

**Resource List for Bullying**  
 Family & Community Resource Center  
 Special School District of St. Louis County  
 12110 Clayton Road  
 St. Louis, MO 63131  
 314-989-8438/989-8108/989-8194

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

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

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

Offers specific, practical information on how to prevent bullying.

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

Ages 4-8. Fictional consumer text tells a story about a young boy in school being bullied by a classmate. Offers advice and recommendations on how children can stand up to bullying without fighting.

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

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

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

Ages 9-12. A serious yet humorous guide to dealing with bullies.

**Bullies are a Pain in the Brain: Promoting Social and Emotional Fitness for Kids. (video)(2008)**

Using humor, original music, and a fast paced storyline, this video offers kids practical, easy-to-implement solutions for dealing with their own bully problems. (DVD) (30 minutes)

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

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

**Bully for You. (1991)**

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

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

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

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

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

Bullying Prevention Program: Educating ALL students on how bullying affects everyone! (2006/Kit with DVD & 2 A violence prevention program that addresses various elements of bullying behaviors.

Diary of a Social Detective: Real-life Tales of Mystery, Intrigue and Interpersonal Adventure. Jeffrey E Jessum, PhD. While enjoying a good story, kids learn how to reflect upon themselves as they observe others; how to read body language and social cues; how to deal with bullies and loudmouths.

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

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

**Gray's Guide to Bullying. Carol Gray (2003)**

This issue of the Jenison Autism Journal is devoted to awareness and information to help children with autism spectrum disorder (ASD) deal with circumstances in which they encounter bullying.

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

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

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

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

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

Grades 2 – 6. CD based on the Web site [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org), which educates students about bullying prevention and provide methods to respond to bullying situations.

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

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

**No Fishing Allowed—"Reel" in Bullying – Teacher Manual, Student Workbook and (Kit with DVD & 2 books). Carol**

Gray and Judy Williams (2006) (Bullying Prevention Program: Educating ALL students on how bullying affects Program teaches students and adults what they can do to prevent bullying.

**Perfect Targets: Asperger Syndrome and Bullying — Practical Solutions for Surviving the Social World. Rebekah Heinrichs (2003)**

This book takes a look at the different types of bullying and the actions adults must take to curb bullying, thereby helping to prevent the often lifelong effects of this insidious form of behavior on victims.

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

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

**Safe Child: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves.**

Sherryll Kraizer, PhD (1996)

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

**Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem (1999)**

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

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

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

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

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

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

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