

Children's Literature Focused on Bullying Prevention

Alley Oops – Janice Levy

This story relates the painful and embarrassing aftermath of name-calling and bullying from the perspective of the bully. J. J. Jax has been tormenting an overweight boy named Patrick, calling him Pig-Pen and Porky, to the point that Patrick is now afraid to go to school. Learning of his son's behavior, J. J.'s father lectures him to stop bullying Patrick. When that approach fails, Mr. Jax tries another tack and shares an experience he had as a youthful bully and the consequences he recently faced as a result of his actions. Touched by his father's words, J.J. reaches out to Patrick in a school arm-wrestling contest and experiences the "alley oops" moment of empowerment and self-esteem that comes from doing the right thing. Snappy dialogue highlights the harmful, lasting effects of bullying and the importance of finding common ground toward conflict resolution. Believable contemporary illustrations bring the story to life with expressive body language. (Grades 1-4)

Amelia Takes Command – Marisa Moss

In this fourth title in the series, Amelia is beginning fifth grade and is the target of the class bully. Through candid notebook entries and lively, captioned drawings, readers share Amelia's frustration and anger at being ostracized and cheer when she gains the necessary confidence at Space Camp to stand up to her intimidator back home. (Grades 3-5)

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies – Catherin DePino

Written for children who are victims to school bullies. The picture book refers to "The Plan" for the reader to identify 11 specific, practical tips for discouraging and coping with bullies. Live story features humor and a "normal" victim most readers can identify themselves with and describes the fears that victims have regarding the bully. (Grade 4 and up)

Bullies Are a Pain in the Brain – Trevor Romain

This book blends humor with serious, practical suggestions for coping with bullies. Trevor Romain reassures kids that they're not alone and it's not their fault if a bully decides to pick on them. He explains some people are bullies and describes realistic ways to become "Bully-Proof," stop bullies from hurting others, and get help in dangerous situations. And if bullies happen to read this book, they'll find ideas they can use to get along with others and feel good about themselves—without making other people miserable. (Grade 3 and up)

Bully on the Bus – Carl Bosch

Jack is being teased by the fifth-grade bully on the school bus. Readers help Jack decide whether to ignore him, ask an adult for help, or fight back. (Grades 4-6)

Don't Laugh at Me – Steve Seskin and Allen Shamblin

For anyone who's ever been bullied--or been a bully themselves--it's time to change your tune. This is not a book for whiners, but a new language that will give you the words you need to take charge and stop the cycle of teasing. (Age 3 and up)

Emily Breaks Free – Linda Talley

Why would a nice dog like Emily join forces with a big bully like Spike? Even Emily is confused about the answer to that question. It's true that Spike makes Emily laugh, in spite of herself, and he is fun- in a way. Emily is flattered that Spike invites her to tag along with him. But when Spike begins teasing a fluffy outsider named Cotton, Emily is sorry to see the hurt look on the little dog's face. And the dog biscuit Spike takes from Cotton does not taste as good as Emily had thought it would. Emily really regrets being lumped together with Spike as among "the meanest ol' dogs" Cotton has ever encountered. Just when Emily is wondering how to make things right, a bewhiskered terrier named Emerson saunters onto the scene. A dog of principle, Emerson shows Emily that it is possible to break free of Spike. (Kindergarten to Grade 4)

Hats – Kevin Luthardt

When a young boy enters a hat shop and sees there is a sale that day, he carefully chooses the perfect hat. Then a bully tells him, "Dumb hat!" The boy is crushed--is his hat really dumb? But other kids who come along think the hat is pretty cool. (Pre-school to Grade 2)

Have You Filled A Bucket Today? – Carol McCloud

Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves. (Ages 4 to 9)

How Do I Stand in Your Shoes? – Susan Debell

Miranda Peabody had no patience for the other students in class and just didn't understand why they couldn't be as smart and talented as she was. Her teacher, Mrs. Klemp, suggested that she try to understand other people by "standing in their shoes." After much searching, she learns the true meaning of "standing in someone else's shoes" and having empathy for others. This full-color, illustrated storybook for grades PK-4 includes discussion questions as well as activities to enhance learning about empathy. (Pre-kindergarten to Grade 4)

Jake Drake, Bully Buster – Andrew Clements

When Jake was three years old at Miss Lulu's Dainty Diaper Day Care Center, what did he know about bullies? Nothing. But he learned fast! Why? Because Jake was kind of smart and not a tattletale, and he had no big brother to protect him. He was a perfect bully magnet. But everything changed the year Jake was in second grade. That's when SuperBully Link Baxter moved to town. Jake had his hands full just trying to survive, until class project time. Who did the teacher assign to be Link's partner? You guessed it. Jake has to use all his smarts -- and his heart as well -- to turn himself from Jake Drake, Bully Magnet, to Jake Drake, Bully Buster. (Grades 2-5)

