

Elementary Bullying Prevention Resources for Teacher-Librarians and Classroom Teachers

A compilation of professional resources,
websites and recommended literature with
accompanying activities

ONTARIO ENGLISH
Catholic
Teachers
ASSOCIATION

Elementary Bullying Prevention Resources for Teacher-Librarians and Classroom Teachers

Introduction

The richness of children's literature offers a multi-dimensional approach to bullying prevention and intervention. Literature gives children insight into how other people feel when they are treated unfairly or inequitably. This insight helps to build tolerance, empathy and understanding.

In Bill 13, *Accepting Schools Act 2012*, Ontario schools are called upon to include curriculum content designed to prevent bullying behaviour. Within the hectic environment of day-to-day learning, teachers need to discover ways to integrate these skills within other curriculum areas. Children's literature is an effective way to do this.

Furthermore for Catholic educators, children's literature offers lessons that subscribe to those virtues we hope our students will use to guide their interactions with others as well as leading them in adulthood to pursue the common good.

Before using literature and lessons on what it means to follow these pursuits, students must first understand the meaning of the common good. One simple explanation is that it is the opposite of an action (or inaction) which benefits just one person. Bullying, for instance, is something that benefits only one person - the bully. Our Gospel values relay through Jesus' teachings that ours is not to be a world where we only act upon things that benefit us individually, rather our role is to ensure that those around us are treated with dignity, respect and love. In this way we can ensure that we are acting on behalf of the common good.

This document links appropriate literature resources to bullying prevention activities that are suitable for the K-6 classroom or school library. (A number of activities can be used for any elementary division.) Some of the listed categories are based on virtues while others are skill sets needed to oppose bullying. Throughout the document books are listed under each category. Although most of the books are picture books, many of them are suitable for students of all ages and offer, in a simple format, opportunities for deeper reflections. Most of these resources can be found in school libraries, public libraries, in stores or online. For other suggestions, including novels and novellas, refer to the Resource List.

Stories have an incredible power to engage students and adults alike. In a real sense, stories lead us to discover ways that we, as Catholic classroom teachers, can foster a culture of peace through the transforming experience of reading and listening to stories.

Special thanks to the writers of this resource:

Anne Horton, Dufferin-Peel Elementary OECTA Unit
Caterina Hird, London District OECTA Unit

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Report Card Comments

Ontario teachers will find that many of the lessons in these areas reveal student skills that can be translated into comments in the *Learning Skills, Guidance and Career, Language Arts, Religion and Family Life* sections of the Ontario Provincial Report Cards. A suggested list of comments is shown below (appropriate qualifiers/modifiers to be added by the teacher):

- demonstrates self-discipline
- takes responsibility for own behaviour
- acquires the knowledge and skills required for getting along with others both within and beyond the school
- chooses ways of interacting positively with others in a variety of situations
- acts thoughtfully and non-violently when dealing with problem resolution
- shows signs of becoming socially responsible
- works with others
- cares about others
- accepts various roles and an equitable share of work in a group
- responds positively to the ideas, opinions, values and traditions of others
- builds healthy peer-to-peer relationships through personal and media-assisted interactions
- works cooperatively with others to resolve conflicts and build consensus to achieve group goals
- shows initiative
- recognizes and advocates appropriately for the rights of self and others
- assesses and reflects critically on own strengths, needs, and interests
- identifies learning opportunities, choices, and strategies to meet personal needs and achieve goals
- perseveres and makes an effort when responding to challenges

Ontario Teachers: Ontario Ministry of Education Documents and Policies

Note that this resource provides opportunities for students to work toward meeting the expectations of the following Ontario Ministry of Education curriculum documents and policies:

***Growing Success: Assessment, Evaluation and Reporting in Ontario Schools* (2010)**

- Assessment for learning and assessment as learning processes to make decisions about teaching and learning through reflection, discussion, goal setting, and establishing success criteria.
- Opportunities for the explicit teaching of learning skills and work habits.

Choices Into Action: Guidance and Career Education Program Policy for Ontario Elementary and Secondary Schools (1999)

Opportunities to develop knowledge and skills in two of the three areas:

- Student development – social learning goals, monitor progress in learning, and self-direct their learning.
- Interpersonal development – Demonstrate self-discipline, take responsibility for their behaviour, relationship skills, and social problem solving skills.

Realizing the Promise of Diversity: Ontario's Equity and Inclusive Education Strategy (2009)

- Learning opportunities and resources – Schools are expected to give students and staff authentic and relevant opportunities to learn about diverse histories, cultures and perspectives.
- Instructional practices – Schools are expected to support effective instructional practices that reflect the diverse needs and pathways of all students.

