

Anti-Bullying and Promoting Kindness Resources for Parents & Caregivers

[Stop Bullying](#)

Government website that provides information from various government agencies on bullying, cyberbullying, prevention and response.

[Committee for Children](#)

The Committee for Children provides video resources for educators and families to promote the safety, well-being and success of children in life and in school.

[PACER'S National Bullying Prevention Center](#)

The National Bullying Prevention Center has a list of resources on prevention, facts, alternatives and different types of bullying to create a world without bullying.

[PACER's National Bullying Prevention Center on Cyberbullying](#)

Multi-page module featuring helpful information, videos, and interaction

[PACER's Kids Against Bullying](#)

Created for children to engage on their own to learn more about bullying, prevention, and how to help.

[The Bully Project](#)

The Bully Project is a film and activism site with tools for educators, parents, students, advocates and those interested in helping those with special needs.

Books for Students:

[Children's/ Picture Books](#)

Trouble Talk

By Trudy Ludwig

This book highlights the harm that can result from spreading rumors. The story follows Bailey, a new girl in school who befriends a girl named Maya. Bailey soon turns on Maya and spreads a rumor that Maya's parents are getting divorced. Through the help of the school counselor, Bailey learns a lesson on how to pick friends and stay above the fray. Bailey eventually learns to reform her behavior. The book is for children ages 4 to 8.

Confessions of a Former Bully

By Trudy Ludwig (author) and Beth Adams (illustrator)

This work of fiction is told from the perspective of a 10-year-old bully. After finding herself in the principal's office for harassing other students, Katie reflects on her actions through a journal. The writings, in scrap-book form, give insights on physical, emotional and online harassment. The book is geared for grades 3 to 6.

Nobody Knew What to Do

By Becky Ray McCain (author) and Todd Leonardo (illustrator)

This picture book tells the story of Ray, a new kid at school who is targeted by bullies. The story is told from the perspective of a bystander, who finally decides to tell a teacher what is going on after Ray stops coming to school. The school then takes actions to resolve the issue, and Ray and the narrator become friends. The book is geared toward young children, and reveals the steps that should be taken if bullying is witnessed.

Say Something

By Peggy Moss (author) and Lea Lyon (illustrator)

Say Something looks at bullying from a bystander's perspective, and highlights the importance of speaking up. The protagonist stays silent when she witnesses the bullying of classmates, but begins to identify with them when she is teased. She responds by reaching out to another girl who is often harassed. The book is useful for identifying different types of bullying and generating discussion on how to stop the behavior. The book includes illustrations and is geared for young elementary school students.

Just Kidding

By Trudy Ludwig (author) and Adam Gustavson (illustrator)

Just Kidding tells the fictional story of D.J., a new kid at school whose feelings are hurt by Vince, a boy who taunts him. Vince plays down the teasing by claiming he is "just kidding." Hurt and confused, D.J. turns to his father, who comes up with defensive strategies. When these fail, D.J.'s teacher gets involved to stop the behavior. This picture book is geared toward elementary school students.

My Secret Bully

By Trudy Ludwig (author) and Abigail Marble (illustrator)

This book, written for elementary students, touches on the issue of friends who bully. The fictional story focuses on Monica, who is increasingly teased and excluded by her best friend Katie. The book highlights the subtle bullying that takes place among girls and is often overlooked. Monica eventually overcomes her issues with Katie with the help and support of her mother.

Sorry!

By Trudy Ludwig (author) and Maurie J. Manning (illustrator)

Sorry! explores the problem of bullying and the insincere apology. The story follows Charlie, who is a popular boy who causes trouble but gets away with things by saying "sorry." After destroying a classmate's science project, he learns from his teacher that his behavior is unacceptable and that empty words cannot undo his pranks. The book is for elementary students, and includes an afterword by apology expert Dr. Aaron Lazare and discussion questions.

[Books for Teens and Preteens](#)

Please Don't Cry, Cheyenne

By Candy J. Beard

The book follows Cheyenne, a junior high student who is bullied for her family's poor financial status and her plain looks. She suffers humiliation at the hands of a "rich clique." The story illustrates Cheyenne's journey toward inner strength.

Speak

By Laurie Halse Anderson

Laurie Halse Anderson's *Speak* was named a 2000 Printz Honor Book, and has earned about a dozen additional accolades. It tells the story of the fictional Melinda Sordino, a high school freshman who becomes an outcast after calling the cops on a summer party. The book follows Melinda as she loses her friends and interests, and spirals into depression. Her only solace is art class, where she receives the support of her art teacher. It is eventually revealed that Melinda was the victim of a brutal rape at the party, which prompts her peers to express sympathy and support.

