



# Stop Bullying Before it Starts:

## Arming Our Children with Emotional Intelligence

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### Bullying Resources

#### Picture Books about Dealing with Bullies

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[\*Berenstain Bears and the In-Crowd\*](#) by Stan and Jan Berenstain (1989)

Queenie McBear, the bossy new she-cub in town, tries to take over by putting other cubs down. But she's in for a lesson when Sister Bear decides not to give in to Queenie's peer pressure tactics.

[\*Bully Blockers Club\*](#) by Teresa Bateman (2004)

When Lottie Raccoon is bothered by a bully at school named Grant Grizzly, she helps start a club called the Bully Blockers Club, where everyone is welcome.

[\*The Bully from the Black Lagoon\*](#) by Mike Thaler (2008)

When a boy hears that a noted bully known as Butch Pounder is transferring to school, he is afraid of the trouble that Butch will cause.

[\*Dino Boulder Ball\*](#) by Jonathan Emmett (2007)

When faced with the bullying Tyro, a terrible tyrannosaur, Cosmo, the smallest dinosaur in Volcano Valley, and Patty, the slowest, prove that size and speed aren't everything.

[\*Ed Emberley's Bye-bye, Big Bad Bullybug!\*](#) by Ed Emberley (2007)

Die-cut pages reveal the scary and mean parts of a bullybug as it prepares to attack some itty-bitty baby bugs, but a rescuer arrives on the scene before the bully can make good on its threats.

#### Books for Elementary School

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[\*Lucky the Picked On Puppy\*](#) by Phyllis Nelson (2007)

Lucky the Basset Hound was excited to go to obedience school. He was eager to learn and make friends. However things changed for the worse during recess... he met the bully named Brutis.

[\*Pinky and Rex and the Bully\*](#) by James Howe (1996)

Pinky's favorite color is pink, and his best friend, Rex, is a girl. Kevin, the third-grade bully, says that makes Pinky a sissy. Deep down, Pinky thinks Kevin is wrong, but he's still worried. Does Pinky have to give up his favorite things, and worse, does he have to give up his best friend?

[\*Mean Mean Maureen Green\*](#) by Judy Cox (2001)

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!

[\*Jake Drake, Bully Buster\*](#) by Andrew Clements (2007)

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?

[\*Why is Everyone Picking on Me?\*](#) by Terrence Webster-Doyle (1999)

This is a workbook for bullies and victims ages eight to fourteen. With sample dialogue and exercises, it teaches children to respect themselves and introduces them to a variety of threatening situations and how to resolve

them nonviolently. It also includes notes to teachers on how to combine various lessons for the most effective teachings.

### Chapter Books About Dealing with Bullies

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[Alabama Moon](#) by Watt Key (2008)

After the death of his father, ten-year-old Moon leaves his forest shelter home and is sent to an Alabama institution, becoming entangled in the outside world he has never known and making good friends, a relentless enemy, and finally a new life.

[Chrissa](#) by Mary Casanova (2009)

Chrissa Maxwell moves to a new school in the middle of the year, and the girls in her fourth-grade class are decidedly unfriendly. On the advice of her grandmother, Chrissa tries first to be nice, and then to ignore the mean girls. But they just won't quit, and when the teasing turns into serious bullying, Chrissa must find the courage to stand strong and speak out.

[Elvis the Squirrel](#) by Tony Bradman (2007)

When Ronnie the raven captures Chuck the squirrel and terrorizes the neighborhood, fellow squirrel Elvis finds that great things can be accomplished with cooperation from the other neighborhood animals.

[Hot Hand](#) by Mike Lupica (2007)

In the wake of his parents' separation, ten-year-old Billy seems to have continual conflicts with his father, who is also his basketball coach, but his quiet, younger brother Ben, a piano prodigy, is having even more trouble adjusting, and only Billy seems to notice.

[How to Face Up To the Class Bully!](#) by Valerie Wilson Wesley (2007)

Willimena Thomas has to deal with the class bully and the back-to-school blues.

[Indigo's Star](#) by Hilary McKay (2003)

Spurred on by his youngest sister Rose, twelve-year-old Indigo sticks up for himself and an American boy who has replaced him as the primary target of the school bullies.

[I am Jack](#) by Susanne Gervay (2009)

Eleven-year-old Jack suffers terrible headaches as he worries that his grandmother will soon die, his mother's boyfriend will move in--or leave--and especially that the school bully will get revenge for Jack's ill-timed joke at his expense.

### Resources for Talking About Bullying for Parents and Teachers

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*The Bully, the Bullied, and the Bystander: From Pre-school to High School: How Parents and Teachers Can Help Break the Cycle of Violence* by Barbara Coloroso (2004)

A guide for parents and educators offers advice on recognizing bullying behavior while making suggestions on how to appropriately discipline bullies, protect children, and formulate constructive school and community practices.

*Girl Wars: 12 Strategies that Will End Female Bullying* by Cheryl Dellasega & Charisse Nixon (2003)

A practical handbook designed to help eliminate bullying and other hurtful actions among adolescent girls. Explores the evolution of relational aggression among girls, why it happens, the dangers of such cruel behavior, and how to alleviate not only the negative behavior but also the culture that spawns it.

*How to Stop Bullying and Social Aggression: Elementary Grade Lessons and Activities that Teach Empathy, Friendship, and Respect* by Steve Breakstone (2009)

Providing strategies for promoting healthy social-emotional development and respectful communication, the authors offer interactive lessons that engage bullies, victims, and bystanders at their own level. (Annotation from Amazon.com)

*No Room for Bullies: From the Classroom to Cyberspace*, editors, José Bolton & Stan Graeve (2005)

Helpful strategies on what to do when a child acts like a bully, is a victim, or suffers from "bystander silence."

Includes a 12-point checklist on preventing problems in hallways, classrooms, and common areas.