

Resource List for Bullying

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

900 Hornet Dr.

St. Louis, MO 63042

314-989-8460

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

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

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

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

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

A teaching tolerance documentary.

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

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

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

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

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

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

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

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

Bully for You. (1991)

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

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

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

The Bully: In the Book and In the Classroom. CJ Bott (2004)

This guide addresses the often invisible problem of bullying in the halls, offices, and classrooms of schools and will assist educators to know what to look for and what to do when they see a child being harassed.

Bully, Victim, or Hero: How to Assert Yourself Without Being a Target for Bullying or Violence. Ray Amanat (2010)

In this book you are going to learn: How not to think or react like a victim; How to stand up for yourself if you are an intended target of bullying or violence; How to stand up for others as the bystander; How to break the cycle of self-sabotage that causes aggressive behavior or bullying.

Bullying: Dealing With. Jane Lacey. (2019)

Elementary. Teaches readers how to effectively deal with bullies and make sure they don't give in to peer pressure to bully others.

Bullying from Both Sides: Strategic Interventions for Working with Bullies & Victims. Walter Roberts Jr. (2006)

Get to the heart of the matter by offering realistic interventions grounded in the psychology behind the actions of both bullies and victims.

Bullying and Students with Disabilities: Strategies and Techniques to Create a Safe Learning Environment for All.

Barry Edwards McNamara. (2013)

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

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

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

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

Dealing with online bullying and harassment.

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

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

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

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

Emily is Being Bullied, What Can She Do?: A Story and Anti-Bullying Guide for Children and Adults to Read Together. Helen Cowie, Harriet Tenebaum & Ffion Jones. (2019)

Ages 7-11. As well as the perspective of the child being bullied, this guide portrays the view of bystanders and the bully, emphasising the difference everyone can make in a bullying situation.

End Peer Cruelty, Build Empathy: The Proven 6Rs of Bullying Prevention that Create Inclusive, Safe and Caring Schools. Michele Borba. (2018)

Includes guidelines for implementing strategies, collecting data, training staff, mobilizing students and parents, building social-emotional skills, and sustaining progress, and presents the “6Rs” of bullying prevention: Rules, Recognize, Report, Respond, Refuse, and Replace.

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

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

How to Defend Against Cyberbullies & Trolls: The Inner Workings of the Internet for Parents. Fernando Uilherme Barbosa De Avevedo. (2018)

Trolls and cyberbullies lay on impunity, illusion of anonymity, lack of responsibility and desire to annoy you. This book will teach to defend yourself, your children and your family's reputation, always inside the law and managing all colateral effects.

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

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

I Wish I Knew What to Do: On What to Say to Get Bullies to Leave You Alone. Beth Carls & Amy Looper (2005)

Is a collection of 95 essays, written by teen authors from across the country, who share their personal advice about experiences as either being the bully, victim or bystander to not only their peers, but to parents and educators on how to stop this growing trend.

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.

Let's Get Real. DVD (2003)

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

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

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

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

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

Schools Where Everyone Belongs: Practical Strategies fo Reducing Bullying. Stan Davis (2007)

Practical guidelines and proven strategies for implementing a whole-school approach for reducing bullying.

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

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

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

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

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

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

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

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

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

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

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

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