

## Bullying Intimidation

### Books / livres

**7 Ways to block a cyber bully: with section for parents and educators [DVD] / Learning Zone Express.**

FAM BF 637 .B85 S48 2008

This DVD shows children how to protect themselves against cyber bullies by following 7 steps. This also includes ways in which parents and educators can work to stop cyber bullying.

**Blue cheese breath and stinky feet: how to deal with bullies / DePino, Catherine.**

Washington, DC: Magination Press, 2004.

FAM BF 637 .B85 D4 2004

Steve doesn't know what to do about Gus who won't leave him alone. Once his parents find out, they set up a plan to send Gus on his way. Appropriate for ages: 6-12 years.

**The bully, the bullied, and the bystander: from pre-school to high school - how parents and teachers can help break the cycle of violence / Coloroso, Barbara.**

Toronto: HarperCollins, 2002.

FAM BF 637 .B85 C64

With this book, readers will learn: What bullying is and what it isn't; the three kinds of bullying; and the differences and similarities between boy and girl bullies; how to read the subtle clues that a child is being bullied; seven steps to take if your child is a bully; four abilities that protect your child from succumbing to a bully; why zero tolerance policies can equal zero thinking and why contempt, not anger, drives bullying, and how to confront this in bullies.

**Bullying: deal with it before push comes to shove / Slavens, Elaine.**

Toronto, ON: James Lorimer and Company Ltd. 2003.

FAM BF 637 .B85 S53 2003

The guide is full of ideas about how to encourage understanding of bullying and the roles of bully, target and by-stander.

**The bullying workbook for teens: activities to help you deal with social aggression and cyberbullying / Lohmann, Raychelle Cassada; Taylor, Julia V.**

Oakland, CA: Instant Help Books, 2013.

FAM BF 637 .B85 L64 2013

A practical, skills-based teen self-help workbook that addresses both bullying and cyberbullying. Designed to help teens learn anti-bullying strategies, build constructive communication skills to help them express their feelings and manage their emotions, and gain confidence in themselves and their interactions with others.

**Bye-bye, bully!: a kid's guide for dealing with bullies / Jackson, J. S.**

St. Meinrad, IN: One Caring Place, 2003.

FAM BF 637 .B85 J3 2003

This children's book looks at the who, what, and whys of bullying, and how to assert and protect themselves in non-violent ways.

**Chester Raccoon and the big bad bully / Penn, Audrey.**

Terre Haute, IN: Tanglewood Press, 2008.

FAM BF 637 .B85 .P37 2008

When Chester tells his mother about the school bully, she asks him to gather his friends to hear a story about getting along with people who are prickly.

**Cyberbullying: bullying in the digital age [2<sup>nd</sup> ed.] / Kowlaski, Robin M.; Limber, Susan P.; Agatson, Patricia W.**

Malden, MA: Blackwell Pub, 2012.

FAM BF 637 .K69 2012

The authors have utilized vital studies involving over 3,500 middle school students, online research projects and the use of social network sites, and data from focus groups of victims and perpetrators and their parents to provides educators, parents, psychologists, and policy-makers with critical prevention techniques and strategies for effectively addressing electronic bullying.

**Du racket à l'école / Broere, Rien.**

Montréal: Éditions École active, 1997.

FAM BF 637 .B85 B765

Frédéric doit décider qui faire lorsqu'il voit son ami Benoit se faire intimider par une bande. Pour les enfants de 4 à 10 ans.

**Help! I'm being bullied / Lovegrove, Emily.**

Pembrokeshire, SA: Accent Press Ltd, 2006.

FAM BF 637 .B85 L6 2006

Ten practical strategies to stop bullying for kids and adults.

**How to handle a bully / Richards, Nancy Wilcox; Sourwine, David (ill.).**

Toronto: Scholastic, 2010.

FAM BF 637 .B85 R53 2010

An early chapter book about Rilla and her friends who are meeting at the park every day to practice for Bayfield's first annual Fitness Challenge. But can Rilla ace all the events, included the bicycle obstacle course and handle the playground bullies too?

**How to handle a bully / Richards, Nancy Wilcox; Sourwine, David (ill.).**

Toronto: Scholastic, 2008.

FAM BF 637 .B85 R53 2008

An early chapter book about what to do when bullies present themselves. Tony's excited about signing up for hockey. He's starting late, but a lot of his friends are on the same team, the Bayfield Blazers, but there's a bully on the team, a bully who goes after him on and off the ice.

**How to tame a bully / Richards, Nancy Wilcox; Drazen Kozjan (ill.).**

Toronto: Scholastic, 2006.

FAM BF 637 .B85 R53 2006

An early chapter book about Lauren, who picks a seat right next to Bethany, the worst bully at Bayfield Elementary. For weeks school is no fun at all. Can Lauren figure out what to do?

**Howard B. Wigglebottom learns about bullies / Binkow, Howard.**

Thunderbolt Publishing, 2008.

