

Recommended Bullying Prevention Learning Resources Elementary Level (Grades 1-5)

Information for Teachers and Administrators

PRINT

Leon the Chameleon (Print-Fiction). Watt, Mélanie. Kids Can Press (UTP), 2001. unpaginated. ISBN 1-55074-867-X.

(CAN) Leon, the chameleon, is definitely different from his peers – instead of changing colour to blend in with his environment, he changes to a contrasting shade. This difference upsets Leon and makes him feel very alone. One day, when Leon and the other chameleons go exploring and lose their way, Leon realizes that being different can have its advantages.

Suggested Use: Arts Education: Grade 1 - Visual Art; English Language Arts: Grade 1 & 2; Health Education: Grade 2-Self-esteem; Kindergarten: Theme-Colours; Theme - Feelings

The Milestones Project: Celebrating Childhood Around the World (Print-Non-Fiction). Steckel, Richard and Steckel, Michele. Tricycle Press (CDS), 2004. 64 p. ISBN 1-58246-132-5.

All too often differences and diversity lead to misunderstanding, ignorance, hatred, and violence. This book intends to eliminate the 'us' versus 'them' mentality by portraying children from around the world experiencing common milestones in their lives. Whether it is birthdays, lost teeth, haircuts, pets, school, or friends each of the colourful photographs shows that we have a shared humanity and hatred can be eliminated. The accompanying captions and stories from children or adults such as J.K. Rowling add to the appeal of the book.

There is also a companion website at <http://www.milestonesproject.com>.

Suggested Use: Social Studies: Grade 3-Unit 3; Grade 8-Culture

The Recess Queen. 1st ed. (Print-Fiction). O'Neill, Alexis and Huliska-Beith, Laura, illus. Scholastic Inc. (SCH), 2002. unpaginated. ISBN 0-439-20637-5.

"Mean Jean was Recess Queen and nobody said any different. Until a new kid came to school..." This book provides an excellent model for how children can deal with bullying and how a child who bullies can change.

Suggested Use: Arts Education: Grade 2-Dance, Drama, Music; Health Education: Grade 1 to 3-Social Relationships; Kindergarten: Theme-Feeling; Theme-Friends

Say Something (Print-Fiction). Moss, Peggy. Tilbury House Publishers (FHW), 2004. unpaginated. ISBN 0-88448-261-8.

Bystanders have a role to play in bullying situations. In this picture book, a young girl realizes that what she says and does can make a difference. Discussion ideas at the end may assist students in having a ready response when they see others being bullied.

Suggested Use: Health Education: Grade 3-5-Social Relationships

Suki's Kimono (Print-Fiction). Uegaki, Chieri and Jorisch, Stéphane, illus. Kids Can Press (UTP), 2003. unpaginated. ISBN 1-55337-084-8.

(CAN) Savouring the pleasant memories of a Japanese festival attended with her grandmother, a steadfast girl insists upon wearing a kimono on the first day of school. Despite the disapproval of her sisters and the jeers from classmates, Suki remains undaunted. Respect for her individuality is earned as the young girl skillfully reenacts the traditional Japanese circle dance. Infused with Japanese vocabulary and culture, readers learn of the courage needed to stand up for personal beliefs.

Suggested Use: Arts Education: Grade 1 to 3-Dance; English Language Arts: Grade 3-Personal, and Philosophical Context; Social, Cultural, and Historical Context; Health Education: Grade 3-Self-esteem; Social Studies: Grade 1-Unit 1; Grade 1-Unit 2; Grade 2-Unit 1

Weslandia. 1st ed. (Print-Fiction). Fleischman, Paul and Hawkes, Kevin, illus. Candlewick Press (CDS), 1999. unpaginated. ISBN 0-7636-0006-7.

Wesley is an outsider who just does not seem to fit in at school. During the summer holidays, he decides to plant a garden and start his own civilization. The magical seeds he cultivates not only serve as the basis of a new civilization; they eventually help Wesley to win over his neighbours and classmates.

Suggested Use: English Language Arts: Grade 3 & 4; Health Education: Grade 3 & 4-Self-esteem

Wings. 1st ed. (Print-Fiction). Myers, Christopher. Scholastic Inc. (SCH), 2000. unpaginated. ISBN 0-590-03377-8.

