

Bullying Resource List

Articles, Books, and Guides

Barone, Frank J. (1997). Bullying in Schools. *Phi Delta Kappan*, 79(1), 80-82. EJ550565

Being bullied is neither a “part of growing up” nor a “rite of passage.” Some children never get over the fear and humiliation. Effective remedies include tougher discipline, increased supervision, counseling for students, and in-service training for teachers. A widely used Norwegian intervention by Daniel Olweus creates a school environment characterized by positive interactions with adults and sanctions against bullying behavior.

Garrity, Carla; Jens, Kathryn; Porter, William; Sager, Nancy; Short-Camilli, Cam. (1994). *Bully-Proofing Your School: A Comprehensive Approach for Elementary Schools*. Available from: Sopris West, 1140 Boston Ave., Longmont, CO 80501; phone: 800-547-6747; 367p. ED383956

This book presents a comprehensive program designed to make the school environment safe for children both physically and psychologically. The program presents both a process and all the materials necessary for adoption of a school-wide bully-proofing program. The program consists of five components: (1) staff training, (2) student instruction, (3) support of the victimized children, (4) intervention with bullies, and (5) working with parents.

Sjostrom, Lisa; Stein, Nan. (1996). *Bully Proof: A Teacher's Guide on Teasing and Bullying for Use with Fourth and Fifth Grade Students*. Available from: Wellesley College Center for Research on Women, 106 Central St., Wellesley, MA 02181; phone: 617-283-2500. PS024450; 60p.

This publication presents classroom lesson plans on bullying that consist of 11 sequential core lessons comprised of writing activities, reading assignments,

class discussions, role plays, case studies, and homework assignments that relate to bullying, teasing, and sexual harassment. The lessons are designed to help children distinguish between appropriate and inappropriate, playful and hurtful behavior.

Foltz-Gray, Dorothy. (1996). The Bully Trap: Young Tormentors and Their Victims Find Ways Out of Anger and Isolation. *Teaching Tolerance*, 5(2), 18-23. EJ533605

This article explores nonpunitive ways to deal with bullies and their victims in school settings. Appropriate consequences for the bully and role play training for bullies, victims, and other children are among the possible solutions. Parent participation can be very important, but any approach must begin with establishing the child's trust.

Olweus, Dan. (1995). *Bullying at School: What We Know and What We Can Do*. Available from: Blackwell Publishers/AIDC, P.O. Box 20, Willinston, VT 05495-0020. ED384437; 140p.

This book describes survey data and an intervention program conducted in Sweden and Norway as part of a government-led nationwide campaign against bullying. The goals of the intervention program were to: (1) reduce or eliminate both direct bullying (open physical or verbal attacks) and indirect bullying (social isolation, confidence reduction); (2) achieve better peer relations at school; and (3) create conditions that enabled victims and bullies to function better in and out of the school setting.

Webster-Doyle, Terrence; Russ, Adryan. (1994). *Why Is Everybody Always Picking on Me? A Special Curriculum for Young People to Help Them Cope with Bullying (for Ages 8-12) and Why Is Everybody Always Picking on Me: A Guide to Handling Bullies for Young People*. Available from: Atrium Society

Publications, P.O. Box 816, Middlebury, VT 05753; phone: 800-848-6021. ED410007; 190p.

These curriculum materials include a leader or teacher's guide for helping 8- through 12-year-old children cope with bullying, a text for students, and a poster illustrating ways for children to react to bullies. The teacher's guide presents 16 lessons for teachers to use in the classroom.

Ross, Dorothea. (1996). *Childhood Bullying and Teasing: What School Personnel, Other Professionals, and Parents Can Do*. Available from: American Counseling Association, P.O. Box 531, Annapolis Junction, MD 20701-0531; phone: 800-422-2648. ED402527; 265p.

This book provides detailed procedures for the prevention and management of bullying and teasing in the school system. It presents a comprehensive overview of bullying and teasing, along with practical assessment and intervention procedures designed to help both the victim and the tormentor.

Bullying: Don't Suffer in Silence. An Anti-Bullying Pack for Schools. (1994). Available from: HMSO Publications, P.O. Box 276, London, SW8 5DT, England; phone: 071-873-9090. ED407130; 142p.

This book offers practical advice on steps schools can take to combat bullying, including how to establish a whole-school policy against bullying. It gives details of the practical intervention methods schools can adopt, illustrates these through case studies, and tells schools where they can get further information.

Rigby, Ken. (1996). *Bullying in Schools: And What to Do about It*. Available from: Australian Council for Educational Research, 19 Prospect Hill Rd., Camberwell, Melbourne, Victoria. ED409116; 299p.

