

# **AGAINST BULLYING!**

## **Books and Films in Russell Library**

### **Picture Books**

**Arthur's April Fool** by Marc Brown, 1983 P-BRO

Arthur worries about remembering his magic tricks for the April Fools' Day assembly and Binky's threats to pulverize him.

**Freckleface Strawberry and the Dodgeball Bully** by Julianne Moore, 2009 P-MOO

Windy Pants Patrick who likes to throw the dodgeball really hard changes his ways after meeting Freckleface Strawberry's imaginary monster.

**One** by Kathryn Otoshi, 2008 P-OTO

This number/colorbook reminds us that it just takes one to make everyone count.

### **Easy Readers**

**Wanda Witch and the Bullies** by Rose Impey, 2005 E-IMP

Wanda Witch uses a clever spell against the goblin bullies who try to scare her.

**Zoom! Boom! Bully** by Jon Scieszka, 2008. E-SCI

Big Rig loves to smash items delivered to a construction site, including barrels, crates, tires, and even his own birthday presents.

### **Juvenile Fiction**

**Blubber** by Judy Blume, 2004 J-BLU

Jill goes along with the rest of the fifth-grade class in tormenting a classmate and then finds out what it is like when she, too, becomes a target.

**Calvin Coconut: Trouble Magnet** by Graham Salisbury, 2009  
J-SAL

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

**Chrissa Stands Strong** by Mary Casanova, 2009 J-CAS  
Chrissa had a good summer, practicing for swim team tryouts. Then her world is shaken when she and her friends get mean text messages and there is an accident at the pool. Can one girl put an end to the bullying?

**Confessions of a Former Bully** by Trudy Ludwig, 2010 J-LUD

Nine-year-old Katie's punishment for bullying classmates includes making up for the hurt she has caused, and so she decides to write a book about bullying, why it is not okay, and how to start being a better friend.

**Cougar** by Helen Griffith, 2001 J-GRI

Starting a new life on a farm in the country, Nickel has to adjust to the attentions of a local bully and the appearances of a ghost horse that was supposed to have died in a fire.

**The Field of the Dogs** by Katherine Paterson, 2002 J-PAT

Josh, who has just moved to Vermont with his mother, stepfather, and new baby brother, must deal with the bullying of a neighbor boy. He discovers that his dog, who talks with other dogs, is also facing a bully of his own.

**Golden & Grey** by Louise Arnold, 2006 J-ARN

When a downhearted ghost becomes the “invisible friend” of an eleven-year-old boy, an outcast in his new school, the two help each other find their place in their respective worlds.

**Lacrosse Face-off** by Stephanie Peters, 2010 J-CHR  
Eleven-year-old Garry, embarrassed when his unathletic brother joins his lacrosse team, faces a bigger problem when the team bully turns on both of them.

**Louise Takes Charge** by Stephen Krensky, 2000 J-KRE  
Louise enlists the aid of everyone in her class and together they outwit Jasper the bully.

**Max Quigley: Technically Not a Bully** by James Roy, 2009 J-ROY  
After playing a prank on one of his “geeky” classmates, sixth-grader Max Quigley's punishment is to be tutored by him.

**Medusa Jones** by Ross Collins, 2008 J-COL  
In ancient Greece, Medusa Jones, a gorgon, and her friends, a minotaur and a centaur, are mocked and sneered at by the other Acropolis Academy children whose parents are kings and gods. When they go on a school camping trip together, the “freaks” become true heroes.

**Neil Armstrong Is My Uncle & Other Lies Muscle Man McGinty Told Me** by Nan Marino, 2009 J-MAR  
Tamara dreams of the day when ten-year-old Muscle Man McGinty's constant lies catch up to him, but when an incredible event takes place in the summer of 1969, her outlook on life is altered in the most surprising way.

**Pinky and Rex and the Bully** by James Howe, 1996 J-HOW  
Pinky learns the importance of identity as he defends his favorite color, pink, and his friendship with a girl, Rex, from the neighborhood bully.

**Secret Identity** by Wendelin Van Draanen, 2006 J-VAN  
Fifth-grader Nolan Byrd, tired of being called names by the class bully, has a secret identity--Shredderman!

