

ADULT BOOKS

Davis, Stan. [Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying](#). This book is by far the most accessible book out there on bullying. Davis deals with the effects of bullying, the myths about bullies, supporting victims, and working with parents. The book ends with "10 Steps to Building Schools Where Everyone Belongs." It's an easy read with tons of practical strategies and how to implement them.

Hopkins, Cathy. [Teen Queens and Has-Beens](#). In the third installment in Cathy Hopkins's Truth or Dare series, she tells how Kaylie, the "teen queen" of her school employs all her powers to bully Lia, the new girl in town. Lia tries avoidance by shrinking into herself but eventually realizes that someone must stop Kaylie from bullying not only her but many other girls as well.

Kriete, Roxann. [The Morning Meeting Book](#). For any teacher who wants to know the benefits, purposes, and how-to's of classroom meetings, this is the best guidebook. The activities detailed could be used for community building in any classroom setting.

Newman, Katherine S. [Rampage: The Social Roots of School Shooting, "Why violence erupts in close communities and what can be done to stop it."](#) Drawing on more than 100 interviews, Newman, a Harvard sociologist, closely examines two communities where school shootings occurred. Her theory of five factors points to logical steps for preventing these tragedies.

Peretti, Frank. [The Wounded Spirit](#). Tormented as a youth because of a rare and disfiguring health condition and convinced that students like the ones at Columbine were teens who were "time bombs waiting to go off," Frank Peretti decided he needed to write this book. He shares his personal story of having his Christian faith to support him but also gives practical advice on what to do if you or someone you know is a victim or perpetrator of bullying.

Simmons, Rachel. [Odd Girl Out: The Hidden Culture of Aggression in Girls](#). Since society does not encourage girls to use direct physical and verbal behavior, they use "backbiting, exclusion, rumors, name-calling, and manipulation to inflict...pain on the targeted victim (p.3)." The book reveals what is unique about girls' aggression and tells the stories of victims and perpetrators. It suggests what can be done to stop the life-long harm done by this silent aggression.

Wessler, Stephen L. [The Respectful School: How Educators and Students Can Conquer Hate and Harassment](#). Stephen Wessler's passion for the need for schools where everyone is treated with civility and respect is evident in this practical guide to creating these schools. His chapters chart how "words as weapons" can escalate into physical violence and hate crimes. He speaks to administrators and teachers as the ones who must interrupt this cycle of violence and develop peer leadership groups to set the tone for a school.

VIDEOS & DVDS

[Let's Get Real](#). Experts in bullying prevention recommend this video, featuring middle-school students candidly talking about their experiences with bullying, for teacher training and classroom discussion. It deals with the effects of bullying on the victim as well as the bully and has a strong focus on teacher and bystander roles. The video won Notable Children's Video 2005 and the Columbine Award. GR 6-12

[Reality Matters: Cruel Schools](#). Excellent, up-to-date video for upper grades dealing with the fact that times have changed and bullying isn't just something that "Everybody has to put up with." This video shows how insults, gossip, and teasing are just the first steps on a continuum of violence that can lead to events such as Columbine. Put out by the Discovery Channel School, its web site (www.discoveryschool.com) offers complete, printable lesson plans, worksheets, activities, and evaluations. GR 6-12

[Schools Where Everyone Belongs](#). This CD produced by Stan Davis, the author of the book *Schools Where Everyone Belongs*, demonstrates effective technique for interviewing a student who is in trouble for bullying. Excellent for use with counseling staff.

[Sticks and Stones: The Truth about Bullying](#). This video, produced soon after Columbine, lets students speak of their experiences with bullying and reviews the key elements of the Olweus bullying prevention program. The first part of the video could be used with 6-12 graders, and the second half is excellent for use with parents and school staff.

[Veggie Tales: Minnesota Cuke and the Search for Samson's Hairbrush](#). This DVD, from a Christian perspective, uses animation to teach lessons about bullying. Imaginatively produced, the DVD includes several short episodes, songs, and games. GR K-2

Many more titles are available through inter-library loan. Just type in the subject "bullying" on WYLDCAAT.



CHILDREN'S BOOKS

Estes, Eleanor. [The Hundred Dresses](#). Told from the point of view of the bully's best friend, the story involves a group of girls picking on a new girl in school. The new girl's claim that she has 100 dresses adds to the group's derision. The book is dated in images of boys' and girls' roles but is an excellent resource for talking about the bystander and bullying that focuses on cultural and class differences. GR 3-4

Clements, Andrew. [Jake Drake Bully Buster](#). The intelligent main character calls himself a "bully magnet" because he has no siblings, isn't too small or too big, doesn't tattle, and is the brainy type. When the teacher pairs him up with the class bully for a big project, he has to use his brains to "bust" that bully. The book will generate discussion about stereotypes of bullies and whether telling an adult is "tattling." GR 2-4

Lester, Helen. [Hooway for Wodney Wat](#). All Rodney's classmates make fun of him because he can't pronounce "R's." Ultimately, Rodney is able to drive away the class bully using his speech impediment. The author uses humor to make her point, but the ending requires discussion because the class is "getting back" at the bully. GR K-2

Naylor, Phyllis Reynolds. [Shiloh](#). This book has many themes to discuss in addition to bullying, but the character of Judd Travers, the antagonist, and his treatment of animals and humans gives plenty of opportunities to discuss the imbalance of power in bullying situations. Besides, it's a wonderful story of a boy and a dog that pulls lots of heartstrings. GR 3-6

Perez, L. King. [The First Day in Grapes](#). Few books discuss the experiences of migrant children, so even though the story may seem unrealistic to some students, this book is worth reading. The main character, Chico, starts the third grade in a new school where he is bullied because of his race and class. Chico is able to use a non-violent way to defuse the bullying. GR 2-3

Polacco, Patricia. [Mr. Lincoln's Way](#). Based on a true story, the book shows the role that adults have in setting a tone for bullying prevention. Principal Lincoln discovers that the school bully, Eugene, knows a lot about birds. Mr. Lincoln uses Eugene's knowledge to overcome his intolerance. (Eugene is more of a provocative victim than a bully.) GR 2-3

Webster-Doyle, Terrence. [Why is Everybody Always Picking on Me: a Guide to Handling Bullies](#). This self-help book for eight-to twelve-year-olds includes stories and activities which explore bullying and suggests ways to resolve conflicts. A teacher would find plenty of material here to use in the classroom. GR 3-6+