

**Coping with Bullying, Teasing,
Name-Calling & Rejection
Resources from
The Somerset County Library System**



*Our libraries can provide resources on how to talk to your child about bullying, and how to deal with bullying situations in which your child is involved. There are many more resources than can be listed here. Search our catalog for keyword **bullying** or **cyberbullying** for more titles or ask a librarian for help.*

Resources For Parents & Educators

371.58 ANT [Little Girls Can Be Mean: four steps to bully-proof girls in the early grades.](#) (2010) By Michelle Anthony.

371.782 BEA [Protect Your Child from Bullying: expert advice to help you recognize, prevent and stop bullying before your child gets hurt.](#) (2008) By Allan L. Beane.

371.5 BEA [The Bully Free Classroom: over 100 tips and strategies for teachers K-8.](#) (2005) By Allan L. Beane.

371.782 CAR [The Everything Parent's Guide to Dealing with Bullies: from playground teasing to cyber bullying, all you need to ensure your child's safety and happiness.](#) (2009) By Deborah Carpenter.

371.782 COL [The Bully, the Bullied and the Bystander: from pre-school to high school: how parents and teachers can help break the cycle of violence.](#) (2003) By Barbara Coloroso.

372.158 DEP [Real Life Bully Prevention for Real Kids: 50 ways to help elementary and middle school children.](#) (2009) By Catherine DePino.

649.1567 EIS [Helping Your Socially Vulnerable Child: what to do when your child is shy, socially anxious, withdrawn, or bullied.](#) (2007) By Andrew R. Eisen and Linda B. Engler.

649.1 FRE [Easing the Teasing: helping your child cope with name-calling, ridicule, and verbal bullying.](#) (2002) By Judy S. Freedman.

373.158 GAR [And Words Can Hurt Forever: how to protect your adolescents from bullying, harassment, and emotional violence.](#) (2002) By James Garbarino and Ellen deLara.

371.58 KRA [10 Days to a Bully-proof Child: the proven program to build confidence and stop bullies for good.](#) (2007) By Sherryll Kraizer.

641.154 PET [Overcoming School Anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries.](#) (2008) By Diane Peters Mayer.

155.4248 PIC [Why Good Kids Act Cruel: the hidden truth about the pre-teen years.](#) (2010) By Carl Pickhardt.

371.58 SHE [Your Child: bully or victim? Understanding and ending schoolyard tyranny.](#) (2002) By Peter Sheras with Sherill Tippins.

371.58 SPR [The Anti-Bullying and Teasing Book for Preschool Classrooms.](#) (2005) By Barbara Sprung et al. (Also available in the "Sharing and Caring" Storytime Theme Kit at Bridgewater Library.)

302.3 THO [Mom, They're Teasing Me: helping your child solve social problems.](#) (2002) By Michael Thompson et al.

Books provide a good way to encourage students of varying ages to think and talk about bullying issues. Children tease one another from a very young age; they discover power by rejecting someone or by taking another's toys. By sharing a story about being different or reading a book that directly addresses a specific issue, adults can help students to think creatively about how they treat one another, become more aware about what is happening around them, and ultimately become more empathetic individuals and develop a more compassionate community. For additional suggestions of books to use in a classroom bullying curriculum, check out *The Bully in the Book and in the Classroom* (2004) by C.J. Bott (371.58 BOT).

Picture Books

BATEMAN [The Bully Blockers Club.](#) (2004) By Teresa Bateman. *When Lottie is bullied at school, she helps start a club where everyone is welcome.*

BOTTNER [Bootsie Barker Bites.](#) (1992) By Barbara Bottner. *A good story for all children forced to deal with Jekyll-and-Hyde playmates.*

CASELEY [Bully.](#) (2001) By Judith Caseley. *Mickey has trouble with Mack, a bully at school, until he decides to try being nice to Mack.*

CARLSON [Henry and the Bully.](#) (2010) By Nancy Carlson. *When a new second grader begins bullying Henry and the other first graders, Henry learns that keeping a secret can help make the bully a friend.*

CUYLER [Bullies Never Win.](#) (2009) By Margery Cuyler. *First grader Jessica worries that Brenda the bully might tease her about everything, until she discovers a new way to deal with Brenda.*

DEPAOLA [Trouble in the Barkers' Class.](#) (2003) By Tomie dePaola. *The new girl in the Barkers' class, Carole Anne, acts like a bully until the other children learn that her hostility is the result of changing schools frequently.*