Finding Common Ground: Character Development in Ontario Schools, K-12 (2006)

The activities in this resource align with the goals of the Ministry's character development initiative: "We want our schools to continue to be safe and to be models of effective human relationships, where students learn about and put into practice attributes such as respect, responsibility, fairness, and empathy." (*Growing Success*, 2010)

GRADES 1–3

1. Encouraging Self–Awareness

Self-awareness is described as the cornerstone of emotional intelligence. It allows students to accurately judge his/her performance and behaviour and to respond appropriately to different social situations. The ability to understand one's emotional state is often a prerequisite to socializing effectively with others. The specific skills that are involved in self-awareness include:

- identifying emotions
- understanding the causes and impact of emotions on self and others
- being responsible
- recognizing strengths and areas for improvement
- building one's self-image

Helping to develop your students' emotional intelligence is critical since emotions have an impact on every aspect of their lives - learning, behaviours, personal wellbeing, and relationships with others.

One method of developing self-awareness is through expanding students' emotional vocabulary. The Vocabulary of Feelings chart is very useful in classroom lessons and is available online at www.ami-tx.com/Portals/3/EmotionsFlyer.pdf

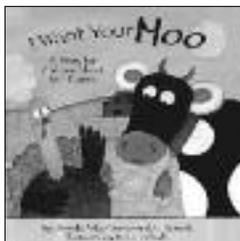
Recommended Reading



Stellaluna by Janell Cannon

Stellaluna is a young fruit bat who gets lost and can't find her mother. Not knowing how to get home, she is befriended by a family of birds, and she soon grows close to the hatchlings as if they're her siblings; however, even if Stellaluna can fly like a bird, it becomes increasingly obvious that she's a different sort of creature with different ways of doing things. Can Stellaluna learn to be more like her friends, or will she hold on to the qualities that make her what she is?

ISBN-13: 9780152002848



I Want Your Moo by Marcella Bakur Weiner

Toodles doesn't like herself. Her legs are skinny, her feathers are brown, and her head has no hair. Most of all, she hates her Gobble-gobble. All that changes when Toodles saves the day with her super-confident, super-empowering, super-turkey Gobble-gobble.

ISBN-13: 9781433805523

Encouraging Self Awareness' Related Activities

A) “My First Day at School”

Read the book, *Franklin Goes to School*, by Paulette Bourgeois. Ask how students felt when they first went to school. Make a list of words that describe emotions. Discuss. The Vocabulary of Feelings chart is very useful for this classroom lesson and is available online at www.ami-tx.com/Portals/3/EmotionsFlyer.pdf. As an alternative activity, ask students to depict in pictures how they felt about: the trip to school, settling in, my friends, lunchtime, recess, going home.

B) “This is My Name”

Students research the meaning of their names using a baby name book or website. On a piece of paper students print their name(s) with the meaning(s) under the names. In a four square graphic organizer, ask students to print what they think the name means. For instance “Christine means Christian but to me it means soccer player, friend, chocolate ice cream lover, etc.”

2. Being Non-Judgemental

Being non-judgemental is having the capacity to be open-minded enough to understand that differences in opinions and perspectives among people do exist and that they need to be accepted and respected. As children we have been taught that some things are good and some are bad based on cultural, family or friends' beliefs. This can often result in gossip which is always a destructive action. It is important for children to learn that things that are different are not necessarily bad and that God has created and loves each one of us in all our diversity.

Young adults can take this a step further by learning how to look beyond the surface for the attributes that make each person unique. In learning to be judgemental, students will learn the importance of accepting the positive characteristics in themselves as well as in others, that everyone is unique, and that everyone has the right to be respected as a person in spite of, and possibly because of, their differences.

Recommended Reading



Susan Laughs by Jeanne Willis and Tony Ross

This story provides an excellent avenue to discuss value judgements and assumptions about abilities. Readers follow a young girl who goes through a day's normal activities. Not until the end of the story is it revealed that Susan uses a wheelchair. Suitable for all grade levels. ISBN 13: 9780805065015



Yo! Yes? by Chris Raschka

This story introduces friendship making skills through a conversation that turns strangers into friends. Differences are celebrated and how being non-judgemental turns strangers into friends. Younger students will enjoy dramatizing the dialogue. ISBN-13: 9781417759385

'Non-Judgemental' Related Activities

A) "Who Am I?"

- Give each student a blank piece of paper or card.
- Students are to print or draw four things that they like or something (positive) about them or their families. Younger students may need assistance with this.
- Collect the cards and randomly read what is on each card, one thing at a time. Do not reveal names.
- Ask all students to stand if the trait you are reading aloud is something that applies to them.
- As you read another trait on that card, students sit who do not have that trait.
- When all four traits are read aloud, there should be a small group standing.
- Ask the students try to guess who is the owner of the card based on this small group.
- Discuss what is being learned about their classmates as well as seeing how much they have in common.
- Venn Diagrams and bar graphs may also be used with this activity.

