

Relational Aggression & Bullying Print Resources for Youth

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- ▶ Anthony, Michelle and Reyna Lindert **Little Girls Can Be Mean: Four Steps to Bullyproof Girls in the Early Grades**. New York: St. Martins Griffin, 2010. A must-have resource for any adult who lives with or works with girls. Many useful tips and activities throughout the book for girls themselves, or for adults and children to do together. Many real life stories girls will relate to. Four step plan is easy to implement and simple to use.
- ▶ Agassi, Martine. **Hands Are Not For Hitting**. Minneapolis, MN: Free Spirit Publishing, Inc., 2000. This Parent's Choice Selection Book helps children learn and practice fun and constructive things their hands can do. It also includes a section on activities adults can do with children.
- ▶ Amos, Janine. **Bully**. Tarrytown, NY: Benchmark Books, 1994. Stories from bullies and victims. For grades K-4.
- ▶ Brown, Laura Krasny and Marc Brown. **How To Be A Friend: A Guide To Making Friends and Keeping Them**. Boston: Little Brown & Co., 1998. A picture book for children in grades K-3; offers kids practical suggestions about resolving arguments, getting over being shy, handling bossy children and bullies, and more.
- ▶ Burns, Marilyn. **I Am Not a Short Adult!**. Boston: Little, Brown, 1997. A communication book for kids, explaining what tone of voice, body language and facial expressions say about you. For grades 4-6.
- ▶ Cohen-Posey, Kate. **How to Handle Bullies, Teasers and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense**. Highland City, FL: Rainbow Books, 1995. For grades 4-7; offers some useful tips on how kids can use verbal techniques to turn a bully's slurs inside out.
- ▶ Frankel, Fred. **Good Friends Are Hard To Find**. Glendale, CA: Perspective Publishing, 1996. Step-by-step ideas to help children ages 5-12 make friends and resolve friendship issues.
- ▶ Gainer, Cindy. **I'm Like You, You're Like Me: A Child's Book About Understanding and Celebrating Each Other**. Minneapolis, MN: Free Spirit Publishing, Inc., 1998. For grades K-3; makes references to common concepts such as acceptance of differences, the importance of understanding through listening, thinking about the feelings of others, and accomplishing tasks through cooperation.
- ▶ Hammerseng, Kathryn M. **Telling Isn't Tattling**. Seattle: Parenting Press, 1995. An easy-to-read book that asks kids to determine whether the characters are just snitching on each other or if they really need adult help.
- ▶ Johnston, Marianne. **Dealing With Bullying (The Conflict Resolution Library)**. Center City, MN: Hazelden Publishing and Educational Services, 1999. Designed for children in grades K-3; a very short book, but one that may be an effective tool to help children understand the bullying issue.

