



Title: Zero to Hero

Authors: Henry Winkler and Lin Oliver

Call #: J FIC WINKLER

Summary: The tale of an unusual friendship between the new boy at school and a ghost who seems to have some great advice for dealing with bullies.

High School:

Title: Dear Bully: seventy authors tell their stories

Call #: Y 302.3 HAL

Summary: Popular teen authors share stories about bullying. These are all real stories/situations.

Title: Hate list

Author: Jennifer Brown

Call #: Y FIC BROWN

Summary: Valerie dealt with a tough situation when her boyfriend committed a school shooting. Now, she must go back to school and integrate herself back into her former life.

Title: I Swear

Author: Lane Davis

Call #: Y FIC DAVIS

Summary: A bullied teen commits suicide and acts of cyber bullying and harassment are revealed through a court trial.

Title: It gets better: coming out, overcoming bullying, and creating a life worth living

Call #: 306.766 SAV

Summary: Essays and testimonials written to gay/lesbian teens about how life will get better.

Title: Keep holding on

Author: Colasanti, Susane

Call #: Y FIC COLASANTI

Summary: Noelle must face her fears and issues she deals with from bullying when her longtime crush begins to return her feelings.

Title: Playground

Author: 50 Cent

Call #: Y FIC FIFTY

Summary: An 8th grade boy is dealing with a lot: bullying, his parents' divorce & an abusive parent. A therapist is a big help in showing him how get through some tough situations.

Title: Thirteen Reasons Why

Author: Jay Asher

Call #: Y FIC ASHER

Summary: Clay receives tapes in the mail from a classmate who committed suicide. He listens to them and recounts the events that lead up to her death.

For Parents:

Title: The Bully Society

Author: Jessie Klein

Call #: 302.34 KLE

Summary: Discusses the reason behind the rise in school violence and proposes ways to decrease bullying/violence.

Title: The Drama Years

Author: Haley Kilpatrick

Call #: 305.235 KIL

Summary: Advice from the founder of the Girl Talk mentoring program on how to manage stress and still do well in school.

Title: Little girls can be mean

Author: Michelle Anthony & Reyna Lindert

Call #: PARENT SHELF 371.58 ANT

Summary: This book confronts the social issues of elementary-school aged girls and provides tools for parents to use with their daughters.

Title: Odd girl out

Author: Rachel Simmons

Call #: 302.54 SIM

Summary: Discusses the importance of enabling girls to voice their anger and properly resolve conflicts.

Title: Who says bullies rule?: Common sense tips to help your kids cope

Author: Catherine DePino

Call #: 371.58 DEP

Summary: This book is geared towards parents with children in elementary and middle school. It teaches parents how to empower their children.



DVDs:

Title: Bully

Call #: 371.782 BUL

Summary: A documentary that follows 5 kids/families over the course of a school year. Each family has a different situation and the film is very powerful.

Title: Stop bullying now!

Call #: J DVD 371.78 STO

Recommended Websites:

- American Academy of Child & Adolescent Psychiatry - http://www.aacap.org/cs/root/facts_for_families/bullying
- American Psychological Association - <http://www.apa.org/topics/bullying/index.aspx>
- Bullying Statistics - <http://www.bullyingstatistics.org/>
- CNN - <http://www.cnn.com/2010/US/studentnews/09/30/antibullying.resource/index.html>
- DoSomething.org - <http://www.dosomething.org/tipsandtools/11-facts-about-school-bullying>
- Education.com - <http://www.education.com/topic/school-bullying-teasing/>
- KidsHealth - http://kidshealth.org/teen/your_mind/problems/bullies.html
- National Crime Prevention Council - <http://www.ncpc.org/topics/bullying>
- Pacer's National Bullying Prevention Center - <http://www.pacer.org/bullying/>
- PBS Kids - <http://pbskids.org/itsmylife/friends/bullying/>
- Scholastic - <http://www.scholastic.com/parents/resources/article/social-emotional-skills/bullying-and-teasing-no-laughing-matter>
- State of NJ, Department of Education - <http://www.state.nj.us/education/students/safety/behavior/hib/>
- Stomp Out Bullying - <http://www.stompoutbullying.org/>
- StopBullying.gov - <http://www.stopbullying.gov/index.html>



GET HELP NOW

If you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help:

The Problem	What You Can Do
There has been a crime or someone is at immediate risk of harm.	Call 911.
Someone is feeling hopeless, helpless, thinking of suicide.	<p>Contact the National Suicide Prevention Lifeline online or at 1-800-273-TALK (8255).</p> <p>The toll-free call goes to the nearest crisis center in our national network. These centers provide 24-hour crisis counseling and mental health referrals.</p>
Someone is acting differently than normal, such as seeming sad or anxious, struggling to complete tasks, or not being able to care for themselves.	Find a local counselor or other mental health services.
A child is being bullied at school.	<p>Contact the:</p> <ol style="list-style-type: none"> 1. Teacher 2. School Counselor 3. School Principal 4. School Superintendent 5. State Department of Education
The school is not adequately addressing harassment based on race, color, national origin, sex, disability, or religion.	<p>Contact the:</p> <ol style="list-style-type: none"> 1. School superintendent 2. State Department of Education 3. U.S. Department of Education, Office for Civil Rights 4. U.S. Department of Justice, Civil Rights Division

Information provided by StopBullying.gov (<http://www.stopbullying.gov/get-help-now/index.html>)

