rule is to use your words; the third...you learn Self-Defense. Simple to learn, easy to use and designed to make children feel considerably more empowered and confident when coping with bullies by teaching them the tools to escape without getting hurt.

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

**Type:** Video (2007) 86 min. Education

**Subjects:** Bullying, Non-Violence, Self-Defense



### **Bully 911**

[bully911.com/](http://bully911.com/) [itunes.apple.com/us/app/bully-911/id427873682?mt=8](https://itunes.apple.com/us/app/bully-911/id427873682?mt=8)

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

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

**Type:** App (2011) FREE Education,

**Subjects:** Bullying, Non-Violence, Self-Defense, Sportsmanship



### **Bully Blaster**

[itunes.apple.com/us/app/bully-blaster/id498281161?mt=8](https://itunes.apple.com/us/app/bully-blaster/id498281161?mt=8)

[abclocal.go.com/kfsn/story?section=news/education&id=8556096](http://abclocal.go.com/kfsn/story?section=news/education&id=8556096)

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

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

**Type:** App (2012) FREE Education, Games

**Subjects:** Bullying, Positive and Negative Words



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

[benchboyproductions.com/index.htm](http://benchboyproductions.com/index.htm)

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

**Audience:** Educators, Parents, Possibly High School Students

**Type:** Video (2009) 52 min. Documentary

**Subjects:** Bullying, Bullying Prevention



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

[acacamps.org/campmag/1105/bullying-behavior-in-boys](http://acacamps.org/campmag/1105/bullying-behavior-in-boys)

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

**Audience:** Educators, Parents

**Type:** Video (2011) 30 min. Education

**Subjects:** Bullying, Bullying Prevention



### **Conflict Resolution for Students (Series)**

[dvdsforschools.com/conflict-resolution-for-students-bullying-p/ce3493.htm](http://dvdsforschools.com/conflict-resolution-for-students-bullying-p/ce3493.htm)

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

**Audience:** Educators, Parents, Students (Elementary -Grades 5, Middle and High)

**Type:** Video, 22 min. Education  
Bullying, Conflict with Authority, Crisis Intervention, Harassment, Peer Conflict, Peer Pressure, Sexual Harassment, Student & Adult Conflict, Public

**Subjects:** Performance Rights



### **Cyberbully: Words Can Hurt**

[amazon.com/Cyberbully-Emily-Osment/dp/B00652U72S](http://amazon.com/Cyberbully-Emily-Osment/dp/B00652U72S)

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

**Audience:** Students (Middle and High), Parents

**Type:** DVD Video (2011) 87 min. Drama

**Subjects:** Bullying, Cyberbully, Internet Safety, LGBT, Friendship



### **Cybersafe: Identifying and Combating Cyber Bullies**

[clickview.com.au/curriculum-libraries/video-details/?id=3713457&cat=6013776&library=tertiary](http://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:** 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](http://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



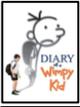
### **Destructive Issues**

[destructiveissues.com/index.html](http://destructiveissues.com/index.html)

[itunes.apple.com/us/app/destructive-issues/id402838694?mt=8](https://itunes.apple.com/us/app/destructive-issues/id402838694?mt=8)

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

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



### **Diary of a Wimpy Kid**

[amazon.com/Diary-Wimpy-Kid-Rachael-Harris/dp/Boo3SEKTEC](http://amazon.com/Diary-Wimpy-Kid-Rachael-Harris/dp/Boo3SEKTEC)

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

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



### **How I Learned Not to Be Bullied**

[amazon.com/How-Learned-Not-Be-Bullied/dp/Boo2LMSZFW](http://amazon.com/How-Learned-Not-Be-Bullied/dp/Boo2LMSZFW)

Presenting two children's first-person accounts of their success in learning how to deal with a bully, this program helps students understand how their behavior and attitudes affect how others treat them. Explains why bullies act the way they do and provides strategies for dealing with a bully.

- Audience:** Students (Elementary and Middle: Grades 3-6)
- Type:** Video (2008) 14 min. Education
- Subjects:** Aggressiveness, Bullies



### Let's Get Real

[groundspark.org/our-films-and-campaigns/lets-get-real](http://groundspark.org/our-films-and-campaigns/lets-get-real)

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

- Audience:** Educators (Upper Elementary, Middle, High: Grades 5-9), Parents
- Type:** Video (2004) Documentary
- Subjects:** Bullying



### My Kid Would Never Do That: Bullying

[nbcnews.com/datetime/video/my-kid-would-never-do-that--bullying-478065731676](http://nbcnews.com/datetime/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



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

[amazon.com/Relational-Aggression-Girls-Bullying-Behavior/dp/B004QOED2W](http://amazon.com/Relational-Aggression-Girls-Bullying-Behavior/dp/B004QOED2W)

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

- Audience:** Educators (Elementary, Middle, High), Parents
- Type:** Video (2011) 37 min. Education
- Subjects:** Aggressiveness in Adolescence, Bullying Prevention, Conflict Management, Conduct Disorders and Interpersonal Relationships in Adolescence, Teenage Girls-Psychology



### School 26 HD Free Version

[itunes.apple.com/us/app/school-26-hd-free-version/id461154956?mt=8](https://itunes.apple.com/us/app/school-26-hd-free-version/id461154956?mt=8)

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

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



### Silent Witness: Bullying

<https://activeparenting.com/product/silent-witness-bullying-prevention-dvd/>

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:** Video (2010) 20 min.
- Subjects:** Bullying, Bullying Prevention, Bystander



### Stargirl

[disneyplusoriginals.disney.com/movie/stargirl](https://disneyplusoriginals.disney.com/movie/stargirl)