- ▶ Kaufman, Gershen, et al. **“Stick Up for Yourself!” Every Kid’s Guide to Personal Power and Positive Self Esteem**. Minneapolis, MN: Free Spirit Publishing, Inc., 1999. A self-help guide to positive thinking, high self-esteem, and responsible personal power.
- ▶ Kivel, Paul. **I Can Make My World A Safer Place: A Kid's Book About Stopping Violence**. Salt Lake City, UT: Publishers Press, 2001. Encourages kids to think about and act to promote peace at home, in their communities, and in the world.
- ▶ Lalli, Judy. **Make Someone Smile and 40 More Ways to Be a Peaceful Person**. Minneapolis: Free Spirit Publishing, 1996. A discussion starter for all ages.
- ▶ Lewis, Barbara A. **What Do You Stand For?**. Minneapolis: Free Spirit Publishing, 1997. True stories about kids who are making a positive difference in their schools and communities. For grades 4-7.
- ▶ Madison, Lynda. **The Feelings Book: The Care & Keeping of Your Emotions (American Girl Library)**. Middleton, WI: Pleasant Company Publications, 2002. Appropriate for girls ages 9 and up; focuses on girls' mental health - how to handle powerful feelings and self-esteem issues.
- ▶ New Moon Books Girls Editorial Board. **Friendship: How To Make, Keep, And Grow Your Friendships**. New York: Crown Publishers, 1999. Discusses friendships and how they affect our lives; includes practical advice, activities, and suggestions for meeting people.
- ▶ Palmer, Pat. **Teen Esteem**. San Luis Obispo, CA: Impact Publishers, 1989. Self-esteem development for adolescents. For grades 7-12.
- ▶ Payne, Lauren Murphy and Claudia Rohling. **We Can Get Along: A Child's Book of Choices**. Minneapolis, MN: Free Spirit Publishers, Inc., 1997. For preschool through grade 3; explores the universal feelings of children in the area of getting along with one another.
- ▶ Polland, Barbara. **We Can Work It Out: Conflict Resolution for Children**. Berkeley, CA: Tricycle Press, 2000. For ages 5-8; Polland, a professor of child development, has devised a way to make difficult social situations easier for children to discuss with adults or work through by themselves.
- ▶ Powell, Jillian. **What Do We Think About Bullying?** London, Hodder Wayland, 2000. For grades 1-3; the book defines bullying and discusses why children become bullies, how it feels both to victim and victimizer, and why children often don't seek help.
- ▶ Reisfeld, Randi and Marie Morreale. **Got Issues Much? Celebrities Share Their Traumas and Triumphs**. New York: Scholastic, Inc., 1999. Celebrities whom teens admire/respect share some of their stories regarding friendship, body and self-image, as well as family and relationship issues.
- ▶ Romain, Trevor and Elizabeth Verdick. **Bullies Are A Pain In The Brain**. Minneapolis, MN: Free Spirit Publishing, 1997. A simple approach to dealing with a difficult issue faced by millions of children everyday. Attractive format with cartoon characters and lots of additional recommended resources.

- ▶ Romain, Trevor. **Cliques, Phonies, & Other Baloney**. Minneapolis, MN: Free Spirit Publishing, 1998. Designed for children in grades 3-8; examines cliques versus friendship groups, phonies versus real friends, and popularity versus being popular with yourself.
- ▶ Shandler, Sara. **Ophelia Speaks: Adolescent Girls Write About Their Search For Self**. New York: HarperCollins, 1999. A response to Mary Pipher's *Reviving Ophelia*; a compilation of essays, poems, and true-grit commentary from teenage girls throughout the country.
- ▶ Smith-Mansell, Dana and Suzanne Riggio. **Stop Bullying Bobby! Helping Children Cope With Teasing and Bullying (A Let's Talk Book)**. Far Hills, NJ: New Horizon Press, 2004. A story about a girl who feels compassion for a classmate who is being bullied.
- ▶ **Stone Soup for the World: Life-Changing Stories of Ordinary Kindness and Courageous Acts of Service**. Berkeley, CA: Conari Press, 1998. Includes stories by or about Nelson Mandela, Mother Teresa, and more than 100 others. For all ages.
- ▶ Thomas, Pat. **Stop Picking On Me (A First Look At Series)**. New York: Barron's Educational Series, Inc., 2000. Explores the dynamics in relationships among children of preschool through early school age, and encourages kids to understand personal and social problems as a first step toward solving them.
- ▶ Verdick, Elizabeth. **Words Are Not For Hurting**. Minneapolis, MN: Free Spirit Publishers, Inc., 2004. For preschool through grade 2; highlights the power of words. The focus is on children taking personal responsibility for what they say, as well as thinking before speaking.
- ▶ Webster-Doyle, Terrence. **Why Is Everybody Always Picking On Me? A Guide To Handling Bullies**. Boston: Weatherhill, 1999. Offers stories and activities help young people to peacefully confront hostile aggression.
- ▶ Yee, John William. **The Bully Buster Book**. Toronto: Outgoing Press, 1997. Tips for kids in grades 7-9.