**The Spoon in the Bathroom Wall** by Tony Johnston, 2005 J-JOH

Living in the boiler room of the school where her father is janitor seems normal to fourth grader Martha Snapdragon, until she has experiences with an evil principal, the class bully, and a mysterious giant spoon, all reminiscent of the Arthurian legends.

**Summer Soldiers** by Susan Lindquist, 2000 J-LIN

After his father goes off to war during the summer of 1918, eleven-year-old Joe, along with his friends, contends with the town bullies and tries to figure out the meaning of courage.

**Tarantula Power!** by Ann Nagda, 2007 J-NAG

Forced to work with the class bully on a project to design a new breakfast cereal, Richard also tries to stop him from picking on second-graders by using tarantula power.

**Vive la Paris** by Esme Codell, 2006 J-COD

Fifth-grader Paris learns some lessons about dealing with bullies as she wonders how to stop a classmate from beating up her brother and as she learns about the Holocaust from her piano teacher.

**Juvenile Non-Fiction**

**Bullies Are a Pain in the Brain** by Trevor Romain, 1997

J302.34 ROM

A serious yet humorous guide to dealing with bullies.

**Bully** by Janine Amos, 1996 J302.34 AMO

Stories of young children who get angry and pick on someone else provide questions for a discussion on bullies.

**Bullying** by Pete Sanders, 1996 J302.34 SAN

Discusses bullying, why it occurs, and how it can be handled.

**Bullying** by Sally Hewitt, 2009 J302.34 HEW

This book illustrates several brushes with bullying. Each child's story is told and suggestions for resolution are given. Each child comes to his or her own conclusion on how best to handle the problem.

**Dealing with Bullying** by Marianne Johnston, 1996 J302.34 JOH

Describes what is meant by bullying, and then goes on to explain why bullies act as they do, how to deal with them, and how to stop being one.

**How to Handle Bullies, Teasers, and Other Meanies: A Book that Takes the Nuisance out of Name Calling and Other Nonsense** by Kate Cohen-Posey, 1995 J302.34 COH

Provides information on what makes bullies and teasers tick, how to handle bullies, how to deal with prejudice, and how to defend one's self when being teased or insulted.

**Take a Stand! What You Can Do about Bullying** by Carrie Golus, 2009 J302.34 GOL

This book begins with a chapter entitled "What is Bullying?" and ends with the last chapter entitled "How Do We Solve the Problem?" A quiz, activities and web page suggestions are included.

**Talking about Bullying** by Jillian Powell, 1999 J302.34 POW

Explains how, why, when, and where people get bullied as well as who does the bullying and what can be done about it.

### **Young Adult Fiction**

**Bullyville** by Francine Prose, 2007 YA-PRO

After the death of his estranged father in the World Trade Center on 9/11, thirteen-year-old Bart, still struggling with his feelings of guilt, sorrow and loss, wins a scholarship to the local preparatory school and there encounters a vicious bully whose cruelty compounds the tragedy.

**Defying the Diva** by D. Anne Love, 2008 YA-LOV

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

**Exposure** by Patricia Murdoch, 2006 YA-MUR

Julie dreads going to school because of her classmate Dana's constant bullying. When her brother brings home incriminating pictures of her tormentor, she devises a plan for revenge that may just send Dana over the edge.

**Freak** by Marcella Pixley, 2007 YA-PIX

Twelve-year-old Miriam, poetic, smart, and quirky, is considered a freak by the popular girls at her middle school, and she eventually explodes in response to their bullying, revealing an inner strength she did not know she had.

**The Outsiders** by S.E. Hinton, 2008 YA-HIN

This is the struggle of three brothers to stay together after their parents' deaths and their quest for identity among the conflicting values of their community.

**Poison Ivy** by Amy Koss, 2008 YA-KOS

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

**Strange Beauty** by Lori Weber, 2006 YA-WEB

Penny and her friends have always taunted an eccentric old gypsy who they call the Queen of Sheba. When a teacher assigns a history project, Penny interviews her grandmother, who tells her about the Queen of Sheba she once knew.

**Teen Queens and Has-Beens** by Cathy Hopkins, 2003 YA-HOP

When Lia gains the interest of the school heartthrob, she alienates "teen queen" Kaylie, who then launches a campaign of bullying against her.