The celebrated and award-winning author/illustrator Christopher Myers shares his hopes for young children in this retelling of the myth of Icarus. Ikarus Jackson is the new boy on the block. He has wings and can fly above the

rooftops. Ikarus displays great pride in his wings until the staring, snickering and giggles spread across the playground. Only when the narrator, a lonely girl who understands the pain Ikarus is feeling, stands up to the bullies is Ikarus able to fly free. Myers wanted "to create a book that tells kids never to abandon the things that make them different, to be proud of what makes them unique." He believes that every child has his or her own beauty and talents.

Suggested Use: Arts Education: Grade 1 to 5 – Visual Art; English Language Arts: Grade 4 & 5; Health Education: Grade 4 – Self-esteem

VIDEO

Recommended videos with a code of **(MGR)** can be obtained via the video duplication service at Media Group. This means that your school can obtain each of these videos at a minimum cost. Schools are responsible for a duplication charge of \$1.00 per title, plus the cost of a blank tape, shipping fees, and applicable taxes. **

Apples and Oranges (Video) National Film Board of Canada **(MGR)**, 2003. 18 min. Dup. order no. V1213. Program Guide – Order no. V1213 **

(CAN) The advantage of this video is that it takes place in a real elementary classroom with students engaged in an exercise about bullying and the harmful effect of words. The students create pictures that portray situations such as a young girl who has two moms and two boys whose friendship comes to a halt when one of them finds out the other is gay. Their pictures and stories are brought to life through animation. Stereotypes about gays and lesbians are dispelled, and the students learn about respect and acceptance.

The enclosed teacher's guide provides some excellent suggestions on how best to use the video. Previewing and preparation with the school and the community would be essential.

Suggested Uses: Health Education, Grade 5 – Social Relationships; Health Education, Grade 6 – Self Concept, Health Education, Grade 7 – Peer Pressure, Conflict Resolution; Health Education, Grade 8 – Respect and Relationships; Social Studies, Grade 5 – Unit 4; Social Studies, Grade 8 - Citizenship

Gossiping, Taunting, Bullying: It's All Harassment (Video). Sunburst Visual Media (KIN), 2000. 22 min. Order no. 3463/1945.

This program presents vignettes that make clear to young viewers what behaviours go beyond the normally obnoxious and constitute harassment. Real students talk about their own experience with this kind of behaviour. By interweaving expert advice with real-life situations, viewers learn skills/strategies that will

help them to respond to and prevent put downs, taunts, insults, bullying, and the negative effects of gossip. The strategies include suggestions for both the victim and the bystander.

Suggested Use: Health Education, Grade 5 – Assertiveness Skills, Grade 6 – Personal Standards

It's a Girl's World: A Documentary About Social Bullying (Video). National Film Board of Canada **(MGR)**, 2004. 52 min. Dup. order no. VTBA. **

This video focuses on the social power that is part of bullying for young girls. It encourages discussion about conflict in friendships. The video is divided into six segments. Each segment explores a different part of social bullying including what the bully behaviour looks like, the role of power and control, and the consequences for the child who bullies, the child who is bullied, and the bystander. The negative effect of bullying on self-esteem is also addressed. Parents are interviewed and become aware of the seriousness of social bullying.

Please note that the program includes some graphic language. A useful guide to accompany the video is available online at www.nfb.ca/itsagirlsworld.

Suggested Use: Health Education, Grade 4/5 – Social Relationships, Grade 8 – Family and Community Violence, Grade 9 – Safety at School, Home and in the Community, Tragic Death and Suicide.

Stop Picking on Me! (Video). Sunburst Visual Media (KIN), 2002. 16 min. Order no. 5707/1945.

Host Major Hassle narrates a different story about bullies in each segment of this four-part program. Each story ends with a particular strategy that children can use to stop someone from bullying them. These strategies include walking away, firmly telling the bully to stop, approaching the bully with a group and asking an adult for assistance.

Suggested Use: Health Education, Grade 1, Grade 3 - Social Relationships

Recommended Bullying Prevention Learning Resources Middle Level (Grades 6-9)

Information for Teachers And Administrators

PRINT

Stitches (Print-Fiction). Huser, Glen. Greenwood Books (HCP), 2003. 198 p. ISBN 0-88899-553-9 (hdc.). ISBN 0-88899-578-4 (pbk.).