Letters to a Bullied Girl: Messages of Healing and Hope

By Olivia Gardner, Emily Buder and Sarah Buder

After Olivia Gardner, a 14-year-old Californian, was severely taunted and cyberbullied, teens from a neighboring town decided to take action. They initiated a letter-writing campaign to lift her spirits that became the basis for this book. It contains letters from bullying victims, remorseful bullies and bystanders, and advice from expert Barbara Coloroso (*The Bully, the Bullied, and the Bystander*).

Breaking Point

By Alex Flinn

In her second novel, Flinn focuses on why teens commit violence. The protagonist, Paul, is targeted by bullies when he moves from home-schooling to a wealthy prep school. He is harassed because he is the son of a poor single mom and only has one friend. He is soon manipulated by Charlie, a popular boy, who convinces him to hack into the school's computers. Things take a turn for the worse when another bullied student commits suicide. Eventually, Paul becomes so enamored with Charlie that he considers planting a bomb in the school to gain his acceptance. The book follows Charlie as he learns about himself and his relationships.

The Hive

By Kelley Powell Barcellona

Barcellona, a former middle school teacher, sheds light on the inner workings of female cliques. The book follows members of "the hive," a group of four popular girls who torment other students. It is eventually revealed that Brook Stevens, the hive's leader, displays aggressive behavior due to a turbulent home life. The book is meant to explore possible motivations for bullying, provide support for victims, and expose the pain caused by bullying.

[Self-Help for Children](#)

Stand Up for Yourself and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way

By Patti Kelley Criswell (author) and Angela Martini (illustrator)

This book provides defense strategies for bully victims, specifically females. It includes quizzes, quotes and scenarios to help readers gain confidence, learn how to stand up to a bully, and determine when to ask for help from adults.

Stick Up for Yourself! Every Kids Guide to Personal Power & Positive Self-Esteem

By Gershen Kaufman, Lev Raphael and Pamela Espeland

This self-help book promotes positive thinking and high self-esteem. It includes situational anecdotes and exercises for exploring one's feelings and finding happiness. The School Library Journal says the book can be used independently, but is "most effective within the classroom, family, or guidance group."

Bullies Are a Pain in the Brain

By Trevor Romain

This self-help book targets children ages 8 to 13. The book uses illustrations and is easy to read. Romain gives advice on how to stand up to bullies and when to get help from an adult. It can be read on its own, or used as part of Romain's "Bullies Are a Pain in the Brain" curriculum set, geared for grades 5 and 6. The Trevor Romain Company also provides curriculums for grades 1-2 and 3-4.

Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself

By Scott Cooper

This book offers 21 strategies for expressing feelings, building relationships, conflict mediation and dealing with bullying. Each technique is illustrated with examples. The book can be used by children who want to learn and adults who want to promote these types of skills.

Books for Parents

The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle

By Barbara Coloroso

This book is geared toward helping parents and teachers deal with bullying situations among children. Coloroso defines the roles of the bully, the bullied and the bystander, and analyzes ways to alter their behavior. Coloroso also provides insight on cliques, hazing, taunting and sexual bullying.

Girl Wars: 12 Strategies that Will End Female Bullying

By Cheryl Dellesega and Charisse Nixon

This guide to confronting bullying is aimed at adults, specifically parents. It presents strategies for preventing bullying among preteen and teenage girls and for how to handle bullying situations. It explains ways to help the bully deal with her issues; provide supportive role models; teach communication skills; stress assertiveness, not aggressiveness; learn conflict resolution skills; and identify alternatives to bullying behavior.

Odd Girl Out: The Hidden Culture of Aggression in Girls

By Rachel Simmons

Rachel Simmons is a Rhodes Scholar, former teacher and director of the Girls Leadership Institute, an organization that offers camps and workshops to instill confidence in girls and promote healthy relationships. Simmons bases this book on the accounts of more than 300 girls at 30 schools, and sheds light on a “hidden culture of silent and indirect aggression.” She highlights the less obvious forms of bullying, such as dirty looks, gossip, rumors and relational aggression, which girls often suffer from. Simmons offers advice for parents, teachers and girls on how to end these destructive patterns. The

book was the inspiration for a Lifetime movie, also titled “Odd Girl Out.” Simmons followed up this book with “Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy,” a compilation of anecdotes, poems and letters from Simmons' school visits.

Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself

By Scott Cooper

This book offers 21 strategies for expressing feelings, building relationships, conflict mediation and dealing with bullying. Each technique is illustrated with examples. The book can be used by children who want to learn and adults who want to promote these types of skills.