**This Is What I Did** by Ann Ellis, 2007 YA-ELL

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

**White Girl** by Sylvia Olsen, 2004 YA-OLS

Josie Jessop moves onto an Indian reservation when her mother marries Martin Angus, who her mom describes as a "real ponytail Indian." Angry at losing her "normal" life and friends to become a stepdaughter and the target of racial conflict on the reservation, Josie finds untapped integrity within herself.

### **YA Non-Fiction**

**Cyber Bullying: Bullying in the Digital Age** by Robin Kowalski et al., 2008 YA 302.34 KOW

Children's experiences with traditional forms of bullying --  
What is cyber bullying? -- Current research on cyber bullying --  
What parents can do -- What educators can do

**Letters to a Bullied Girl: Messages of Healing and Hope** by Olivia Gardner, 2008 YA 371.58 GAR

Gardner became the target of bullying in middle school, and her tormentors' harassment escalated until she contemplated suicide. Her dramatic case was chronicled in a newspaper article and a letter-writing campaign.

**Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy** edited by Rachel Simmons, 2004  
YA 305.23 SIM

Candid and disarming, creative and expressive, and always exceptionally self-aware, these poems, songs, confessions, and essays form a journal of American girlhood. They show how deeply cruelty flows and how strongly these girls want to change.

### **Parenting Section**

**Bullying: Gaining Insight** [DVD], 2002 DVD PAR J371.58  
BUL

A series of vignettes highlights important steps to take when dealing with bullying and harassment in the school environment.

**Keys to Dealing with Bullies** by Barry McNamara, 1997 PAR  
j302.34 MCN

Aimed at parents coping with raising children in today's world, this book profiles bullies and their victims; describes patterns, underlying causes, and long-term effects; and offers specific suggestions for dealing with bullying.

**Mom, They're Teasing Me: Helping Your Child Solve Social Problems** by Michael Thompson, 2002  
PAR j302.34 THO

A hands-on guide for concerned parents who want to give their children the tools needed to cope with social cruelty. Through case studies and a reader-friendly question-and-answer format, this book shows parents what a child may confront with other children, and then offers concrete advice on handling each situation.

## **Adult Fiction**

**Nineteen Minutes** by Jodi Picoult, 2007 FIC-PIC

The daughter of a judge in a New Hampshire school shooting case witnessed the events, but cannot remember the last several minutes of the attack.

## **Adult Non-Fiction**

**And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence** by

James Garbarino, 2002 371.58 GAR

Researchers interviewed students, educators and administrators to probe bullying in American schools. They've included interviews debunking the premise that kids can deflect taunts and jeers by using the familiar defense "sticks and stones may break my bones, but words can never hurt me."

**Bullies: From the Playground to the Boardroom, Strategies for Survival** by Jane Middelton-Moz, 2002 302.34 MID

The kid who steals lunch money, the over-demanding spouse, the boss who publicly berates an employee – no matter the age or environment, if the cruelty they express is "frequent and systematic," they're bullies.

**Bullying in American Schools: Socio-Ecological Perspective on Prevention and Intervention** edited by Dorothy Espelage

and Susan Swearer, 2004 371.58 BUL

Reports on research conducted across the U.S. by psychologists investigating school bullying. Chapters examine the school environment beyond the classroom, family life, and the intersection between families and systems, exploring their roles in fostering and maintaining bullying.

**Bullying in American Schools: Causes, Preventions, Interventions** by Anne Garrett, 2003 371.58 GAR

What is bullying? -- Myths and truths about bullying -- Effects of bullying -- Successful interventions and programs -- Solutions.

**Cyberbullying and Cyberthreats: Responding to the Challenge of Online Social Aggression, Threats, and Distress** by Nancy Willard, 2007. 371.58 WIL

To help school personnel and others counteract the growing trend of students channeling unacceptable digital messages and direct threats, the author addresses youth high-risk online behavior, legal issues, and ways to help students engage in responsible behavior.

**Cyberbullying: Deal With It and Ctrl Alt Delete It** by Robyn MacEachern, 2008 371.58 MAC

Describes the different methods of cyberbullying and what can be done to prevent, avoid, and manage it, and provides quizzes to determine what is cyberbullying and who can be affected by it.

