



Info Rx

Bullying

Bullying is the repetitive unwanted and/or aggressive behavior used to intimidate another. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Borrow these books from the FCRC or check your local library!

The Bully, the Bullied, and the Not-So Innocent Bystander

Barbara Coloroso

Coloroso draws upon her decades of experience in this guide about the many aspects of bullying.

Bullying No More: Understanding and Preventing Bullying

Kimberly Mason

Bullying No More offers parents techniques to recognize and understand bullying. Prevention and intervention strategies are also presented.

Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early

Grades Michelle Anthony and Reyna Lindert

Young girls face many friendship and relationship challenges. This book provides tools to help your girls become stronger, happier, and better able to enjoy friendships at school and beyond.

Hey, Back Off!: Tips for Stopping Teen Harassment

Jennie Withers and Phyllis Hendrickson

This comprehensive guide for teens uses real life examples and stories to illustrate the tips for dealing with harassment.

It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living

Dan Savage and Terry Miller

Written for LGBT youth, this collection of essays and stories offers encouragement for those who are being bullied



Bystander Power: Now with Anti-Bullying Action

Phyllis Goodstein and Elizabeth Verdick

This middle grade guide utilizes cartoons and humor to teach kids how to safely stand up against bullying and support kids who are targeted.

Confessions of a Former Bully

Trudy Ludwig

In this story about Katie, a reformed bully, kids are provided with real life tools they can use to identify and stop relational aggression.

A Tattle-tell Tale: A Story About Getting Help

Kathryn Cole

Elementary aged students can learn about the difference between tattling and telling in this story about Joseph and his lunchroom bully.

Noni Speaks Up

Heather Hartt-Sussman

Noni learns how to speak up for her friend Hector who is being bullied in this book written for pre-school/ early elementary aged children.


Llama Llama and the Bully Goat

Anna Dewdney

Llama Llama is being teased and he isn't sure what to do. Preschool aged children can learn about coping with bullies in this simple picture book.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrs.ahs.ca/rx/bullying/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



Alberta Health
Services

Alberta Children's Hospital