The purpose of this book is to provide an understanding of the phenomenon of school bullying and to suggest ways to counter it effectively. These

purposes are addressed in parts 1 and 2 of the book respectively. Resources and organizations in Australia are listed.

Videos

Bully Beware! Take Action against Bullying. (1997). Available from: Bully B'ware Productions, 1421 King Albert Avenue, Coquitlam, British Columbia, Canada V3J 1Y3.

This video contains four scenarios of bullying incidents in middle school. A teacher's guide is included.

Don't Pick on Me. (1993). Available from: Sunburst Communications, 101 Castleton St., Pleasantville, NY 10570; phone: 800-431-1934.

This two-part video-based program identifies the basic underlying dynamics of teasing and harassment and provides the basis for generating discussion regarding such behavior.

Michael's Story: The No Blame Approach. (1992). Available from: Lucky Duck Publishing, 34 Wellington Park, Clifton, Bristol BS8 2UW, England. Email: luckyduck@dial.pipex.com

The video and accompanying booklet describe a problem-solving, nonpunitive approach used in English schools aimed at helping victims of bullying.

Stamp Out Bullying. (1991). Available from: Lucky Duck Publishing, 34 Wellington Park, Clifton, Bristol BS8 2UW, England. Email: luckyduck@dial.pipex.com

Produced for teachers, this British video presents a training workshop for pupils that raises awareness of the damage that bullying causes.

Broken Toy. (1992). Available from: Summerhill Productions, 846½ McIntire Ave., Zanesville, OH 43701.

This video presents scenarios in the life of a 12-year-old boy who is the victim of bullying. It is recommended for grades 5 and up.

Children's Books

Romain, Trevor; Verdick, Elizabeth. (1997). *Bullies Are a Pain in the Brain*. Minneapolis, MN: Free Spirit. 105p.

Carlson, Nancy. (1985). *Loudmouth George and the Sixth-Grade Bully*. New York: Puffin Books. 32p.

Walker, Alice. (1991). *Finding the Green Stone*. San Diego: Harcourt Brace Jovanovich. 40p.

Bosch, Carl W. (1988). *Bully on the Bus*. Seattle, WA: Parenting Press. 58p.

Carrick, Carol. (1983). *What a Wimp!* New York: Clarion Books. 89p.

Coombs, Karen Mueller. (1991). *Beating Bully O'Brien*. New York: Avon. 104p.

Naylor, Phyllis Reynolds. (1992). *Reluctantly Alice*. New York: Dell. 182p.

Cohen-Posey, Kate. (1995). *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. 91p.

Stoltz, Mary. (1985). *The Bully of Barkham Street*. New York: Harper & Row. 194p.

Internet Resources

Bullying: A Survival Guide. Produced by BBC Education, this site contains guidelines for dealing with bullying in different situations—from school to work. URL: <http://www.bbc.co.uk/education/bully/>

Bullying and How to Beat It. This site in the United Kingdom provides information and advice on bullying. URL: <http://www.childline.org.uk/factsheets/bullying1.htm>

Maine Project against Bullying Web Site. Funded through the Maine Department of Education, this site describes an anti-bullying project and provides links to related resources. URL: <http://lincoln.midcoast.com/~wps/against/bullying.html>

No Bully Web Site. This practical site offers resources and information about bullying for children and adults. URL: <http://www.nobully.org.nz/>

Preventing and Countering School-Based Harassment: A Resource Guide for K-12 Educators. This guide highlights school-based harassment issues, describes some effective remedies and prevention strategies, and suggests additional resources. URL: <http://www.nwrel.org/cnorse/booklets/harassment/index.html>

BULLY-L. Bullying and Victimization in Schools. To join this electronic discussion group, send the message “sub BULLY-L your name” to listserv@nic.surfnet.nl

Educators for Social Responsibility. This non-profit organization develops curricula and trains teachers with a particular focus on conflict resolution. URL: <http://www.esrnational.org/>

Atrium Society Information Center. This Web site describes the Atrium Society, including information about the Education for Peace and Martial Arts for Peace books and programs for young people. URL: <http://www.atrumsoc.org/>

References identified with an ED (ERIC document), EJ (ERIC journal), or PS number are cited in the ERIC database. Most documents are available in ERIC microfiche collections at more than 900 locations worldwide, and can be ordered through EDRS: (800) 443-ERIC. Journal articles are available from the original journal, interlibrary loan services, or article reproduction clearinghouses such as UnCover (800-787-7979), UMI (800-732-0616), or ISI (800-523-1850).

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