

# 6

## Look It Up...



# Selected Resources



### Where can you go to find out more?

#### Books & Articles

Coloroso, Barbara. (2003). *The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence*. New York: HarperCollins.

Helps parents, teachers, and caregivers understand the behaviors of the bully, the child who is bullied, and the bystander. Explains how different kinds of families influence these behaviors. Provides strategies to protect children and to deal with bullying behaviors.

Garbarino, James, & deLara, Ellen. (2002). *And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence*. New York: The Free Press.

Explains the bullying and emotional violence experienced by teenagers in schools. Provides parents with specific strategies for improving teenagers' emotional lives.

Haber, Joel & Glatzer, Jenna. (2007). *Bullyproof Your Child for Life: Protect Your Child from Teasing, Taunting, and Bullying for Good*. New York: Penguin.

Offers practical information to parents for dealing with bullying in schools, camps, sports, and on the Internet. Explains the bullying dynamic and provides ways to help children in elementary through high school.

Hannah, Margaret. (2010). *Cyberbullying and Parenting: Back to the Basics*. Newton, MA: MSPP Interface Referral Service.

Explores ways that a parent can identify whether cyberbullying is affecting his or her child's life and strategies to prevent cyberbullying. Presents ways that parents can promote safe interactions on the Internet for their children that are positive and productive.

[www.msppinterface.org/guides/cyberbullying](http://www.msppinterface.org/guides/cyberbullying)

Olweus, Dan. (1993). *Bullying at School: What We Know and What We Can Do*. Cambridge, MA: Blackwell Publishers.

Presents an overview of bullying in schools for parents, teachers, and school principals. Includes research findings that help identify and address bullying behaviors. Gives practical advice on how to implement a whole-school approach to bullying.



## Look It Up...Selected Resources

Ross, Dorothea. (2003). *Childhood Bullying, Teasing, and Violence: What School Personnel, Other Professionals, and Parents Can Do*. (2nd ed.). Alexandria, VA: American Counseling Association.

Provides a broad context and a comprehensive approach to the problem of bullying. Includes research findings, techniques for counseling bullies and victims, and prevention strategies that involve parents and school personnel.

Slaby, Ronald G., & Bernstein, Judith Y. (2012). *Bullying Prevention: When Your Child Is the Victim, the Bully, or the Bystander*. Waltham, MA: Massachusetts Medical Society.

Provides suggestions for parents on how to address bullying with children who are bullied, children who bully others, and children who are bystanders to bullying.  
<http://www.massmed.org/violence>

Slaby, Ronald G., Wilson-Brewer, Renee, & Dash, Kimberly. (1994). *Aggressors, Victims, and Bystanders: Thinking and Acting to Prevent Violence*. Newton, MA: Education Development Center, Inc.

Provides a curriculum to prepare children in grades 6 through 9 to become violence preventors. Helps children to: understand the roles of aggressor, victim, and bystanders; change beliefs that support violence; and build violence prevention skills through practice.  
<http://www.thtm.org>

Storey, Kim (May/June 2010). *Eyes on Bullying: What YOU Can Do to Prevent and Stop Bullying at Camp*. Camping Magazine.

Explores bullying in the camp setting and provides strategies for prevention and intervention.  
<http://www.acacamps.org/campmag/1005/what-you-can-do-prevent-and-stop-bullying-camp>

### Websites

#### 15+ Make Time to Listen

Provides printable game cards that encourage parents and caregivers to spend 15 minutes a day listening and talking to their children about bullying, sponsored by the Substance Abuse and Mental Health Administration of the U.S. Department of Health and Human Services.  
<http://store.samhsa.gov/product/15-Make-Time-To-Listen-Take-Time-To-Talk-About-Bullying/SMA08-4321>

#### Anti-Defamation League: Bullying/Cyberbullying

Provides strategies and resources for educators, youth, and families to respond to and help prevent bullying and cyberbullying.  
<http://www.adl.org/education-outreach/bullying-cyberbullying>



## Look It Up...Selected Resources

### **Boston vs Bullies**

Uses athletes from Boston's major sports teams to help children stand strong against bullying. Includes a website, public service announcements, an educational video and facilitator's guide, and educational and community outreach activities. An anti-bullying initiative of The Sports Museum and the Boston sports community.

<http://www.bostonvsbullies.org>

### **Eyes on Bullying**

Provides a multimedia program to prepare parents and caregivers to prevent bullying in children's lives. Features the *Eyes on Bullying Toolkit* with insights, strategies, skills-building activities, and resources. Designed especially for adults to use with children and youth in homes, child care centers, afterschool and youth programs, and camps. Funded by the IBM Global Work/Life Fund.

