



## 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.

### **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 you with tools to help your daughter become stronger, happier, and better able to enjoy her 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 along with tips to deal 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*

The 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.

*This list was created by caring Families & Professionals*

These resources are available to borrow from:

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

Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

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

For more information contact the Child Health Information Specialist  
at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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