**Girl Wars: 12 Strategies that Will End Female Bullying** by Cheryl Dellasega, 2003 302.34 DEL

Two experts explain not only how to prevent bullying among girls but also how to intervene should it happen and overcome the culture that breeds it.

**Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades** by Michelle Anthony, 2010 371.58 ANT

The authors, both developmental psychologists, illustrate how adults can guide girls through a four-step process to identify and deal with tough social situations. There are strategies for adults to communicate with their daughters and help them develop greater self-esteem.

**Please Stop Laughing at Us: One Survivor's Extraordinary Quest to Prevent School Bullying** by Jodee Blanco, 2007

371.58 BLA

As a youth advocate, the author meets with students, teachers, and parents to give them advice on their individual situations. She also reveals the struggles she faces in her personal life and her burgeoning relationship with a former classmate

**Queen Bees & Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of**

**Adolescence** by Rosalind Wiseman, 2002 649.125 WIS

The author calls on her extensive face-to-face research with teens to expose the social minefields of female adolescence and the deep scarring that can result. She also gives an overview of the common patterns of aggressive teen girl behavior, offering valuable practical advice, including how to talk about sexual harassment.

**Why Good Kids Act Cruel: The Hidden Truth About the Pre-teen Years** by Carl Pickhardt, 2009 371.58 PIC

This informative book explains the psychology of early adolescent change, the short and long term effects of social cruelty, what parents can do, and much more.

**The Wounded Spirit** by Frank Peretti, 2000 302.34 PER

This remarkable book is full of painful stories, but also memorable moments of hope, as the author recounts instances when a peer or a teacher stood up for him.

**Your Child: Bully or Victim? Understanding and Ending Schoolyard Tyranny** by Peter Sheras, 2002

371.58 SHE

Offers hands-on help for parents to stop bullying before it becomes serious, including how to recognize the many forms abuse can take, detect whether your child is a victim of bullying, and empower him to protect himself.

## Media

### **How to Eat Fried Worms** [DVD], 2006 DVD J-HOW

On his first day at a new school, eleven-year-old Billy goes up against the school bully in a challenge that ends with a total gross-out dare . . . to eat 10 worms in one day. As the pressure mounts, Billy must summon all his strength to meet the dare, all the while keeping his weak stomach from betraying him and his big mouth from getting him in even more trouble.

**American Girl: Chrissa Stands Strong** [DVD], 2009 (also a Juvenile fiction book – see above) DVD J-AME On her first day at her new school, Chrissa is seated with three girls who greet her with teasing and tricks. They bully Chrissa in class, on the bus, online, and even at swim club. When the taunting goes too far, Chrissa must find a way to stand strong.

### **Ben X** [DVD], 2008 DVD FOREIGN-DUT-B

As an alternative to getting bullied at school, an autistic teenager retreats into the world of online role-playing games. Ben X is the character's name but spoken quickly in Dutch, “benniks” means “I am nothing.”

### **Drillbit Taylor** [DVD], 2008 (humorous) DVD COMEDY-D

Three high school kids hire an unemployed, down-on-his-luck, self-professed martial arts expert as a bodyguard to protect them from the school bullies.

### **The Ant Bully** [DVD], 2006 DVD J-ANT

When you're as small as an ant, the world is big – and the adventure is bigger! That's what young Lucas learns after he aims his water pistol at some hapless ants. They retaliate with a secret potion that shrinks him down to their size.

### **The Outsiders** [DVD], 2005 (also a YA book – see above)

DVD j-OUT

**Stop Bullying: Standing Up for Yourself and Others [DVD],**  
2003 DVD 371.58 STO

Accompanied by a study guide, this film presents students with concrete steps to take to respond to bullying.

## **USEFUL WEBSITES**

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

A national database of effective anti-bullying programs.

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

Anti-bullying site from the U.S. Department of Health and Human Services with a whole section for kids.

[www.ala.org/ala/mgrps/rts/glbtrt/popularresources/bullying.cfm](http://www.ala.org/ala/mgrps/rts/glbtrt/popularresources/bullying.cfm)

Web resources listed by the American Library Association – geared toward helping bullied LGBTQ teens.

*Please remember that there are many sources in your community available to help! Try actively seeking help from guidance counselors, pastoral connections, parents and friends, human resources, etc. A personal support system is so important in breaking the bullying cycle.*