



## 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](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/bullying/](http://fcrs.ahs.ca/rx/bullying/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

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Alberta Health  
Services

Alberta Children's Hospital

