

Bullying in Children: A Bibliotherapy List

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Picture Books

McCain, B.R. (2001). *Nobody knew what to do: A story about bullying*. Morton Grove, IL: Albert Whitman & Company.

This picture book is based on a student who continuously witnesses his friend Ray being bullied. He wants to help but is scared and doesn't know how. He hopes it'll go away, but it doesn't. One day he builds the courage and reports the bullying to a teacher. The next day the teacher and principal stop the bullying while it is taking place during the students' break hour. Ray and his peers learned that bullying is never okay and that working together will make it come to an end. This book is a great resource for those students who witness bullying and do not know what to do, or are scared to do something. Its pictures give the reader a great example of what bullying is from the perspectives of the witness, bully, and victim. Most importantly, it shows the reader how together you can make a difference.

Nickle, J. (1999). *The ant bully*. New York, NY: Scholastic Press

This picture book is a great resource for children who are victims of bullying and who bully others. Lucas was unique; he dressed different and acted different than the other students. This made him a target for the neighborhood bully. Lucas was bullied by Sid the neighborhood bully. When Lucas was bullied, he would later go sit on the sidewalk and bully the ants. In this fictional book, the ants capture Lucas and take him to their queen. The ant queen made him work long hours in the ant community as a consequence for trying to destroy what they have worked so hard to build. One day after a long day's work, Lucas sat to talk with the ants, where they asked him how it felt to be a giant. Lucas responded that he was no giant, but Sid the bully was. He explained to them that Sid was always stealing his hat

and spraying him with the hose. Then the ants replied “oh like you do to us”? This is where Lucas realized that what Sid was doing to him; he was doing to someone else. Once Lucas was released back to the human world, he stumbled on Sid the bully, who was just captured by the ants. The moral of the story teaches children that just because someone bullies them, it does not make it right for them to bully others, bullying should be stopped and not continued. This book was also made into an animated film.

Moore, J. (2007). *Freckle-face strawberry*. New York, NY: Bloomsbury Children’s Books.

This picture book is great for children who are self conscious about the way that they look. Everyone is different, some children have blonde hair, others brown, some have freckles, while others wear glasses. To children, these differences can be a big deal and cause low self esteem. In the story of Freckle-face strawberry she was self conscious about her freckles. She tried over and over to get rid of them. By painting over them, scrubbing them, using lemon juice, she tried it all. Once she realized nothing was working she covered her face with a winter hat. At school no one knew who she was and all her friends were asking where was Freckle-Face Strawberry. At the end of the day, she decides to take off her hat because she was hot and itchy. Without her hat her friends recognized her and ran towards her. She then realizes all the friends she had who missed her and wanted to play. Freckle-Face Strawberry’s freckle never went away but she learned a valuable lesson “who cared about having a million freckles, when she had a million friends” Children can learn from this book that what makes us different is not a bad thing, but something special.

Children's Books

Ludwig, T. (2010). *Confessions of a former bully*. New York, NY: Random House Children's

This children's book is a great source for children to have an insight into bullying from a different perspective: The bully. Katie is a school bully who did not realize how her actions made others feel. When Katie is caught bullying a classmate she is sent to the school counselor and punished in order for her to make things right. Katie then decides that she will write a book about bullying as her way of making this right. This book gives children real life tools that they can use to identify and stop bullying through Katie's personal experiences. Also, this book could be a helpful tool for both parents and teachers as an ice breaker in order to bring up the topic of bullying to children.

Wesley, V.W. (2007). *How to face up to the class bully*. New York, NY: Hyperion Books for Children. Ages 7-10 series of 8 books

This book is one of eight from Wilimena's books series. In book number 6, *How to Face Up to the Class Bully* Wilimena is going back to school where she will entering a new classroom with a new teacher and new children. Her older sister advices Wilimena not to worry just to smile and be nice, she found this hard once she encountered her new bully, known as Mean Irene. This book is a great way for children between the ages of seven to ten to learn more about bullying and what are something they too can do to face up to their class bully.