Preschool and Elementary School Fiction

- ▶ Berenstain, Stan and Jan. **The Berenstain Bears and the In-Crowd**. New York: Random House, 1989. A rich new cub named Queenie McBear teases Sister Bear and steals her Double-Dutch partners away before the big tournament.
- ▶ Bosch, Carl. **Bully On the Bus**. Seattle: Parenting Press, 1998. For grades 2 through 5; Written in a "Choose Your Own Adventure" format, this book deals with a common problem faced by elementary school children.
- ▶ Bottner, Barbara. **Bootise Barker Bites**. New York: Putnam Publishing, 1992. For grades preschool-3.
- ▶ Boyd, Lizi. **Bailey the Big Bully**. New York: Viking Kestrel, 1989. All of the kids are afraid of Bailey - except the new kid in town. For grades K-3.

- ▶ Burnett, Karen Gedig. **Simon's Hook: A Story About Teases and Put-Downs**. Felton, CA: GR Publishing, 1999. For grades 1 through 4; Simon experiences a "bad hair day" after his sister cuts out portions of his hair to remove some chewing gum. When his friends tease him, the boy rushes home in tears.
- ▶ Casely, Judith. **Bully**. New York: Greenwillow Books, 2001. For preschool through grade 3; Jack has begun to harass his friend Mickey - stealing part of his lunch, breaking his pencil, and tripping him. Mickey's parents and sister suggest ways to understand or rectify the situation.
- ▶ Clements, Andrew. **Jake Drake, Bully Buster**. New York: Aladdin, 2001. For grades 2 through 4; A fourth grader looks back over his years in school and his early experiences as a "bully magnet."
- ▶ Cole, Joanna. **Bully Trouble**. New York: Random House, 1990. A story about two friends who are picked on by the neighborhood bully. For grades preschool - 3.
- ▶ Cosby, Bill. **The Meanest Thing To Say (A Little Bill Book)**. New York: Cartwheel, 1997. An Oprah Book Club® Selection; Little Bill must figure out how to avoid the challenge offered by the new kid in his class, "The Dozens," a duel of insults Bill doesn't want to join.
- ▶ dePaola, Tomie. **Oliver Button Is a Sissy**. Orlando, FL: Harcourt Brace & Company, 1979. His classmates' taunts don't stop Oliver Button from doing what he loves best - dancing.
- ▶ DePino, Catherine. **Blue Cheese Breath & Stinky Feet: How To Deal With Bullies**. Washington, D.C.: Magination Press, 2004. Steve is picked on by a bully and is afraid things will get worse if he tells asks for help; his parents come up with a plan.
- ▶ Hoose, Phillip and Hannah Hoose. **Hey Little Ant**. Berkeley, CA: Tricycle Press, 1998. For preschool through grade 2; based on a song, this story has a message: respect all creatures and their right to live.
- ▶ Howe, James. **Pinky and Rex and the Bully**. New York: Aladdin, 1996. For grades 1 through 3; Pinky is forced into an identity crisis when his nickname and favorite color is deemed girlish by a bully.
- ▶ Lalli, Judy. **I Like Being Me: Poems for Children About Feeling Special, Appreciating Others and Getting Along**. Minneapolis: Free Spirit Publishing, 1997. Poems about issues important to the everyday lives of children. For grades preschool-3.
- ▶ Leverich, Kathleen. **Best Enemies Again**. New York: Greenwillow, 1991. Looks at the relationship between two classmates. For grades 2-5.
- ▶ Lovell, Patty and David Catrow. **Stand Tall, Molly Lou Melon**. New York: G.P. Putnam's Sons, 2001. Molly Lou's self-assurance is put to the test when she moves to a new town, away from her friends and beloved grandmother.
- ▶ Ludwig, Trudy. **My Secret Bully**. Berkeley, CA: Tricycle Press, 2005. For grades 2 through 5; follows the story of two girls who have been friends since kindergarten, but lately one seems to be excluding and embarrassing the other in front of friends.