(CAN) Travis lives with his aunt and uncle in a trailer court while his mother, a country-and-western singer, travels. Travis loves to sew, and he is often bullied because he is different. Junior High is better than Elementary Level School for Travis and his best friend, a physically challenged girl named Chantelle, because they are encouraged by two teachers to accept new challenges that foster their creativity. The bullying, however, reaches a deplorable level. Readers are challenged to consider the impact of bullying in this moving story.

Suggested Use: English Language Arts: Grade 8 & 9-Personal and Philosophical Context; Health Education: Grade 7-Peer Pressure; Grade 8-Family and Community Violence; Family Structures, Roles, and Responsibilities; Respect in Relationships; Grade 9-Safety at School, Home, and in the Community

The Black Sunshine of Goody Pryne (Print-Fiction). Withrow, Sarah. Greenwood Books (HCP), 2003. 177 p. ISBN 0-88899-477-X (hdc.). ISBN 0-88899-577-6 (pbk.).

(CAN) After Steve Walters' father died tragically, Steve and his mother struggle to move ahead with their lives. Steve (a.k.a. Squeak) is small in stature, and several of his peers bully him. Aggressive Goody Pryne defends her friend Steve at first, but then she too becomes abusive. Finally, Steve learns some assertiveness skills. This is a gripping novel that could stimulate discussion on numerous issues pertinent to adolescents.

Suggested Use: English Language Arts: Grade 7 to 9-Personal and Philosophical Context; Health Education: Grade 7-Assertiveness Skills; Conflict Resolution; Grade 8-Family and Community Violence; Family Structures, Roles, and Responsibilities; Grade 9-Tragic Death and Suicide

The Losers' Club (Print-Fiction). Lekich, John. Annick Press (FIR), 2002. 249 p. ISBN 1-55037-752-3 (pbk.) ISBN 1-55037-753-1 (hdc.).

(CAN) This novel tells the story of one loser's attempt to break free of his loser status. Fifteen-year-old Alex Sherwood starts the Losers' Club for the school outcasts to deal with the aggressive bullying at McLuhan High. Alex has a disability, but the author has made Alex's disability just another one of life's challenges as a teen. Alex suggests a duel with

school bully Jerry Whitman in the local Christmas lights competition. Alex is supported by other teens who have been picked on by Jerry and even some adults support the group in their quest. The author shows how teens can deal with a number of difficult issues such as bullying, self-esteem, and peer pressure.

Suggested Use: English Language Arts: Grade 9-Personal and Philosophical Context; Health Education: Grade 8-Respect in Relationships; Grade 9-Safety at School, Home, and in the Community

VIDEO

Recommended videos with a code of **(MGR)** can be obtained via the video duplication service at Media Group. This means that your school can obtain each of these videos at a minimum cost. Schools are responsible for a duplication charge of \$1.00 per title, plus the cost of a blank tape, shipping fees, and applicable taxes. **

Apples and Oranges (Video) National Film Board of Canada **(MGR)**, 2003. 18 min. Dup. order no. V1213. Program Guide – Order no. V1213. **

(CAN) The advantage of this video is that it takes place in a real classroom with students engaged in an exercise about bullying and the harmful effect of words. The students create pictures that portray situations such as a young girl who has two moms and two boys whose friendship comes to a halt when one of them finds out the other is gay. Their pictures and stories are brought to life through animation. Stereotypes about gays and lesbians are dispelled, and the students learn about respect and acceptance.

The enclosed teacher's guide provides some excellent suggestions on how best to use the video. Previewing and preparation with the school and the community would be essential.

Suggested Uses: Health Education, Grade 5 – Social Relationships; Health Education, Grade 6 – Self Concept, Health Education, Grade 7 – Peer Pressure, Conflict Resolution; Health Education, Grade 8 – Respect and Relationships; Social Studies, Grade 5 – Unit 4; Social Studies, Grade 8 – Citizenship

Battling Bullies: What Every Parent Should Know (Video). TVOntario (MGR), 2005. 60 min. Dup. order no. TBA. Teacher's Guide - Order no. GTBA. **

This documentary explores the lives of children who are bullied at school and features stories of parents who have had to launch their own bully prevention campaigns in reaction to their children's tragic abuse by bullies. Cyberbullying, the latest weapon of choice, is also examined. Debra Pepler, psychology professor at York University tells why children bully, and why bullies are at a high risk for life-long problems. As some language may be offensive, previewing of this program is recommended.