FAM BF 637 .B85 .B56 2008

Howard B. Wigglebottom is a young rabbit who is bullied at school and finally decides to tell his teacher. Includes lessons and reflections about bullying.

**Ils m'embêtent tout le temps! / Broere, Rien.**

Montréal: Éditions École active, 1997.

FAM BF 637 .B85 B76

Pierrot déménage et il réalise que plus rien n'est pareil et il doit apprendre à s'adapter et à se faire de nouveaux amis. Pour les enfants de 4 à 10 ans.

**Intimidation et harcèlement: ce qu'il faut savoir pour agir / Saint-Pierre, Frédérique.**

Montréal: Éditions du CHU Sainte-Justine, 2013.

Rassemblant les résultats des plus récentes études sur le sujet, il traite de toutes les facettes de la dynamique d'agression: types, moyens et causes de l'intimidation, dangers de la cyberintimidation, impacts à court et à long terme, particularités des situations et des comportements de la victime, de l'intimidateur et des différents témoins, moyens de prévention et d'intervention.

FAM BF 637 .B85 .S25 2013

**Jay McGraw's life strategies for dealing with bullies / McGraw, Jay.**

New York: Aladdin, 2008.

FAM BF 637 .B85 M33 2008

This book provides information for kids on how to ask for help and how to ask the right people for help.

**Just kidding / Ludwig, Trudy.**

Berkeley, CA: Tricycle Press, 2006.

FAM BF 637 .B85 L973 2006

With help from his father, older brother, and teacher, DJ learns how to handle a classmate who claims that his mean-spirited "teasing" is just a joke.

**Noni speaks up / Côté, Geneviève (ill.); Hartt-Sussman, Heather**

Toronto: Tundra Books, 2016.

FAM BF 637 .B85 H27 2016

Standing by silently in fear while her friend is routinely bullied, Noni realizes that doing nothing is making her feel worse and gathers the courage to take matters into her own hands.

**Say something / Moss, Peggy.**

Gardiner, Maine: Tilbury House, 2004.

FAM BF 637 .B85 M67 2004

A child who never says anything when other children are being teased or bullied finds herself in their position one day when jokes are made at her expense and no one speaks up.

**Shield up / Marino Craver, Marcella.**

Washington, DC: Magination Press, 2015.

FAM BF 637 .B85 C72 2015

This book is about a group of children that transform their school environment to a place where kind actions take center stage.

**Stand up for yourself & your friends: dealing with bullies and bossiness, and finding a better way / Criswell, Patti Kelley.**

Middleton, WI: American Girl, 2009.

FAM BF 637 .B85 C75 2009

This book is full of tips, from clever comebacks to the best ways to ignore someone who bullies. Ages 8+.

**Willow finds a way / Button, Lana; Howells, Tania.**

Toronto, ON: Kids Can Press, 2013.

FAM BF 637 .B85 B87 2014

Willow is thrilled the whole class (including her!) is invited to classmate Kristabelle's fantastic birthday party, until the bossy birthday girl starts crossing guests off the list when they dare cross her. This story offers a unique look at how to handle a bullying situation as a bystander.

**Websites / sites internet****Kids Health – For Kids, Teens and Parents from the Nemours Foundation**

<http://www.kidshealth.org/>

**Bullying - American Academy of Child and Adolescent Psychiatry**

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Bullying-080.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Bullying-080.aspx)

**Bullying: We Can all Help Stop it – Ontario Ministry of Education**

**L'intimidation: Essayons d'y mettre un terme - Ontario ministère de l'éducation**

<https://www.ontario.ca/page/bullying-we-can-all-help-stop-it>

**Intimidation – Gouvernement du Québec**

<https://www.quebec.ca/famille-et-soutien-aux-personnes/aide-et-soutien/intimidation/>

**Kids Help Phone****Jeunesse, j'écoute**<https://kidshelpphone.ca/>**Pacer's National Bullying Prevention Center**<http://www.pacer.org/bullying/>**Ottawa Bullying Prevention Coalition**<http://ottawabullyingpreventioncoalition.com/>**YouTube****What is bullying - CHEO videos (5 parts)**<http://www.youtube.com/watch?v=apjlxSt3h7E&list=SPC6061FE13A8FD250&index=24>**Local Contacts / Liaison régionale****Kids Help Phone / Jeunesse j'écoute**

800-668-6868

<http://kidshelpphone.ca>

Need help right now? Text CONNECT to 686868 to chat with a volunteer Crisis Responder 24/7

Tu as besoin d'aide tout de suite? Texte PARLER au 686868

**Disclaimer / avertissement**

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at [library@cheo.on.ca](mailto:library@cheo.on.ca).

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à [library@cheo.on.ca](mailto:library@cheo.on.ca).

Last Updated and Links Tested: November 2019

Mise-à-jour et liens vérifiés: 2019 novembre