



Teasing, Bullying and Harassment Resource List

Books

Preschool and Elementary aged students

The Ant Bully by John Nickle; also in movie format (2006)

The Berenstain Bears & The Bully by Stan & Jan Berenstain

Crysanthamum, by Kevin Henkins

Help I'm Being Teased by Dr. Emily Lovegrove (All Ages)

How to Handle Bullies, Teasers & Other Meanies: A Book that Takes the Nuisance Out of Name Calling and Other Nonsense by Kate Cohen-Posey

Marvin and the Mean Words by Suzy Kline & Blanche Sims

Mean Jean the Recess Queen

Nobody Knew What to Do: A Story About Bullying by Becky Ray McCain

Simon's Hook; A Story About Teases and Put-Downs by Karen Gedig Burnett (ages 4–8)

Stand Tall Molly Lou Mellon by Patty Lovell

Stand Up For Yourself and Your Friends, Dealing with Bullies and Bossiness, and Finding a Better Way, by American Girl

The Meanest Thing To Say: A Little Bill Book for Beginning Readers by Bill Cosby

Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem by Gershen Kaufman & Lev Raphael

Stop Picking On Me; A First Look at Bullying by Pat Thomas

Why is Everyone Always Picking on Me? A Guide to Handling Bullies by Terrence Webster-Doyle

Words Will Never Hurt Me; Helping Kids Handle Teasing, Bullying and Putdowns by Sally Northway Ogden

Middle School

Bullies are a Pain in the Brain by Trevor Roman

Cliques, Phonies & Other Baloney by Trevor Romain

Help I'm Being Teased by Dr. Emily Lovegrove (All Ages)

How to Handle Bullies, Teasers & Other Meanies: A Book that Takes the Nuisance Out of Name Calling and Other Nonsense by Kate Cohen-Posey

My Secret Bully by Trudy Ludwig, Abigail Marbel, Susan Wellman

Secret of the Peaceful Warrior by Dan Millman (All Ages)

Words Will Never Hurt Me; Helping Kids Handle Teasing, Bullying and Putdowns by Sally Northway Ogden

Teens

The Girls, by Amy Goldman Koss

The Kind of Friends we Used to Be, by Frances O'Roark Dowell

Mean Chicks, Cliques, and Dirty Tricks, by Erika V. Shearin Karres

The Secret Language of Girls, by Frances O'Roark Dowell

Parents/Professionals (re: Bullying of Children)

And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence by James Garbarino, Ph.D. & Ellen Delara, Ph.D.

Anti-Bullying Handbook by Keith Sullivan

Bullies and Victims: Helping Your Child Through the School-yard Battlefield by Sue Ellen Fried and Paula Fried

Bullies, Targets & Witnesses: Helping Children Break the Pain Chain by SuEllen Fried and Paula Fried, Ph.D

Bullies: From the Playground to the Boardroom by Jane Middleton Mose

Bully Free Classroom by Allan Beane, Ph.D.

Bullying at School by Dan Olweus

The Bully, The Bullied, and the Bystander by Barbara Coloroso

The Bullying Prevention Handbook by John Hoover & Ronald Oliver

Children and Bullying: How Parents and Educators Can Reduce Bullying at School by Ken Rigby

Cyber Bullying in the Digital Age by Robin K. Kowalski, Susan Limber and Patricia Agatston

Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Use the Internet Safely and Responsibly by Nancy Willard

GuardingKids.com, A Practical Guide to Keeping Kids Out of High-Tech Trouble, by Russell A. Sabella, Ph.D.