Suggested Use: Health 6-9 Teacher Reference, Life Transitions 30 Conflict in Relationships

Bully Dance (Video). National Film Board of Canada (MGR), 2000. 11 min. Dup. order no. V3592. Program Guide – Order no. G3592. **

Through the dance of animated cartoon characters the bullying of one small character by a group of other stick creatures is as relentless as the beat of the percussion band that provides the background music. The victim is gradually marginalized by tormenters as bullying incidents increase in intensity. This program shows how the everyday activities of all the other children in the school are unaffected by the bullying until serious harm is inflicted on the victim. It is only then that the community takes action. Complaints result in implied violence on the part of the bully's parent. This program can be useful for opening discussions on conflict resolution and inclusion.

Suggested Use: Health Education, Grade 7 – Conflict Resolution, Grade 8 – Family and Community Violence.

Gossiping, Taunting, Bullying: It's All Harassment (Video). Sunburst Visual Media (KIN), 2000. 22 min. Order no. 3463/1945.

This program presents vignettes that make clear to young viewers what behaviours go beyond the normally obnoxious and constitute harassment. Real students talk about their own experience with this kind of behaviour. By interweaving expert advice with real-life situations, viewers learn skills/strategies that will help them to respond to and prevent put downs, taunts, insults, bullying, and the negative effects of gossip. The strategies include suggestions for both the victim and the bystander.

Suggested Use: Health Education, Grade 5 – Assertiveness Skills, Grade 6 – Personal Standards

It's a Girl's World: A Documentary About Social Bullying (Video). National Film Board of Canada (MGR), 2004. 52 min. Dup. order no. V TBA. **

This video focuses on the social power that is part of bullying for young girls. It encourages discussion about conflict in friendships. The video is divided into six

segments. Each segment explores a different part of social bullying including what the bully behaviour looks like, the role of power and control, and the consequences for the child who bullies, the child who is bullied, and the bystander. The negative effect of bullying on self-esteem is also addressed. Parents are interviewed and become aware of the seriousness of social bullying.

Please note that the program includes some graphic language. A useful guide to accompany the video is available online at www.nfb.ca/itsagirlsworld.

Suggested Use: Health Education, Grade 4/5 – Social Relationships, Grade 8 – Family and Community Violence, Grade 9 – Safety at School, Home and in the Community, Tragic Death and Suicide.

Recommended Bullying Prevention Learning Resources Secondary Level (Grades 10-12)

Information for Teachers and Administrators

PRINT

Hear Me Out: True Stories of Teens Educating and Confronting Homophobia (Print-Non-Fiction). Planned Parenthood of Toronto. Second Story Press (UTP), 2004. 197 p. ISBN 1-896764-87-8.

(CAN) Language is a very powerful medium, and when the label “fag” is used to describe a young boy who is disliked or different, what effect does it actually have? This collection of first person accounts will leave no doubt in anyone’s mind that name calling, bullying, queer bashing, and homophobia create a sense of isolation that is emotionally draining and frightening. The collective result of this anthology is that readers will gain a greater understanding of homophobia and take a leadership role in creating respect for diversity. A glossary is included.

Suggested Use: Life Transitions 20/30: Community Issues and Ethics; Psychology 20: Acting and Interacting in a Social World; Psychology 30: Adolescence

Lucas (Print-Fiction). Brooks, Kevin. Scholastic Inc. (SCH), 2003. 423 p. ISBN 0-439-45698-3 (\$22.49 hdc.)

This gripping story is about a brief encounter that Caitlin McCann has with the mysterious and mesmerizing Lucas - an encounter that will forever shade her life. Lucas, a teenage wanderer, is living in the woods on a small island where the story takes place. Caitlin befriends him, but many of the locals are suspicious of him. A turbulent sequence of events unfolds that delves into the challenges of family and friendship, acceptance and alienation, and love and hate. The novel demonstrates the overwhelming power of social prejudice and fear of the unknown, as they affect individual choice and action. Underlying issues include alcoholism, first love, and date rape.