<http://www.eyesonbullying.org>

### **No Bully®**

An intervention program to help schools create bullying-free learning communities. Features a "Solution Team®" strategy that helps resolve the problems of individual students who are victims of bullying.

<http://www.nobully.com>

### **PACER National Center for Bullying Prevention**

Provides resources for adults and students about bullying, with a special focus on children with disabilities. Includes information on Bullying Prevention Awareness Week and an animated site for elementary school students. Some content is translated into Spanish, Somali, and Hmong.

<http://www.pacer.org/bullying>

### **PREVNet**

Provides information on bullying prevention, including research summaries and toolkits. Created by a national network of researchers and organizations in Canada committed to stopping bullying. Presented in English and French. Sponsored by the Networks of Centres of Excellence, Queen's University, and York University.

<http://www.prevnet.ca>

### **Stopbullying.gov**

Provides prevention and response strategies for parents, educators, community leaders, children, and youth about bullying and cyberbullying. Includes fact sheets, tips, videos, blogs, and a resource inventory. Information for adults is presented in English and Spanish. A federal government website managed by the U.S. Department of Health & Human Services.

<http://www.stopbullying.gov>

- <sup>1</sup> Nansel, T. R., Overpeck, M., Pilla, R. S., Ruan, W. J., Simons-Morton, B., & Scheidt P. (2001). Bullying behaviors among US youth: Prevalence and association with psychosocial adjustment. *Journal of the American Medical Association*, 285(16), 2094–2100.
- <sup>2</sup> Tokunaga, R. (2010). Following you home from school: A critical review and synthesis of research on cyberbullying victimization. *Computers in Human Behavior*, 26, 277–287.
- <sup>3</sup> Olweus, D. (1992). Bullying among schoolchildren: Intervention and prevention. In R. D. Peters, R. J. McMahon, & V. L. Quinsey (Eds.), *Aggression and violence throughout the life span* (pp. 100–125). London: Sage Publications.
- <sup>4</sup> van der Wal, M. F., de Wit, C. A. M., & Hirasing, R. A. (2003). Psychosocial health among young victims and offenders of direct and indirect bullying. *Pediatrics*, 111, 1312–1317.
- <sup>5</sup> Vossekuil, B., Fein, R. A., Reddy, M., Borum, R., Modzeleski, W. (2002, May). *The final report and findings of the Safe School Initiative: Implications for the prevention of school attacks in the United States*. U. S. Secret Service and U. S. Department of Education. Retrieved October 25, 2007, from [http://www.secretservice.gov/ntac/ssi\\_final\\_report.pdf](http://www.secretservice.gov/ntac/ssi_final_report.pdf)
- <sup>6</sup> Vail, K. (1999, September). Words that wound. *American School Board Journal*, 37–40.
- <sup>7</sup> Pepler, D. J., & Craig, W. (2000). *Making a difference in bullying* (Report No. 60). Toronto, Ontario, Canada: York University, LaMarsh Centre for Research on Violence and Conflict Resolution. Available at <http://www.melissainstitute.org/documents/MakingADifference.pdf>
- <sup>8</sup> Craig, W. M. & Pepler, D. (1997). Observations of bullying and victimization in the school yard. *Canadian Journal of School Psychology*, 13(2): 41–60.
- <sup>9</sup> Atlas, R. S., & Pepler, D. J. (1998). Observations of bullying in the classroom. *Journal of Educational Research*, 92(2), 86–99.
- <sup>10</sup> Hawkins, D. L., Pepler, D. J., & Craig, W. M. (2001). Naturalistic observations of peer interventions in bullying. *Social Development*, 10, 512–527.
- <sup>11</sup> O’Connell, P., Pepler, D., & Craig, W. (1999). Peer involvement in bullying: Insights and challenges for intervention. *Journal of Adolescence*, 22, 437–452.
- <sup>12</sup> Olweus, D. (1993). *Bullying at school: What we know and what we can do*. Cambridge, MA: Blackwell Publishers.
- <sup>13</sup> Slaby, R., Roedell, W. C., Arezzo, D., & Hendrix, K. (1995). *Early violence prevention: Tools for teachers of young children*. Washington, DC: National Association for the Education of Young Children.
- <sup>14</sup> Slaby, R., Wilson-Brewer, R., & DeVos, E. (1994). *Aggressors, victims and bystanders: Thinking and acting to prevent violence*. Newton, MA: Education Development Center, Inc.