EMBERLEY [Bye-bye, Big Bad Bullybug!](#) (2007) By Ed Emberley. *Bullybug loves to pick on itty bitty bugs, but they get the last laugh. A cute introduction to bullying for young children.*

FLEISHMAN [Weslandia.](#) (1999) By Paul Fleischman. *A social outcast grows an unusual crop, creates a new language and self-sufficient civilization in his suburban backyard and eventually wins over those who previously thought him strange. An unforgettable fantasy ripe with possibilities for discussion.*

FORLER [Bird Child](#). (2009) By Nan Forler. *When bullies pick on the new student, Eliza wants to help, and she does by standing up to the bullies and getting the other children to add their voices, showing Lainey all that she can be.*

HOWE [Pinky and Rex and the Bully](#). (1996) By James Howe. *Pinky learns the importance of identity as he defends his favorite color, pink, and his friendship with a girl, Rex, from the neighborhood bully.*

JAVAHERBIN [Goal!](#) (2010) By Mina Javaherbin. Gr 2-4. *A lyrical story set in South Africa. When a gang of bullies arrives to cause trouble, the young soccer players deter the aggressors with some deft foot maneuvers and resume their game, this time with a wary lookout. GOAL! is a conversation-starter for both teachers and parents.*

KIMMELMAN [The Three Bully Goats](#). (2010) By Leslie Kimmelman. *Billy goat brothers Gruff, Ruff, and Tuff are bullies who rule their meadow, but when they cross Little Ogre's bridge and are mean to the baby animals on the other side, they are in for a surprise. A good read-aloud and discussion starter.*

KROLL [Jungle Bullies](#). (2006) By Steven Kroll. *The animals discover that by joining together to confront the bully, they can teach him to share.*

KROLL [Ryan Respects](#). (2006) By Virginia L. Kroll. *Ryan thinks it is fun to call a slow runner "Doug the Slug," until his older brother teases him for having a teddy bear.*

LESTER [Hooway for Wodney Wat](#). (1999) By Helen Lester. *A shy rat who can't pronounce his r's rises to the occasion and outsmarts a new student who terrorizes the classroom.*

LEVERT [Eddie Longpants](#). (2005) By Mireille Levert. *Eddie is tired of being teased about his body and must decide whether to get back at his tormentors or rise above them.*

LOVELL [Stand Tall, Molly Lou Melon](#). (2001) By Patty Lovell. *Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her and she feels good about herself.*

LUDWIG [Just Kidding](#). (2006) By Trudy Ludwig. *With the help of his family and teacher, D.J. learns how to handle a classmate who claims his teasing is just a joke.*

LUDWIG [My Secret Bully](#). (2003) By Trudy Ludwig. *A girl confides to her mother that her best friend is treating her badly, and together they figure out what to do about it. Ludwig has also written **Trouble Talk** about a girl spreading rumors. Both books include resources for parents and teachers.*

MCCAIN [Nobody Knew What to Do](#). (2001) By Becky R. McCain. *When bullies pick on a boy at school, a classmate is afraid, but decides that he must do something. Includes guidelines on "bully prevention" for adults.*

MYERS [Wings](#). (2000) By Christopher Myers. *Ikarus Jackson, the new boy in school, is outcast because he has wings. But his resilient spirit inspires one girl to speak up for him in this thought provoking story about celebrating individuality.*

NAYLOR [King of the Playground](#). (1991) By Phyllis Reynolds Naylor. *With his dad's help and some humor and imagination, Kevin overcomes his fear of a playground bully who repeatedly threatens him.*

NICKLE [The Ant Bully](#). (1999) By John Nickle. *Lucas learns a lesson about bullying when he is pulled into an ant hole he has been tormenting.*

O'NEILL [The Recess Queen](#). (2002) By Alexis O'Neill. *A playground bully is disarmed by an offer of friendship in this rollicking read!*

POLACCO [Mr. Lincoln's Way](#). (2001) By Patricia Polacco. *When Mr. Lincoln, the principal, discovers that Eugene, the school bully, knows a lot about birds, he helps Eugene overcome his intolerance.*

ROBBINS [Two of a Kind](#). (2009) By Jacqui Robbins. *After Anna abandons her best friend, Julisa, to spend time with two "popular" girls, she learns that she has little in common with her new "friends."*

SOULE [Never Tease a Weasel](#). (1964) By Jean Conder Soule. *Fun loving animals humorously remind children that "teasing isn't nice."*

Fiction About Bullies

Through fiction, your child can read about and empathize with someone in a similar situation. These books are a good springboard for discussion with your child.