Chapter Books

Kimmel, H. (2010). *Kaline Klattermaster's Tree House*. New York, NY: Simon & Schuster Children's Publishing Division.

In this book, Kaline is a young boy whose parents are going through a divorce. During this time he does not know where his father has gone. Kaline, who is accustomed to his father's extremely organized ways is now trying to get acclimate to his mother's nonchalant attitude towards things. On his first day of school, Kaline becomes the victim of three bullies who steal all of his belongings day after day. Kaline, being afraid of these boys, continuously buys new supplies so they won't hurt him or steal his clothes, as they threatened. He later creates a fantasy where he escapes to a tree house and finds help from his two brothers. They tell him that when they had bully problems, their neighbor Mr.P helped them. This book is an entertaining fiction novel filled with action and excitement for any child to enjoy, teaching many life lessons. For instance, Kaline was taught that violence is not needed to face bullies, but intelligence, confidence, and trusting the adults around him were.

Peters, S. (2008). *Lacrosse firestorm*. New York, NY: Hachette Book Group.

This chapter book is a great resource for young children who play sports and/or enjoy them; it will capture their attention and keep them reading. One of the team's players Garry Wallis faces his team bully, Michael Donofrio. Before this year's season of lacrosse, Garry had sabotaged Michael's chance to be the top scorer. Therefore, this season Michael had is out for Garry. All season Michael bullied Garry on and off the field. Garry tried ignoring him but the bullying finally gets out of hand. During a long tournament a series of events occur where Michael blames Garry to be the cause of a forest fire, when he was the one who started

it. This book will keep children excited while reading and learning about bullying and the importance of telling proper authority and that lying will never make things better but just complicate the situation.

Movies

Romain, T. (2008). *Bullies are a pain in the brain*. Porchlight Home Entertainment.

This short film is great for children. It is cartoon illustrated, which helps catch their attention. The film is based on an artist named Trevor who is also the artist of the film. As he is drawing these cartoons, they come to life as Trevor acts as the narrator to help characters Jack and Skye with their school bully. Jack is the main character in this cartoon, he does not want to go to school because he is being bullied, Jack later tells his best friend Skye about the bullying only because she notices he is acting very different and not going to school. This is a great resource for children, giving them tips and advice on how they can face a bullying situation. For instance, Trevor gives Jack and Skye the following tips and steps to follow:

Tell an adult

Use your best judgment

Follow your instincts

Show confidence

Refuse to believe what the bully is saying about you (e.g. “you’re stupid)

Use humor

In the movie it is shown how Jack uses these steps to overcome bullying. I highly recommend this movie for all children of all ages.

Csupo, G. (2007). *Bridge to Terabithia*. Walt Disney Studios

Jesse Aarons loved running, but wasn't very fond of being bullied at school. One day during a race at school Jesse beats his bully, but is he's very upset when Leslie Burke, a new girl at school who is also being bullied, outruns everyone. Leslie and Jesse become great friends and together create a place there they both can escape from their troubles, they name it Terabithia. Terabithia is a land filled with monsters, trolls, ogres, and giants. Interestingly enough, these monsters are similar to their real life school bullies. This friendship helps Jesse with his imagination and changes Jesse's life forever. This film is filled with action and excitement for children and adults of all ages. It teaches lessons on the importance of friendship as well as family. The film also teaches children that bullying is not right and that sometimes even bullies sometimes need someone to reach out to them. This film is also available as a book.

Videos for Parents

Rosalind Wiseman. (2011, April 6th). "My Kid Would Never Bully" – Seeing Bystanders In Action. Retrieved November 5, 2011, from <http://rosalindwiseman.com/2011/04/06/my-kid-would-never-bully-seeing-bystanders-in-action/>

As a parent, you do your best to teach your children about bullying and what can happen in schools, but it has been shown that 1 in 3 students are bullied in schools today. As a parent you cannot be there for your child to see how they react. You may be wondering if your child steps in or joins in the bullying. This video is a great resource for parents to see what goes on during bullying situations and gives tips on how to help their child. Two examples of bullying are given for both boys and girls. A group of girls are brought in thinking that they are on a show for teens and fashion, and a group of boys are brought in thinking they are competing for an athletic program. Actors were hired to act as the bullies and the victims. Parents in this video watch how their daughters and sons react to bullying as bystanders behind the scenes. This is a great resource to understand the pressures that children face when encountered with bullying and can help parents see a little more how they can help their children.

