

Resources on Bullying and Relational Aggression

Books for Children

Always read a book yourself before sharing it with a child.

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem
by G. Kaufman et. al.

A Smart Girl's Guide to Friendship Troubles by Patti Criswell

Nobody Knew What to Do by B. McCain

Just Kidding by Trudy Ludwig

Bullies Are a Pain in the Brain by Trevor Romain

Nobody Knew What to Do by B. McCain

One by Kathryn Otoshi

Zero by Kathryn Otoshi

Say Something by Peggy Moss

Simon's Hook by Karen Burnett

Speak Up and Get Along! by Scott Cooper

Stand Up for Yourself and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way by P. Criswell

The Sneetches by Dr. Seuss

From Best Friend to Bully by Tanya Savory

The Hundred Dresses by Eleanor Estes

The Meanest Thing to Say by Bill Cosby

Bully Beans by Julia Cook

Too Nice by Marjorie Pellegrino

Bully by Patricia Polacco

Franklin Is Bossy by Bourgeois and Clark

Stop Picking on Me by P. Thomas

Chrysanthemum by Kevin Henkes

The Misfits by James Howe

Websites

Some of these websites have good interactive material or articles for youth.

www.stopbullyingworld.org

www.stopbullying.gov

www.stopbullyingnow.com

www.kidshealth.org

www.micheleborba.com

www.search-institute.org

www.cheryldellasega.com

(continued)

Mathias Counseling and Consulting

Helping you make sense of life.

7965 E. 106th Street - Suite 116 - Fishers, Indiana 46038 ~ 317.586.2141

cemathias@mathiascounseling.com ~ www.mathiascounseling.com

Websites (continued)

www.bucketfillers101.com - Promoting positive attitudes and ideas
www.guardingkids.com
www.netsmartz.org
www.stopcyberbullying.org
www.staysafe.org
www.wiredsafety.org
www.cyberbullying.us
www.becomeanupstander.org
www.pbskids.org/itsmylife/friends/bullies

Books for Educators and Parents

Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them by Michele Borba
Girl Wars: 12 Strategies That Will End Female Bullying by Cheryl Dellasega, Ph. D.
The Parent's Book About Bullying - Changing the Course of Your Child's Life by William Voors
Bullies and Victims – Helping Your Child Through the Schoolyard Battlefield by Fried and Fried
The Bully, the Bullied, and the Bystander: From Pre-School to High School – How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso
Queen Bees and Wannabees by Rosalind Wiseman
Please Stop Laughing at Me by Jodee Blanco
Empowering Bystanders in Bullying Prevention by Stan Davis
Bullying Prevention and Intervention: Realistic Strategies for Schools by S. Swearer, D. Espelage and S. Napolitano
Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying by Stan Davis
Speak Up and Get Along! by Scott Cooper

Mathias Counseling and Consulting

Helping you make sense of life.

7965 E. 106th Street - Suite 116 - Fishers, Indiana 46038 ~ 317.586.2141
cemathias@mathiascounseling.com ~ www.mathiascounseling.com