Note: This book contains scenes of violence and profanity. The sensitive issues in this novel may not be appropriate for all students.

Suggested Use: English Language Arts 20: Recollection; Life Transitions 20/30: Community Issues and Ethics

VIDEO

Recommended videos with a code of **(MGR)** can be obtained via the video duplication service at Media Group. This means that your school can obtain each of these videos at a minimum cost. Schools are responsible for a duplication charge of \$1.00 per title, plus the cost of a blank tape, shipping fees, and applicable taxes. **

Battling Bullies: What Every Parent Should Know (Video). TVOntario **(MGR)**, 2005. 60 min. Dup. order no. TBA **

This documentary explores the lives of children who are bullied at school and features stories of parents who have had to launch their own bully prevention campaigns in reaction to their children’s tragic abuse by bullies. Cyberbullying, the latest weapon of choice, is also examined. Debra Pepler, psychology professor at York University tells why children bully, and why bullies are at a high risk for life-long problems. As some language may be offensive, previewing of this program is recommended.

Suggested Use: Life Transitions 30 Conflict in Relationships, Health 6-9 Teacher Reference.

In Other Words (Video). National Film Board of Canada **(MGR)**, 2001. 28 min. Dup. order no. V4797. Program Guide – Order no. V4797. **

(CAN) In this video, gay and lesbian high school students discuss the verbal, emotional, and aggressive physical bullying that are used against them. While clear definitions to these words are given, the focus is on how the students attempt to cope with the harassment. The importance of support groups is stressed. The message of the video is to encourage change and ensure that schools are a safe place.

The enclosed teacher’s guide provides some excellent suggestions on how best to use the video. Previewing and preparation with the school and the community would be essential.

Suggested Use: Life Transitions, Grade 11/12 – Community Issues and Ethics; Psychology, Grade 11 - Acting and Interacting in a Social World; Social Studies, Grade 11 – SS – Unit 1.

Recommended Bullying Prevention Learning Resources Teacher Reference (Kindergarten – Grade 12)

Information for Teachers and Administrators

PRINT

Bully Prevention: Tips and Strategies for School Leaders and Classroom Teachers (Print-Non-Fiction). Barton, Elizabeth A. Pearson Education Canada (PRN), 2003. ISBN 1-57517-838-9.

How can educators prevent bullying? This question is the focus of *Bully Prevention: Tips and Strategies for School Leaders and Classroom Teachers*.

Topics include identifying bullying behaviours, managing and preventing bullying behaviours, and implementing and evaluating a school wide anti-bullying program.

Suggested Use: Health Education: Grades K-9-Teacher Reference

The Bully, The Bullied, and the Bystander: From Pre-School to High School: How Parents and Teachers Can Help Break the Cycle of Violence. 1st paperback ed. (Print-Non-Fiction). Coloroso, Barbara. HarperCollins Publishers, Inc. (HCP), 2003. ISBN 0-00-639420-5.

In her book *The bully, the Bullied, and the Bystander*, Barbara Coloroso addresses the issue of bullying in a clear and forthright manner. Part one identifies and describes each of the roles assumed by participants (bullies, victims, and bystanders) in a bullying situation. A separate chapter focuses on each category. Coloroso also describes various kinds of bullying including physical, verbal, and relational bullying. As well, she addresses the causes of bullying, and the warning signs that indicate someone is being bullied. Careful distinction is made between contrasting behaviours such as teasing and taunting, and flirting and verbal sexual bullying. Part two of the book aims at breaking the cycle of violence and creating caring schools and communities. Strategies to assist parents and teachers in dealing with bullying situations and behaviours provide readers with valuable tools in support of positive change.

Suggested Use: Life Transitions 20/30: Teacher Reference; Wellness 10: Teacher Reference

The Bullying Prevention Handbook: A Guide for Principals, Teachers, and Counselors (Print-Non-Fiction). Hoover, John H. and Oliver, Ronald. National Educational Service (NES), 1996. 148 p. ISBN 1-879639-44-0.

This comprehensive resource was designed to assist professionals in implementing an anti-bullying

program in their school. It offers an understanding of the problem, from the family dynamics, to the classroom environment, to the overall culture of the school. The appendices provide many practical tools such as checklists, role play scenarios, evaluation materials, bullying surveys and a list of resources related to bullying. Included is a table of contents.