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber & Elaine Mazlish

Keys to Dealing With Bullies by Barry E. McNamara

Mean Girls 101 1/2 Creative Strategies and Activities for Working with Relational Aggression (Grades 3-12) by Kaye Randall and Allyson A. Bowen

The New Bully Free Classroom, by Allan L. Beane

No More Bullies: For Those Who Wound or Are Wounded by Frank Peretti

Odd Girl Out, Revised and Updated: The Hidden Culture of Aggression in Girls by Rachael Simmons

Odd Girl Speaks Out, by Rachael Simmons

Please Stop Laughing at Me by Jodee Blanco

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

The Prepare Curriculum: Teaching Prosocial Competencies by Arnold P. Goldstein

Queen Bees & Wannabes: Helping Your Daughter Survive Clicks, Gossip, Boyfriends and Other Realities of Adolescence by Rosalind Wiseman

Siblings Without Rivalry: How To Help Your Children Live Together So You Can Live Too by Adele Faber and Elaine Mazlish

Sticks and Stones: 7 Ways Your Child Can Deal with Teasing, Conflict and Other Hard Times by Scott Cooper

Your Child Bullying Practical and Easy to Follow Advice by Jenny Alexander

For Adults in a Teasing/Bullying/Harassment Situation

Bullies: From the Playground to the Boardroom by Jane Middleton Mose

Cyber Bullying in the Digital Age by Robin K. Kowalski, Susan Limber and Patricia Agatston

Help I'm Being Teased by Dr. Emily Lovegrove (All Ages)

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 (ages 6–Adult)

Odd Girl Speaks Out, by Rachael Simmons

Please Stop Laughing at Me by Jodee Blanco

Internet-based Resources

Laws and Advocate Organizations:

- Bully Police: A watch-dog organization advocating for bullied children reporting on state anti bullying laws www.bullypolice.org
- Laws (state and federal) which address bullying, harassment, and hazing: http://www.olweus.org/public/bullying_laws.page

Kids and Teens in Bullying Situations:

- Information from various government agencies on how [kids](#), [teens](#), [young adults](#), [parents](#), [educators](#) and others in the [community](#) can prevent or stop bullying: www.stopbullyingnow.hrsa.gov
- Grab a Bully by the Horns: tips for dealing with bullying situations for all ages: <http://www.grababullybythehorns.com>
- Pacer Center includes practical solutions, information, webinars, videos, stories, resources for parents, administrators, **and kids**: www.pacer.org/bullying/
- Pacer Center's **Teens Against Bullying** www.teensAgainstBullying.org
- The Bully and the Bystander: www.greatschools.org/parenting/bullying/593-the-bully-and-the-bystander.gs

Parents/Administrators Supporting Kids in Bullying Situations:

- Stop Bullying Now: Information from various government agencies on how [kids](#), [teens](#), [young adults](#), [parents](#), [educators](#) and others in the [community](#) can prevent or stop bullying: www.stopbullyingnow.hrsa.gov
- Center for Safe and Responsible Internet Use (includes information about cyber bullying) <http://csriu.org>
- Olweus Bullying Prevention Program: www.olweus.org
 - *Multilevel, multicomponent school-based program designed to prevent or reduce bullying in elementary, middle and junior high schools. The program attempt to restructure the existing school environment to reduce opportunities and rewards for bullying.*
- Grab a Bully by the Horns: tips for dealing with bullying situations for all ages: <http://www.grababullybythehorns.com>
- Pacer Center includes practical solutions, information, webinars, videos, stories, resources for parents, administrators, and kids: www.pacer.org/bullying/
- The Bully and the Bystander: www.greatschools.org/parenting/bullying/593-the-bully-and-the-bystander.gs

Adults in Bullying/Harassment Situations:

- PBS's This Emotional Life Series; focus on Adult Bullying: <http://www.pbs.org/thisemotionallife/topic/bullying/adult-bullying>
- Information from various government agencies on how [kids](#), [teens](#), [young adults](#), [parents](#), [educators](#) and others in the [community](#) can prevent or stop bullying: www.stopbullyingnow.hrsa.gov
- Center for Safe and Responsible Internet Use (includes information about cyber bullying) <http://csriu.org>
- Laws (state and federal) which address bullying, harassment, and hazing: http://www.olweus.org/public/bullying_laws.page
- Grab a Bully by the Horns: tips for dealing with bullying situations for all ages:
 - **Adult Bullying Situations:** <http://www.grababullybythehorns.com/category/bullies-and-adults/>
- The Bully and the Bystander: www.greatschools.org/parenting/bullying/593-the-bully-and-the-bystander.gs