- ▶ McCain, Becky Ray and Todd Leonardo. **Nobody Knew What To Do: A Story About Bullying**. Morton Grove, IL: Albert Whitman & Company, 2001. For kindergarten through grade 3; well-suited for reading aloud, this picture book addresses the problem of bullying at school.
- ▶ Madonna. **The English Roses**. New York: Calloway, 2003. "Nicole, Amy, Charlotte, and Grace are all horribly jealous of Binah, the perfect, beautiful, smart, kind girl who lives nearby. Even though they know Binah is lonely, she makes them sick."
- ▶ Madonna. **Mr. Peabody's Apples**. New York: Calloway, 2003. Inspired by a 300-year-old Ukrainian story, Madonna's tale is about the dangers of gossip.
- ▶ Moss, Peggy. **Say Something**. Gardiner, ME: Tilbury House Publishers, 2004. For kindergarten through grade 5; a young narrator describes different examples of bullying that she witnesses at school and on the bus, but remains silent.
- ▶ Munson, Derek. **Enemy Pie**. San Francisco: Chronicle Books, 2000. For kindergarten through grade 3; hoping that the Enemy Pie his father makes will help him get rid of his enemy, a little boy finds that instead it helps make a new friend.
- ▶ Naylor, Phyllis Reynolds. **King of the Playground**. New York: Aladdin, 1994. For preschool through grade 2; with his dad's help, Kevin overcomes his fear of the "King of the Playground."
- ▶ O'Neill, Alexis. **The Recess Queen**. New York: Scholastic Press, 2002. Mean Jean is the biggest bully on the school playground until a new girl arrives and challenges Jean's status as the recess queen.
- ▶ Palmer, Pat. **Liking Myself**. San Luis Obispo, CA: Impact Publishers, 1991. Introduction to self-esteem building for children. For grades K-4.
- ▶ Polacco, Patricia. **Mr. Lincoln's Way**. New York: Philomel Books, 2001. Everyone thinks Eugene, the school bully, is trouble; but Mr. Lincoln, "the coolest principal in the whole world" is determined to reach the boy.
- ▶ Sachar, Louis. **The Boy Who Lost His Face**. New York: Dell Yearling, 1989. Ever since his best friend Scott dropped him to join a popular group, David feels certain he's been cursed.
- ▶ Seskin, Steve and Allen Shamblin. **Don't Laugh At Me**. Berkeley, CA: Tricycle Press, 2002. A picture-book adaptation of the song that inspired an educational program run by Operation Respect.
- ▶ Williams, Karen L. **First Grade King**. New York: Clarion Books, 1992. A book about a first-grader's experiences dealing with the class bully. For grades K-3.

Elementary and Middle School Fiction

- ▶ DeClements, Barthe. **Nothing's Fair In Fifth Grade**. New York: Penguin Books, 1981. A fifth grade class, repelled by the overweight new student who has serious problems at home, finally learns to accept her.

