

Bibliotherapy: The Impact of Teen Bullying on Adolescents

by

Marcus Waters

University of Pittsburgh

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Beane, A. (2011). *The new bully free classroom: Proven prevention and intervention strategies for teacher k-8*. Minneapolis, MN: Free Spirit

This is a chapter book that is written for children in grades 1-6. The inspiration for Dr. Beane's book, "*The Bully Free Classroom*", came from a period in his son's life when he was bullied in the seventh grade and in high school. This continuous bullying ultimately contributed to his son's suicide. The Bully Free Classroom book is available in ten languages and is suitable reading material for adolescents of all ages. This book takes a closer look at what bullying is, places renewed emphasis on the role of bystanders, and more thoroughly addresses the issues of Cyberbullying. His primary goal is to help the reader become more aware of bullying and the ways in which it can be prevented. The context that this book can be used in includes the classroom, community, and even at home. Dr. Allan L. Beane is a former classroom teacher, internationally recognized bullying expert, speaker, and author on the subject of bullying. During his 37 years in the education field, Dr. Beane has served as the director of a school safety center, vice president of a university, and a professor in higher education.

Bingham, J. (2010). *Taking action against bullying*. New York, NY: Rosen Central.

Taking action against bullying juvenile nonfiction book that is suitable for children

between the grades of 6 and 9. This book takes a very look at bullying. It describes what happens when a young person is bullied and how it feels to be bullied. It examines the reasons why people become bullies and considers ways of challenging bullies. The book focuses heavily on what it is like to be an outcast in a high school environment. Finally, the book asks the question-what can be done to put an end to bullying? This is a resource that can also be used in contexts such as the classroom, at home, and the community. Jane Bingham has proudly served as an elementary school and high schoolteacher in Detroit Michigan for the past 40 years. After retiring, she began writing children's books of her own. She has also written numerous nonfiction books.

Blanco, J. (2003). *Please stop laughing at me: One woman's inspirational story*.

Avon, MA: Adams Media.

Please stop laughing at me...One woman's inspirational story is a story that is written for children in grades 7-9. Her inspiration for this book came from her years as a student outcast. Through the author's account of her own personal experience, this book chronicles how one child was shunned and physically abused by her classmates from elementary school through high school. It looks at what it means to be an outcast, how bullying has been mishandled and

misunderstood, and how even the most loving parents can get it all wrong. This resource may be used in contexts such as classrooms and at home as well. Jodee Blanco, the author, is best described as a survivor, expert and an activist. She is one of the country's leading experts and voices on the subject of school bullying.

Dragan, E. (2011). *The bullying action guide: How to help your child and get your school to listen*. New York, NY: Palgrave Mcmillan.

The bullying action guide: How to help your child and get your school to listen is a chapter book written for students in grades 7-9, as well as those at the high school and college level. In this book, Dr. Edward Dragan makes the argument that parents need to be proactive in looking out for their children's social well-being at school. From his decades on a Board of education, he argues that schools are self-protective entities and reluctant to address bullying themselves. This resource is suitable for contexts such as classroom, community, and home. Dr. Edward Dragan founded Education Management Consulting, LLC in response to an increasing number of requests from attorneys and school administrators for consultation, case review, policy review and presentations. Dr. Dragan holds a doctoral degree in education administration and a master's degree in special education. In addition, he has experience on issues relating to student placement, sexual harassment, and school administration.

Evans, P. (2003). *Teen torment: Overcoming verbal abuse at home and at school*.

Avon, MA: Adams media.

Teen torment: Overcoming verbal abuse at home and at school is a chapter book that is written for children in 6th grade through seniors in high school. In *Teen Torment: Overcoming Verbal Abuse at Home and at School*, Evans explores how verbal abuse affects parents, teachers, peers, and the abusers themselves. She also reveals how teens become verbal abusers and how this verbal poison can spread into every aspect of teen life. This can be used in contexts such as school and in the home as well. Patricia Evans, the author, is an interpersonal communications specialist and is also the author of five books on the topic of verbal abuse. She is also a consultant, speaker, and trainer, offering workshops and information on the topic. She has shared her knowledge on this issue on CNN, the Oprah Winfrey Show and News Talk.

Garrett, A.G. (2003). *Bullying in American schools; causes, preventions, interventions*.

Jefferson, N.C.: McFarland & Co.

Bullying in American schools: Causes, preventions, interventions is a chapter book that is written for 6th grade children through seniors in high school. This

book defines bullying as a form of violence against children and discussed characteristics of bullies. Next, it talks about myths about bullies and presents research that dispels those myths. Lastly, useful solutions and strategies are presented to stop bullying. This book is suitable for teenagers and parents. It is best used in contexts such as the home or classroom settings. Anne G. Garrett has been a public school administrator for 30 years and is currently Superintendent of Curriculum and Instruction of Haywood County Schools, North Carolina. She currently resides in North Carolina.

Guillan, C. (2011). *Coping with bullying*. Chicago, IL: Heinmann-Raintree.

Coping with bullying is a chapter book written for children in grades 6-9. This book displays ten helpful tips for coping with bullying. Additionally, the book makes a strong attempt to answer questions such as what should you do if you see bullying, what is cyber bullying, and how can bullies be helped? This book should be used in contexts such as at home, community settings, or in the classroom. Charlotte Guillan, the author, is a published author of children's books. Some of her published credits include *Saving Water*, *Saving Energy*, and *Caring for Nature*.

Kimmel, M. (2008). *Guyland: The perilous world where boys become men* New York, NY: HarperCollins.