Suggested Use: Health Education: Grades K-9-Teacher Reference

Stop the Bullying: A Handbook for Teachers (Print-Non-Fiction). Rigby, Ken. Pembroke Publishers Limited (PPL), 2001. 62 p. ISBN 1-55138-137-0.

This practical handbook was designed to help teachers work with colleagues, students, and parents/caregivers to make their schools safer places for all. It provides information and activities that can assist teachers in the following ways:

- to find out what is occurring in their school
- to develop a solid anti-bullying policy
- to gain the students' support in dealing with bullying
- to deal appropriately with children who bully
- to enable teachers and caregivers/parents to work effectively together to stop bullying.

Suggested Use: Health Education: Grade 1-5-Social Relationships; Grade 7-Conflict Resolution; Teacher Reference

WEBSITES

Assessment Toolkit for Bullying Harassment and Peer Relations at School (K-12)
<http://www.cpha.ca/antibullying>

Bullying – You Are Not Alone (1-5)
<http://www.bullying.org/public/frameset.cfm>

Bullying in Schools and What to Do About It (K-12)
<http://www.education.unisa.edu.au/bullying/>

Distributor Directory

- CDS** Canbook Distribution Services
195 Harry Walker Pky
NEWMARKET ON L3Y 7B3
(800) 399-6858
(905) 713-3852
Fax: (800) 363-2665
E-mail: inquiry@canbook.com
Website: www.canbook.com
- FHW** Fitzhenry & Whiteside Ltd.
195 Allstate Pky
MARKHAM ON L3R 4T8
(800) 387-9776
(905) 477-9700
Fax: (905) 477-9179
E-mail: jghoura@fitzhenry.ca
Website: www.fitzhenry.ca
- FIR** Firefly Books Ltd.
66 Leek Cres
RICHMOND HILL ON L4B 1H1
(800) 387-6192
(416) 499-8412
Fax: (800) 450-0391
E-mail: service@fireflybooks.com
Website: www.fireflybooks.com
- HCP** HarperCollins Canada Ltd.
1995 Markham Rd
SCARBOROUGH ON M1B 5M8
(800) 387-0117
(416) 321-2241
Fax: (800) 668-5788
E-mail: horder@harpercollins.com
Website: www.harpercanada.com/
- KIN** Kinetic Inc.
511 Bloor St W
TORONTO ON M5S 1Y4
(800) 263-6910
(416) 538-6613
Fax: (416) 538-9984
E-mail: info@kineticvideo.com
Website: www.kineticvideo.com
- MGR** Media Group
2710 Millar Ave
SASKATOON SK S7K 4J4
(888) 682-8808
(306) 933-4212
Fax: (306) 933-3183
E-mail: vidlib@mg.ca
Website: videodb.mg.sk.ca
- NES** Solution Tree
PO Box 3250
MISSION BC V2V 4J4
(800) 733-6786
Fax: (604) 608-3820
E-mail: info@solution-tree.com
Website: www.solution-tree.com
- PPL** Pembroke Publishers Limited
538 Hood Rd
MARKHAM ON L3R 3K9
(800) 997-9807
(905) 477-0650
Fax: (905) 477-3691
E-mail: mary@pembrokepublishers.com
Website: www.pembrokepublishers.com
- PRN** Pearson Education Canada
School Division
195 Harry Walker Pky North
NEWMARKET ON L3Y 7B4
(800) 361-6128
(905) 853-7888
Fax: (800) 563-9196
E-mail: cdn.ordr@pearsoned.com
Website: www.pearsoned.ca
- SCH** Scholastic Canada Ltd.
175 Hillmount Rd
MARKHAM ON L6C 1Z7
(800) 268-3848
(905) 887-7323
Fax: (866) 346-1288
E-mail: custserve@scholastic.ca
Website: www.scholastic.ca
- UTP** University of Toronto Press
5201 Dufferin St
TORONTO ON M3H 5T8
(800) 565-9523
(416) 667-7791
Fax: (800) 221-9985
E-mail: utpbooks@utpress.utoronto.ca
Website: www.utpress.utoronto.ca/