Common Sense Media: [commonsensemedia.org/movie-reviews/stargirl](https://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:** Video (2020) 107 min.
- Subjects:** Popularity, Individuality, Bullying, Peer Relationships



### **Stop Bullying! Standing Up for Yourself and Others**

[amazon.com/Stop-Bullying-Standing-Yourself-Others/dp/B000I5YSDC](http://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:** Video (2003) 20 min. Education
- Subjects:** Bully Prevention, Character Education, Self-Perceptions, Violence Prevention



### **Stories of Us: Promoting Positive Peer Relationships (P3R)**

[storiesofus.com/](http://storiesofus.com/)

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

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



### **Student Workshop: Stop Picking on Me!**

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

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

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



### **That's What I Am**

[amazon.com/Thats-What-Am-Ed-Harris/dp/Boo4RA7XX6](https://www.amazon.com/Thats-What-Am-Ed-Harris/dp/Boo4RA7XX6)

Andy Nichol, 12, like most kids his age, will do anything to avoid conflict in fear of suffering overwhelming ridicule and punishment from his peers. Unfortunately for Andy, that's all about to change. Andy is put to the test when his English teacher, Mr. Simon (Ed Harris), pairs him up with the school's biggest outcast, Stanley. However, what Andy will soon learn is that there truly was a method behind Mr. Simon's madness as to why he teamed these two up... Not only does Andy discover that being different is acceptable in the end, but most importantly, he starts to understand the value of tolerance and culpability.

- Audience:** Students (Middle School)
- Type:** Video (2011) 101 min. Drama
- Subjects** Acceptance, Bullying, Tolerance



### **Wonder**

[wonderthebook.com/movie](https://wonderthebook.com/movie)

By: R.J. Palacio and Stephen Chbosky, Director

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.

- Audience:** Students, Parents
- Type:** Video (2017) 113 min., Drama, Family
- Subjects:** Bullying, Coming of Age, Family, Friendship

# Alberti Center YouTube Playlists

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## **Bullying and LGBTQ Youth**

[youtube.com/playlist?list=PLZ50kyb2ZR--VVlhyAdfMzf7puIHRw9WK](https://youtube.com/playlist?list=PLZ50kyb2ZR--VVlhyAdfMzf7puIHRw9WK)

## **Bullying and Youth with Disabilities**

[youtube.com/playlist?list=PLZ50kyb2ZR- kmW2pZwqsfKtTFSzByD7Z](https://youtube.com/playlist?list=PLZ50kyb2ZR- kmW2pZwqsfKtTFSzByD7Z)

## **Cyberbullying and Internet Safety**

[youtube.com/playlist?list=PLZ50kyb2ZR--dt8xhJS3CLQcqP8sFR7rN](https://youtube.com/playlist?list=PLZ50kyb2ZR--dt8xhJS3CLQcqP8sFR7rN)

## **Diversity and Inclusion**

[youtube.com/playlist?list=PLZ50kyb2ZR--DedcMvJ uLt- wc BjDM2](https://youtube.com/playlist?list=PLZ50kyb2ZR--DedcMvJ uLt- wc BjDM2)

## **Uplifting and Inspirational**

[youtube.com/playlist?list=PLZ50kyb2ZR-8NIdr5uxCqpLVOU-e6kZvB](https://youtube.com/playlist?list=PLZ50kyb2ZR-8NIdr5uxCqpLVOU-e6kZvB)

## **What You Can Do**

[youtube.com/playlist?list=PLZ50kyb2ZR-9FXfRYAUm2G2okeKDB8XWC](https://youtube.com/playlist?list=PLZ50kyb2ZR-9FXfRYAUm2G2okeKDB8XWC)

## Podcasts

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### Teen Talk | Episode 3 -Bullying! by Teen Talk (2019)

[realpeoplereallife.org/teen-talk-episode-3/](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 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 (2020)

[realpeoplereallife.org/teen-talk-episode-18-courage-to-speak-up/](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 (2019)**

[anchor.fm/talkingteens/episodes/Bullying-is-not-ok-e40dfm/a-aeso3v](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 mins  
**Subjects:** Bullying, Cyberbullying, Bullying in Schools



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

[unstoppableteen.com/kelly-lovell/](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 mins  
**Subjects:** Bullying, Self-Perception, Self-Confidence, Attitudes, Individuality, Character Development



### **SPOT 127 on Bullying**

[spot127.org/content/spotonbullying](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 (2019)**

[youtube.com/watch?v=2jnt3DxafJE&feature=emb\\_title](https://www.youtube.com/watch?v=2jnt3DxafJE&feature=emb_title)

In 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:** 5 mins
- 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 and the school's role in preventing bullying (e.g., education of bullying, social support).

- Audience:** Students (Elementary, Middle, High), Parents, Schools
- Length:** 3 mins
- Subjects:** Bullying, Bullying in Schools, Special Education



### **Freedom of Speech Vs Bullying by Liz Taserak**

[spot127.org/content/spotonbullying#top](https://spot127.org/content/spotonbullying#top)

This episode discusses the difference between bullying and freedom of speech. Personal experiences of bullying are shared by teens.

- Audience:** Students (Elementary, Middle, High)
- Length:** 9 1/2 mins
- Subjects:** Bullying, Bullying in Schools, LGBTQ



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

[spot127.org/content/spotonbullying#top](http://spot127.org/content/spotonbullying#top)

This episode discusses self-esteem, why cyberbullies harass others, and how cyberbullying can be addressed.

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

**Length:** Varying

**Subjects:** Cyberbullying

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