Guyland: The perilous world where boys become men is a chapter book written for teens and young adults starting in the junior year of high school and up. Published by HarperCollins, this book is based on more than 400 interviews over a four-year span with young men, ages 16-26. Kimmel's study shows that guys who live in "Guyland" are mostly white, middle class, and confused about their relationships. As a result, they submit to the "Guy Code", where locker-room behaviors, sexual conquests, bullying, violence and assuming a cocky jock pose can rule over the sacrifice and conformity of marriage and family. The book highlights the fact that many young men are obsessed with never growing up. This is suitable for students in twelfth grade and up. It may be used in contexts including community settings and at home. Michael Kimmel is among the leading researchers of men and masculinity in the world today. The author or editor of more than twenty volumes, his books include *The Gender of Desire* (2005), *The Politics of Manhood* (1996), and *The History of Men* (2005).

Myers, J. (2011). *Online bullying: An action tool for school leaders*. Thousand Oaks, CA: Corwin.

Online bullying: An action tool for school leaders is a chapter book written for college students as well as school leaders. This book describes the legal precedents involved in the discipline of students who engage in this type of behavior and provides a very helpful matrix of dealing with a sensitive cyber situation. It can be used in contexts such as the classroom and at home. Jill Myers is an Associate Professor and Assistant Director at the School of Law Enforcement and Justice Administration at Western Illinois University. She is also a well-known author of Corwin Press in Thousand Oaks, CA.

Rigby, K. (1997). *Bullying in schools: And what to do about it*. Philadelphia, PA: Jessica Kingsley.

Bullying in schools: And what to do about it is a chapter book written for children ages 9 and up. This book covers a wide range of topics related to bullying such as bullying in schools, successful anti-bullying programs, bystander intervention, and tips for parents. In addition, the author provides an overview of the harm of bullying, and how schools are handling cases of bullying. This is a perfect read for contexts such as school and at home. Dr. Ken Rigby is an Adjunct Research Professor and an educational consultant at the University of South Australia. He was educated in England where he obtained

an honors degree in economics and a certificate in education. Additionally, he completed his PhD in Psychology in 1977.

Roberts, A. (2001). *Safe teen: Powerful alternatives to violence*. Vancouver, BC, CA: Enslow.

Safe teen: Powerful alternatives to violence is a chapter book written for children ages 9 and up. This book offers an in-depth look at the issues and skills taught in the SafeTeen workshops, including anger management and assertiveness training for young women, and awareness of gender stereotypes and violence prevention for young men. The book focuses heavily on how to deal with bullying and sexual harassment. It is best for many contexts such as classroom use or home. Anita Roberts has worked in the field of violence prevention since 1976. In 1985, she was chosen as a Canadian representative on violence against women to the United Nations, "Decade of Women" conference in Nairobi. Her acclaimed SAFETEEN program was introduced in Norwegian schools in 1989.

Schutze, J. (1997). *Bullying: A true story of high school revenge*. New York, NY: Avon

Bullying: A true story of high school revenge is a nonfiction chapter book written for students at the high school and college level. This book, which he wrote in 1997, was the inspiration for the film, *Bully*, which starred Rachel Miner, Brad Renfro, Bijou Phillips, and Michael Pitt. This book is about a 20-year-old bully named Bobby Kent, who has tormented his peers for most of his life. However, the story shifts when Bobby becomes the victim in a way that he could have never imagined. It is best for contexts such as the home, community, or the classroom. Jim Schutze is a well know author of numerous works on the issue of teen bullying. Jim also serves as the Dallas bureau chief of the Houston chronicle. He currently resides in Dallas with his wife and son.

Shapiro, O. (2010). *Bullying and me: Schoolyard stories*. Chicago, IL: Albert Whitmore & Company.

Bullying and me: Schoolyard stories is written for children ages 9 and up. This book is based upon case studies of the lives of several students and how they dealt with being bullied in school. This book stresses the point that children who are bullied should feel comfortable to openly talk with their parents about their experiences so that they can get help and support. This is perfect for contexts such as the classroom and home. Ousie Shapiro is a writer and producer

specializing in sports documentaries. She holds a master's degree in journalism, and is also the author of "Autism and me: Sibling stories." She also has 3 children.

Simmons, R. (2002). *Odd girl out: The hidden culture of aggression in girls*. Orlando, FL: Hartcourt

Odd Girl Out: The Hidden Culture of Aggression in Girls is a chapter book written for teens of any age. This book highlights looks at the hidden culture of female bullying. This includes the dirty looks, taunting notes, jealousy and social exclusion that plague girls' friendships. Additionally, Simmons gives parents and educators proven techniques for navigating social dynamics in person and online. This book is perfect for multiple contexts, including the classroom and home. Rachel Simmons is an author, educator, and coach helping girls and young women grow into authentic, emotionally intelligent and assertive adults. Rachel graduated from Vassar College and was the recipient of a Rhodes Scholarship. She began studying female aggression during her graduate studies at Oxford University.

Winkler, K. (2005). *Bullying: How to deal with taunting, teasing, and torment*. Berkley Heights, NJ: Enslow.

Bullying: How to deal with taunting, teasing, and torment is a chapter book written for children in 6th -9th grade. This book looks at why bullies bully and why victims take it, and ways to deal with bullies. It includes interviews with many teens and adults who have either been bullies or victims and looks at several school bullying prevention programs. This book is great for contexts such as home and classroom. Kathleen Winkler is an author of children's books and books for young adults dealing with a variety of issues from bullying tattooing and body piercing. Mrs. Walker was also a medical writer in Milwaukee Wisconsin for over 25 years. She has written over 700 medical articles.