King of the Playground – Phyllis Reynolds Naylor

Kevin loves to go to the playground, but not when Sammy is there. And Sammy, who boasts that he is King of the Playground, is there most of the time. If he catches Kevin on the swings or the slide or the monkey bars, Sammy says, he will do awful, terrible things to him. Kevin tells his dad what Sammy says and they talk it over. One day Kevin gets his courage up and goes to the playground even though Sammy says he can't come in. Even though Sammy tells him to go home. Even though Sammy says he will put Kevin in a cage with bears in it. Will Kevin stay, or will he go home? How will he deal with Sammy? (Preschool – Grade 2)

Kicky the Mean Chick Learns Her Lesson – Erica Karres

In the first of Kickys tales, Kicky, the Mean Chick, is a bully to all the other chicks on the farm. Because she is bigger, Kicky picks on the other chicks by pushing, picking, punching and pecking. When Big Hen sees what she is doing he tells her that she can't join the other chicks when it is time for play. Kicky has to sit away from the others alone. Kicky becomes sad and realizes that being a bully is not so much fun. When Dearie, a smaller chick, asks her why she is sad she tells her that she has been mean to others. Dearie encourages Kicky to write a letter of apology to all the other chicks and make a promise to be nice from now on. Kicky the mean chick learns that being nice is better and more fun! (Kindergarten to Grade 2)

Mean, Mean, Maureen Green – Jody Cox

Who stuffs third graders' heads into garbage cans? Who rules the school bus and makes kids eat mud? It's Mean, Mean Maureen Green. Lilley is worried about being on the school bus with Mean Maureen. Luckily, her new friend Adam has some plans in mind for getting back at the school-bus bully. If only Lilley could ride her new two-wheeler to school, then she wouldn't take the bus. But she's scared of falling. Lilley knows she can't go on being afraid of the bike and the bully. It's time to stop being a wimp! (Grades 2-4)

Mim, Gym and June – Denis Roche

Mim is small for her age, and that's just fine with her. She can fit in places where other cats can't and her school principal always remembers her name. Best of all, she always gets to be first when her class lines up. But everything changes when she meets June in gym. June makes life miserable for Mim, and that's even before they wrestle. . . . Only the unlikeliest of events can make things right between these two very different cats. (Kindergarten to Grade 2)

Miranda Peabody and the Magnificent Friendship March – Susan Debell

Miranda Peabody and her friends try again and again to stand up to the bully they call Mean Maxie Baxter. But they are continuously unsuccessful until Miranda and her friends confide in some trusted adults, about these problems. They learn that uniting in friendship activities and learning about anti-bully tactics can do much to eliminate bullying and build lasting friendships. (Pre-K to Grade 4)

My Secret Bully - Trudy Ludwig

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why. Monica is a target of **relational aggression**, emotionally bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully. (Grades 2-5)

My ~~Worst~~ Best Sleepover Party – Anna Morgan and Rachael Turkienicz

Rose decides to have a sleepover party for her birthday. What she thought was a great idea turns into a nightmare when the two most popular girls in the class declare they won't attend if Rose insists on inviting her best friend, Stacy. (Grades 1-5)

Nobody Knew What To Do – Becky McCain

This story tells how one child found the courage to tell a teacher about Ray, who was being picked on and bullied by other kids in school. This book provides readers with basic strategies for dealing with bullies and encourages children and adults to work together to make sure that bullying doesn't happen. At the same time, the book will serve as a catalyst for teaching tolerance and understanding. (Grade 1 and up)

One of Us – Peggy Moss

This book explores the stress of peer pressure and what is truly lost when we try to fit in. It's simple, powerful message: true friends respect what makes you who you are. This is a terrific conversation starter for parents and teachers, and a must-read for kids. "You are one of us," Carmen tells Roberta on her first day of school. Roberta gladly sits with the rest of the straight-up hair girls, until she hears they don't play on the monkey bars. Roberta loves the monkey bars and leaps at the chance to swing with the monkey bar posse, until she hears they don't carry flowered lunch boxes. Roberta moves from clique to clique asserting her individualism until it seems she has nowhere to sit but alone. Not to worry, Roberta discovers a crew just like her - different. (Grades 1-3)

Our Friendship Rules – Peggy Moss

It's pretty easy to join the cool crowd. All you have to do is ditch your best friend first.