Juvenile Fiction:

CLEMENTS [Jake Drake, Bully Buster](#). (2001) by Andrew Clements. *It is up to Jake Drake to take matters into his own hands when Link, the super-bully moves into town.*

LUDWIG [Confessions of a Former Bully](#). (2010) by Trudy Ludwig. *Nine-year-old Katie's punishment for bullying is to make up for the hurt she's caused so she decides to write a book about why it is not okay to bully.*

MCKAY [Indigo's Star](#). (2003) by Hilary McKay. *Spurred on by his sister, Indigo sticks up for himself and another boy who is the new target of the school bullies.*

MOSS [Amelia's Bully Survival Guide](#). (1998) by Marissa Moss. *When Amelia enters 5th grade, a bully makes her life miserable but the guide she creates changes everything.*

ROY [Max Quigley: technically not a bully](#). (2009) by James Roy. *After playing a prank on a classmate, 6th grader Max's punishment is to be tutored by him.*

SHREVE [Joshua T. Bates in Trouble Again](#). (1997) by Susan Richards Shreve. *When Josh is promoted to the 4th grade in the middle of the year, he is so worried about the class bullies that he makes some unwise decisions.*

VAN DRAANEN [Secret Identity](#). (2004) by Wendelin Van Draanen. *Fifth grader Nolan, tired of being bullied, has a secret identity—Shredderman!*

WARNER [Super Emma](#). (2006) by Sally Warner. *Third grader Emma becomes a hero when she defends a bullied friend.*

Young Adult Fiction:

ALEXIE [The Absolutely True Diary of a Part-Time Indian](#). (2007) by Sherman Alexie. *Smart, irreverent Junior relates his escape from the familiar bullies and desperate future that await him on his Spokane Indian reservation. When he attends the local public school 22 miles away, he*

finds another world. Cartoons and razor-sharp wit enhance the humor that belies the seriousness of the subject matter. Audio version available from Recorded Books.

BUTLER [The Truth About Truman School](#). (2008) by Dori Hillestad Butler. *An online newspaper started by middle schoolers Zebby and Amr inadvertently sparks serious cyberbullying when anonymous posts attack a popular girl. The story is told from a variety of student perspectives and voices, and readers will find someone to identify with as it unfolds.*

ELLIS [This is What I Did](#). (2007) by Ann Dee Ellis. *Bullied because of a past incident, 8th grader Logan has difficulty at his new school until he meets a quirky girl and a counselor who believes in him.*

KLASS [Stuck on Earth](#). (2010) by David Klass. *On a secret mission to evaluate the human race, a space alien inhabits the body of a bullied 14 year old boy.*

KOJA [Buddha Boy](#). (2003) by Kathe Koja. *This spare novel highlights a relationship between Justin, neither popular nor social outcast, and Jinsen, labeled "Buddha Boy" by other students for his monklike ways. Jinsen is repeatedly teased and bullied by other students while Justin fumes in silence, afraid to take a stand. This is an interesting look at bullying from an observer's point of view.*

KOSS [The Girls](#). (2000) By Amy Goldman Koss. *Four girls in the popular clique reveal the strong manipulative hold one of them has over the group and the hurt it causes.*

KOSS [Poison Ivy](#). (2006) By Amy Goldman Koss. *In a government class three popular girls undergo a mock trial for bullying a classmate.*

PETERS [By the Time You Read This, I'll Be Dead](#). (2010) By Julie Anne Peters. *Years of protracted bullying have left Daelyn desperate to die. The story picks up after her last suicide failure, and she is marking time until she can try again. Through a mysterious website for "completers," she slowly tells her story. This is a brutally honest look at the effects that long-term bullying can have on one person.*

PIXLEY [Freak](#). (2007) By Marcella Pixley. *Miriam, 12, bookish, and a little bit weird, is brought to the brink by relentless bullying from her peers and abandonment by her sister. The powder keg of middle school brings about a moment of crisis in which Miriam finds her strength and a way through the pain and hurt. Tense and provocative.*

Self-Help for Kids

There are many titles geared to children of varying ages on how to deal with bullies — browse our children's and young adult collections under 302.3. Here are a few:

J 302.34 ADA [Dealing with Teasing](#). (1997) By Lisa K. Adams. *This simple book discusses why people tease, the difference between affectionate and mean or cruel teasing, and offers suggestions for how to deal with the latter. In the same series as **Dealing with Bullying** (J 302.34 JOH).*

J 302.3 BUR [Why are You Picking on me? Dealing with Bullies](#). (2010) By John Burstein. *Slim Goodbody helps students learn to recognize the different kinds of bullying and presents strategies for dealing with even the toughest situations.*

