

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

### Information for Parents/Caregivers

#### PRINT

**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 your child can deal with bullying and change bullying behaviours.

**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 in a bullying situation. Discussion ideas at the end may help your child to be prepared when he or she sees others being bullied.

**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.

#### VIDEO

**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 Canadian 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](http://www.nfb.ca/itsagirlsworld).

#### WEBSITE

##### **Bullying - You Are Not Alone**

<http://www.bullying.org/public/frameset.cfm>

This Canadian website begins with the statement, "Everyone has the right to be respected and the responsibility to respect others". It includes information about bullying for parents, teachers, students, and community members. The section titled "I Want to Learn" contains frequently asked questions, as well as information on cyberbullying, community prevention of bullying, and myths and facts about bullying.

##### **Bullying in Schools and What to Do About It**

<http://www.education.unisa.edu.au/bullying/>

The purpose of this website is to provide comprehensive information about bullying in schools and how it can be prevented. It is of special interest to educators, children, and parents. This website provides access to other Internet sources on bullying and various related articles.

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

### Information for Parents/Caregivers

#### PRINT

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

In this Canadian novel, 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 than the other boys. Junior High is better than Elementary 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. Your child will be challenged to consider the impact of bullying.

**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.).

This Canadian novel tells the story of "one loser's" attempt to break free of his label. Fifteen-year-old Alex Sherwood starts the 'Losers' Club to help him and his friends deal with the bullying they face at McLuhan High. Instead of letting their self-esteem fall, the youth who are bullied support and encourage each other. The story builds up to an unusual duel when Alex challenges the school bully to enter into the local Christmas lights competition.

#### VIDEO

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

This Canadian video explores the lives of children and youth who are bullied at school. It features stories of parents who have had to launch their own bully prevention campaigns in response to their children's tragic abuse by bullies. Cyberbullying is also addressed in this program. Debra Pepler, an expert on bullying issues, tells why children bully and why children who bully are at a high risk for lifelong problems. Some language in this video may be offensive.

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#### WEBSITE

**Assessment Toolkit for Bullying Harassment and Peer Relations at School**

<http://www.cpha.ca/antibullying/>

Bully-victim problems, sexual harassment, and racial discrimination are major public health concerns in Canada's elementary, middle, and high schools. Research indicates that these peer relationship problems are commonplace. The goal of this site is to engage partners in health, education, justice, social services, parents/guardians, and youth in the development and testing of an evaluation framework and identification of the criteria of best practices for school-based anti-bullying/harassment programs. Teaching strategies, school programs (good and bad), and core school components are all included along with statistical information to set up a successful program.

**Bullying in Schools and What to Do About It**

<http://www.education.unisa.edu.au/bullying/>

The purpose of this website is to provide comprehensive information about bullying in schools and how it can be prevented. It is of special interest to educators, children, and parents. This website provides access to other Internet sources on bullying and various related articles.

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

### Information for Parents/Caregivers

#### PRINT

**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.

This book discusses bullying issues in a clear and upfront manner. Part one describes the roles played by youth who bully, youth who are bullied, and bystanders. Various kinds of bullying are identified including physical, verbal, and relational bullying. The book also discusses the causes of bullying and the warning signs that indicate someone is being bullied. Part two of the book aims at breaking the cycle of bullying by suggesting ways to create caring schools, homes, and communities.

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**In Other Words** (Video). National Film Board of Canada (MGR), 2001. 28 min. Dup. order no. V4797. Program Guide – Order no. V4797 (\$FREE loose-leaf). In this Canadian video, gay and lesbian high school students discuss the verbal, emotional, and aggressive physical bullying that are used against them. Focus is placed on how these students try to cope with the harassment. Viewers of all ages are encouraged to challenge traditional stereotypes.

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