Alexandra and Jenny have been best friends for a long time. But when Alexandra is momentarily dazzled by the glamour of a new girl at school, she's willing to do almost anything to get to be the cool girl's friend.

Ultimately, she tells her best friend Jenny's biggest, most important secret and just like that, Alexandra is in.

And Jenny is out. When Alexandra realizes what it feels like to lose her best friend, and sees the hurt she's caused, she knows she has to figure out a way to regain the relationship that's far more important to her than being invited to sit with the popular girls. (Grades 3-5)

Pinky and Rex and the Bully – James Howe

Pinky is forced into an identity crisis when his nickname and favorite color is deemed girlish by a bully. He wonders if, now that he's seven, it's time to change. An elderly neighbor suggests that he remain true to himself and question the "rules of behavior" instead. With his pal Rex (a girl) at his side, Pinky verbally confronts his tormentor. The older boy's aggressive bluster crumbles in the face of Pinky's new confidence. As in the previous books in the series, Howe affirms that boys (and girls) can be whatever they want to be. (Grades 1-4)

Reluctantly Alice – Phyllis Reynolds Naylor

After her first day in junior high, Alice McKinley says, "I can think of at least seven things about seventh grade that stink." But after a week, Alice has decided that maybe junior high isn't so bad. In fact, maybe she can go a whole year being friends with everyone, teachers and students alike. This is before she has her first run-in with Denise "Mack-Truck" Whitlock. Alice, who has survived sixth grade and *The Summer of the First Boyfriend*, soon discovers that it isn't so easy to be Alice the Likeable. Even her best friends get in the way sometimes. And just when she is sure no one has more problems than she does, she is drawn into the ones her twenty-year-old brother and her widowed father are facing, which seem worse. Thinking a favorite teacher may hold the answer to at least one difficulty, Alice ends up with a bigger mess than ever. She realizes, however, that it is possible to overcome disaster and to find a way out of troubles. Most of all, she discovers, it's good to have a father and a brother who love you and look out for you. In fact, sometimes, having family is almost enough. (Grades 5-8)

Rosie's Story – Martine Gogoll

Unhappy because the other students in her class make fun of her red hair and freckles, Rosie writes a story about how she feels and discovers that she is not alone. (Kindergarten to Grade 2)

Say Something – Peggy Moss

At this school, there are some children who push and tease and bully. Sometimes they hurt other kids by just ignoring them. The girl in this story sees it happening, but she would never do these mean things herself. Then one day something happens that shows her that being a silent bystander isn't enough. Will she take some steps on her own to help another kid? Bright, fluid, realistic watercolors illustrate the story, set in a school with lots of diversity. Resources at the end of the book will help parents and children talk about teasing and bullying and find ways to stop it at school. One child at a time can help change a school. (Kindergarten and up)

Simon's Hook – Karen Burnett

Simon is having a bad day; a bad hair day. First his sister gives him a strange hair cut, then his friends tease him. Simon doesn't know what to do. Lucky for him he runs into Grandma Rose. After listening to his sorrowful story she helps him learn an important life lesson; how to handle teases and put-downs. By comparing teases to fishing hooks she tells him a tale of how fish learned not to bite. With fanciful characters such as Harmony Hippy Fish, Freddie Fang, Max the Mouse Fish and more, Simon learns that he, too, can swim free from the teasing hooks that people toss his way. (Grade 1 and up)

Sorry – Trudy Ludwig

Jack's friend Charlie seems to know how to get away with just about anything. Adults always back down when you say you're sorry. But does an apology count if you don't really mean it? Jack learns that the path to forgiveness isn't always the easiest. (Grades 1-3)

Stand Tall Molly Lou Melon – Patty Lovell

"Leave it to Molly to transform all her 'faults' into marvelous talents. The pages are filled pictures with wild perspectives, goofy-looking kids, and hilarious details. It leaves readers with the feeling that anything can be accomplished if you are the best person you can be and make the most of your gifts." (Age 4 and up)

The Bully Blockers Club – Teresa Bateman

Lotty Raccoon is excited. This year she has a new teacher, new backpack, and new shoes. But her enthusiasm quickly wanes when Grant Grizzly begins bullying her. At the advice of her brother and sister, Lotty tries ignoring Grant and making a joke of it all, but neither approach works. When her parents hear about Grant, Lotty's dad talks to the teacher. Although the teacher speaks to Grant and Lotty, now Grant just bullies her when no adult is around. After talking to her family again, Lotty comes up with an idea. She notices other kids are being bullied by Grant, too. She gathers everyone together and they form a club--The Bully Blockers Club. Now when Grant tries to bully someone, the other kids speak up. That gets an adult's attention, and Grant stops his bullying! (Preschool to Grade 3)