J302.34 CRI [Stand Up for Yourself & Your Friends: Dealing with Bullies & Bossiness.](#) (2009) By Patti Kelley Criswell (American Girl) *Includes quotes from real girls and "what would you do?" scenarios.*

J 302.3 KAL [Bullies to Buddies: how to turn your enemies into friends.](#) (2005) By Izzy Kalman. *Suggests strategies for kids to stop being bullied and shows how to improve relationships with peers, family and teachers.*

J 302. 34 ROM [Bullies are a Pain in the Brain.](#) (1997) By Trevor Romain. *A serious yet humorous guide to dealing with bullies. Also a DVD.*

J 158.25 ROM [Cliques, Phonies and other Baloney.](#) (1998) By Trevor Romain. *Discusses cliques and gives advice on forming healthy relationships and friendships. Also a DVD.*

YA 305.2352 KAR [Mean Chicks, Cliques and Dirty Tricks: a real girl's guide to getting through it all.](#) (2010) By Erika V. Shearin Karres. *A guide to coping with mean girls using the words of teens to explore how the meanness gets started, forms it may take, and how to stop it.*

DVDs about Bullying

These DVDs can help you and your children deal with bullying. Kids can learn coping behaviors from watching how others handle bullying situations. We have many other titles that offer specific tips for parents, teachers, and types of bullying — e.g. girl bullying, cyberbullying, teasing. Search keywords bullying DVD in our catalog to find them.

J DVD 302.34 STOP [Stop Bullying Now! Take a Stand, lend a Hand.](#) (2006) *Animated webisodes for kids, public service announcements, and video workshops to help parents and teachers prevent bullying.*

J DVD 302.34 BULL [Bullies are a Pain in the Brain.](#) (2004) *Trevor Romain presents tips for becoming bully-proof using stories and songs.*

J DVD 158.25 TREV [Cliques, Phonies & other Baloney.](#) (2006) *Trevor Romain emphasizes the importance of being true to one's self and that everyone is "one of a kind."*

J DVD AMER [American Girl: Chrissa Stands Strong.](#) (2009) *This live action movie based on the American Girl book is about a girl being cyber-bullied and teased in school and how she prevails.*

P-T DVD 371.58 LETS [Lets Get Real: Lessons and Activities to Address Name-Calling and Bullying.](#) (includes curriculum guide.) (2004) *Geared to grades 6 and up.*

P-T DVD 302.34 BULL [Bullies.](#) *Part of the **Taking a Stand** series which also includes **Bully Girls, Cyberbullies,** and **A Teacher's Guide to Bully Prevention.** (2006) Dr. James Shaw, explains how to confront and counter bullying in the nation's schools .*

Explore the Web for More Information

Anti-Bullying Network www.antibullying.net

A Scottish website where kids and their families and teachers will find helpful advice and reading lists.

Bullying.org Where You are NOT Alone www.bullying.org

This site is dedicated to increasing awareness and preventing, resolving and eliminating bullying. Offers online courses, presentations, support contacts and advice.

Bullying 42EXPLORE www.42explore2.com/bully.htm

Offers a comprehensive list of online resources related to bullying and cyberbullying.

Kids Against Bullying. www.pacerkidsagainstbullying.org. Pacer Center/National Center for Bullying Prevention. *Kid-friendly, but not condescending, this accessible website offers plenty for kids to explore, read, and share on the topic of bullying. Short, effective videos explain, "What Bullying Is," "What You Can Do," and "How Bullying Feels."*

NJ Coalition for Bullying Awareness & Prevention www.njbullying.org

This site for parents and educators promotes community awareness of bullying and advocates for effective prevention of bullying.

Stop Bullying Now stopbullyingnow.hrsa.gov

Good information about bullying prevention with information specific for kids and for adults. Includes animated webisodes and games for elementary and middle school kids.

Teaching Tolerance www.tolerance.org. Southern Poverty Law Center. Montgomery, AL. *This resource provides activities, lessons, and articles for educators at all grade levels on a variety of issues around justice and tolerance in schools, including bullying.*

Teens Against Bullying www.pacerteensagainstbullying.org. Pacer Center/National Center for Bullying Prevention. *With an edgy, updated look, this interactive website for teens includes stories, resources, and a place to share their own experiences with bullying. Chock-full of statistics and facts to jump-start conversation.*

Words That Heal: Using Children's Literature to Address Bullying

http://www.adl.org/education/curriculum_connections/winter_2005/

(Anti-Defamation League)