520

Rosalind Wiseman. (2010, August 18th). *Why You Shouldn't Say "Just Walk Away"*.

Retrieved November 5, 2011, from <http://rosalindwiseman.com/2010/08/18/why-you-shouldnt-say-just-walk-away/>

It is important for parents to know that it is important for them not to tell their children to "just walk away". This video is a wonderful resource where bullying expert Rosalind Wiseman, responds to a concerned parents email on the topic. Wiseman states that when a child is dealing with a behavior where someone is being mean to them, walking away comes off as weak. Telling a child to just walk away sends the message that there is nothing that the child can do. This is great resource where Wiseman explains to parents why "just walk away" isn't a good response and shows parents and the child an example of what they should

say. As well as teaching the parents that there are “behind the scenes”, it should be the child confronting their bully, and that any step is a success, even if the child only thinks about what to say to their bully at first. The child should be doing this to have some power not to gain a friendship or an apology but for themselves.

WordsCampaign. (2010, November 30th). *[Words] Campaign anti-bullying ad*. Retrieved November 5, 2011, from <http://youtu.be/X8j4Feko1Ck>

In this short clip there is a great message. The campaign against bullying is trying to get parents and caregivers to spread the word and help raise your children by setting an example. Parents should teach children by living each day by words such as: freedom, confidence, strength, courage, friendship, family, tolerance, and hope. As well as teaching children responsibility, forgiveness, love, gratitude, and respect. This is a great source for parents, caregivers, as well as teachers. Giving them an insight to what are important aspects of life.

Zestre4. (2010, January 2nd). *Anti-bullying week cyber bullying video*. Retrieved November 5, 2011, from <http://youtu.be/S03Br1dwJR8>

This video shows a side of bullying that has become of part of technology-based generations. This video will be best fit for children seven and up, or at the age where you child has access to a cell phone or computer on their own. Cyber bullying is considered a form of bullying. This video depicts a story of a young boy who is being bullied via text message, instant messaging, and other forms of Internet communication. This boy decided to make this video to share his story and teach others about cyber bullying. He did not have the courage to tell his mother but through

his video she discovered what was happening and helped her son. Although he did not have the courage to tell his mother the video depicts how telling a responsible adult can make a difference and help bring bullying to an end.

Cartoons for Children

Blossom44100. (2010, January 10th). *Sesame Street Song- "Don't Be a Bully"*. Retrieved November 5, 2011, from <http://youtu.be/YC1EyWIU1tL>.

This sesame street clip is great for small children. Although at such a young age small children might not have a full grasp on what bullying is, the singing sesame street characters give them a small example of what bullying can look like by taking someone's ball without asking and then providing them with a catchy song that they can dance and sing to. It is a short clip that will catch your child's attention and make them smile and dance will teach them about bullying.

DisneyFan4845. (2010, July 31st). *Arthur: "Bully for Binky" (Part 1 of 2)*. Retrieved

November 5, 2011, from <http://youtu.be/ma-etvuuZ2U>. AND DisneyFan4845. (2010,

July 31st). *Arthur: "Bully for Binky" (Part 2 of 2)*. Retrieved November 5, 2011, from

<http://youtu.be/4HmqZLV1k-Q>

Arthur is a great cartoon series for children, it is well animated, humorous, and teaches kids great lessons. In this particular episode Binky Barnes, who is the toughest kid in school is always bullying other children and stealing their lunch. Unexpected to Binky, one of his bullying victims stands up to him and tells him to meet her after school. Binky, who is portrayed as tough,

gets scared of Sue and tries avoiding her. This episode shows a different side to bullies and how sometimes they aren't as tough as they seem, but are in their own way trying to be accepted by playing this tough role. (This cartoon episode is split into part one and two in the links above.)