The English Roses – Madonna

The English Roses is a story of rivalry and friendship among schoolgirls in contemporary London. Four little girls-Nicole, Amy, Charlotte, and Grace-are eleven years old and the very best of friends. They have sleepovers, picnics and ice-skating parties that exclude Binah, a beautiful girl whose seemingly perfect life makes them "green with envy." However, when a feisty, pumpernickel-loving fairy godmother takes them on a magical journey, they learn to their great surprise that Binah's life is not nearly as enviable as it had seemed. *The English Roses* is an inspiring story about the importance of compassion and the rewards of friendship. (Grade 1 and up)

The Girls – Amy Goldman Koss

Maya has been part of the group ever since the day Candace asked her if she wanted to "do lunch" in the cafeteria. Yet when Candace suddenly deems her unworthy, Maya's so-called friends just blow her off. While Maya just wants the girls back like they used to be, she knows that can never happen-because whatever Candace wants, Candace gets, no matter who gets hurt. Maya isn't sure exactly where things went wrong for her, but she knows she has to find out who her real friends are, and who among the girls she can trust. (Grades 5-8)

The Hundred Dresses – Eleanor Estes

Eleanor Estes's *The Hundred Dresses* won a Newbery Honor in 1945 and has never been out of print since. At the heart of the story is Wanda Petronski, a Polish girl in a Connecticut school who is ridiculed by her classmates for wearing the same faded blue dress every day. Wanda claims she has one hundred dresses at home, but everyone knows she doesn't and bullies her mercilessly. The class feels terrible when Wanda is pulled out of the school, but by that time it's too late for apologies. Maddie, one of Wanda's classmates, ultimately decides that she is "never going to stand by and say nothing again." This powerful, timeless story has been reissued in paperback with a new letter from the author's daughter Helena Estes, and with the Caldecott artist Louis Slobodkin's original artwork in beautifully restored color. (Grades 3-5)

The Recess Queen – Alexis O'Neill

Mean Jean was Recess Queen and nobody said any different. Nobody swung until Mean Jean swung. Nobody kicked until Mean Jean kicked. Nobody bounced until Mean Jean bounced. If kids ever crossed her, she'd push 'em and smooch 'em lollapaloosh 'em, hammer 'em, slammer 'em kitz and kajammer 'em. Until a new kid came to school! With her irrepressible spirit, the new girl dethrones the reigning recess bully by becoming her friend in this infectious playground romp. (Age 4 and up)

Trouble Talk – Trudy Ludwig

Maya's friend Bailey loves to talk about everything and everyone. At first, Maya thinks Bailey is funny. But when Bailey's talk leads to harmful rumors and hurt feelings, Maya begins to think twice about their friendship. In her fourth book for children, relational aggression expert Trudy Ludwig acquaints readers with the damaging consequences of "trouble talk"-talking to others about someone else's troubles in order to establish connection and gain attention. The book includes additional resources for kids, parents, and teachers, and advice from Trudy about how to combat trouble talk as well as a foreword by Dr. Charisse L. Nixon, author of *Girl Wars: 12 Strategies That Will End Female Bullying*. (Grades 2-4)

Bullying Resources

- SACSC Booklets and Tip Sheets – in hard copy and online at: www.safeandcaring.ca
- 101 ½ Creative Strategies and Activities for Working with Relational Aggression – Kaye Randall and Allyson Bowen
- Creating a World Without Bullying – edited by Pepler, Cummings and Craig
- Don't Pick On Me: Help for Kids to Stand Up to and Deal with Bullies – Susan Green
- Don't Pick On Me: How to Handle Bullying – Rosemary Stones
- Girl Wars: 12 Strategies That Will End Female Bullying – Cheryl Dellasega and Charisse Nixon
- Odd Girl Out: The Hidden Culture of Aggression in Girls – R. Simmons
- Rise Up For Respectful Relationships: Prevent Bullying – Edited by Pepler, Craig and Cummings
- Stand Up for Yourself and Friends – Patti Kelley Criswell
- Stick Up For Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem – G Kaufman and L Raphael
- The Bully, the Bullied and the Bystander – Barbara Coloroso
- Understanding and Addressing Bullying: An International Perspective – Edited by Pepler, Craig and Cummings

Bullying Websites

- www.safeandcaring.ca
- www.opheliaproject.org/
- www.kidshelpphone.ca
- www.redcross.ca/StandUp
- www.bullyhelp.org
- www.mediasmarts.ca
- www.protectchildren.ca/
- www.prevnet.ca/
- www.2learn.ca