- ▶ Estes, Esther. **The Hundred Dresses**. Orlando, FL: Harcourt Inc., 1944. A short chapter book about a group of girls who pick on someone who is a little different.; told from the perspective of the bully's best friend.
- ▶ Flake, Sharon. **The Skin I'm In**. New York: Jump At the Sun/Hyperion Books for Children, 1998. Seventh grader Maleeka, with the guidance of a new teacher, overcomes her low self-esteem and the bullying behaviors of her peers.
- ▶ Hahn, Mary Downing. **Stepping on the Cracks**. New York: Avon Books, 1991. In 1944, while her brother is overseas fighting in World War II, eleven-year-old Margaret and her friend find out that the school bully Gordy is hiding his brother, an army deserter. The girls decide to help Gordy.
- ▶ Levine, Gail Carson. **The Wish**. New York: HarperTrophy, 2000. When granted her wish to be the most popular girl in school, Wilma, an eighth grader, forgets that she will graduate in three weeks and her popularity will vanish.
- ▶ McCord, Pat Mauser. **A Bundle of Sticks**. Wethersfield, CT: Turtle Press, 2004. At the mercy of the class bully, fifth-grader Ben is sent to a Kajukenbo (martial arts) school, where he learns techniques to defend himself and embraces their peaceful philosophy.
- ▶ Millman, Dan. **Secret of the Peaceful Warrior: A Story About Courage and Love**. Tiburon, CA: H.J. Kramer Inc., 1991. An old man named Socrates shows Danny that the best way of dealing with a bully is the way of the Peaceful Warrior, through courage and love.
- ▶ Shreve, Susan Richards. **Joshua T. Bates Takes Charge**. New York: Knopf, 1993. Joshua was once teased by the class bullies, but fears that the new kid in town will become the new target. For grades 4-7.
- ▶ Singer, Nicky. **Feather Boy**. New York: Delacorte Press, 2001. This story, woven with mystery and humor, is about the aggressor/target relationship of two boys.
- ▶ Sinykin, Shery Cooper. **The Shorty Society**. New York: Puffin Books, 1996. Three seventh graders who are victims of nasty pranks perpetrated by two obnoxious boys turn the tables on their tormentors but thus run the risk of becoming malicious themselves.
- ▶ Van Draanen, Wendelin. **Secret Identity: Shredderman**. New York: Alfred A. Knopf Inc., 2004. Nolan, a fifth-grader who is tired of being pushed around and picked on by the class bully, takes matters into his own hands with a new secret identity: Shredderman.
- ▶ Wilhelm, Doug. **The Revealers**. New York: Farrar, Straus, & Giroux, 2003. Three seventh graders team up and use their school Internet to reveal the amount of bullying taking place in their middle school.
- ▶ Zeier, Joan T. **Stick Boy**. New York: Atheneum, 2003. When a growth spurt in the sixth grade makes skinny self-conscious Eric a school misfit and victim of the class bully, he is led to befriend Cynthia, a proud and spirited African-American girl who is disabled.

Middle School and Young Adult Fiction

- ▶ Bloor, Edward. **Tangerine**. New York: Scholastic Paperbacks, 2001. This novel highlights the role of adults, families, and schools in bullying situations; the story is set in rural Florida, with an eleven-year-old blind protagonist.
- ▶ Crutcher, Chris. **Staying Fat For Sarah Byrnes**. New York: HarperTempest, 2003. A novel about high school students Eric and Sarah who have been friends for years and how these two social outcasts helped one another to stand up against social cruelty among their peers and bullying adults.
- ▶ Crutcher, Chris. **Whale Talk**. New York: Greenwillow Books, 2001. T.J., an adopted multiracial teenager, shuns organized sports at his high school until he agrees to form a swimming team and recruits some of the school's less popular students.
- ▶ Friel, Maeve. **Charlie's Story**. Atlanta, GA: Peachtree Publishers, 2004. A fourteen-year-old girl named Charlie struggles to come to terms with the reasons for her mother's desertion, her father's silence, and the cruelty of her classmates.
- ▶ Hinton, S.E. **The Outsiders**. New York: Puffin (Reprint), 1967. The book's two different social groups epitomize the struggles teens face with their search for self, peer pressure, gang violence, lack of parental influence and socioeconomic status.
- ▶ Hipp, Earl. **Fighting Invisible Tigers**. Minneapolis: Free Spirit Publishing, 1995. A guidebook for kids in grades 6 and up, with information about life skills, stress management and more.
- ▶ Spinelli, Jerry. **Crash**. New York: Dell Yearling, 1996. Seventh grader 'Crash' Coogan is comfortable with his cocky super-jock and bully nature until his grandfather's stroke and an unusual Quaker boy make him reconsider the meaning of friendship and the importance of family.
- ▶ Spinelli, Jerry. **Loser**. New York: HarperTrophy, 2003. Even though his classmates consider him strange and a loser, Daniel Zinkoff's optimism and exuberance and the support of his loving family do not allow him to feel that way about himself.
- ▶ Spinelli, Jerry. **Maniac Magee**. New York: Little, Brown, 1990. Twelve-year-old Jeffrey comes to a small town, confronts racism, overcomes bullying, and promotes harmony between rival factions.
- ▶ Spinelli, Jerry. **Stargirl**. New York: Knopf Books for Young Readers, 2002. In this story about the perils of popularity, the courage of nonconformity and the thrill of first love, an eccentric student named Stargirl changes Mica High School forever.