B) "This Bag is Me"

- Prepare a brown paper bag in which you have placed 5 things that tell about yourself (e.g. a book, a sea shell, a picture of a bike, etc.)
- Share these with your students.
- Give each student a brown lunch bag, with the poem attached. (See poem below.)
- Let students decorate their own bags.
- Students browse through catalogues and cut out five pictures of things they like to add to their bags. Each child shares this with the class.
- Again, commonalities can be discussed and differences celebrated.

Poem:

This is my bag and here you will see
Some of the things that make me "Me"
Yes, I'm special and soon you will find
That God made me "Me" and I'm one of a kind.

3. Respecting Differences

Bullying behaviour is often fuelled by a misunderstanding of differences. Celebrating differences through the demonstration of respect and acceptance needs to be an ongoing and daily process infused in every aspect of classroom life. Incorporating activities, routines and modeling interactions promote the value and importance of diversity.

Developing students' capacity to view differences in viewpoint as normal and positive is an effective way to diminish bullying behaviour. Attributes include gender, ethnicity, age, religion, family structure, physical appearance, ability levels, ideas, and aesthetic preferences.

An understanding of anti-bullying behaviours, when introduced at young ages, allows students to reflect on the parts of their world that are significant to them. For instance, a kindergarten student, with guidance, could begin to understand that the differences between himself/herself and classmates is to be celebrated. Students in junior grades could have lessons focused on how misunderstandings on issues of diversity affect the school community, even the local community, and how media plays a role in this. In intermediate grades the perspective of issues in the wider world can be related to media, current events and history.

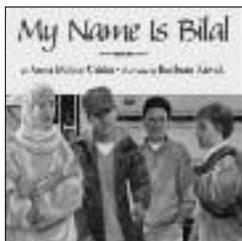
Recommended Reading



Lissy's Friends by Grace Lin

An imaginative and creative view of the importance of friendship. Having no friends, Lissy makes an origami bird that comes to life. She makes more origami animal friends. After these friends leave, she meets a new friend and one that stays.

ISBN 13: 9780670060726



My Name is Bilal by Asma Mobin-Uddin

Bilal as a Muslim student who experiences and witnesses religious prejudice. He learns to embrace his religious identity and stand up for himself and his sister. ISBN 13: 9781590781753

'Respecting Differences' Related Activities

A) "Class Pizza" Art Activity

- The teacher creates a large pizza on white Bristol board and draws lines out from centre to subdivide it into pieces of 'pizza', one per member of the class. (Note: number each slice on the back to ensure ease of reconstruction.)
- Each student is given a 'slice' and asked to decorate it with everything they like to eat on their own pizza.

- Teacher reassembles the class pizza on a larger piece of Bristol board.
- Discuss with the class the commonalities of the slices and how many of us seem to like the same things.
- Through pointed questions determine if anyone in the class might like to try one of the other slices of pizza and show how trying new things makes us appreciative.

B) “This is Me”

- Teacher distributes mirrors to students and informs them that today they will make a picture of themselves by looking into the mirror to determine face shapes, eye and hair colour, other facial features.
- Offer students pre-cut ovals of construction paper that are skin coloured. (available from many suppliers.)
- Ask them to look carefully in the mirror and choose the colour that is closest to their own. Crayons and yarn can be used for other features.
- Guide students to remember eyebrows, eyelashes, ears, freckles, etc.
- Post all pictures and discuss the beauty of the diversity of the classroom community.

4. Active Listening

A key step in countering bullying behaviours is active listening which can lead to asking pertinent questions. Through this, one may be able to discern the real reasons for one student’s negative feelings toward another. This allows opportunities to clarify and deepen understanding of the behaviour expectations that shape students’ interactions.

Consider the following five steps to active listening:

- Focus on the person who is talking.** Giving the speaker your undivided attention can be a difficult task. It goes beyond eye contact to include blocking out internal thoughts, distractions, movement, etc.
- Identify the feelings of the speaker.** The ability to accurately identify the emotions attached to the speaker’s words and body language leads to being empathic.
- Show understanding of what is being said.** It’s important for the listener to periodically check out what the speaker is saying. This exchange communicates to the speaker a willingness to understand. Both verbal cues (questions or brief empathic responses) and non-verbal cues (nodding or facial expressions) can be used.
- Select the most important aspects of the conversation.** It is virtually impossible to respond to everything the speaker says. Learning to be selective will help the listener focus and will assist in choosing the most important responses.
- Avoid labelling or judging the speaker.** Preconceived notions and perceptions can lead to misunderstandings and diminish understanding of the speaker’s point of view. Focus on the how and what words are spoken and the personal meaning the speaker gives to them.

Recommended Reading



The Best Part of Me by Wendy Ewald

Grades 3 to 5 students describe unique ways they perceive the best part of themselves. These descriptions are accompanied by photos. Invite students to listen actively to how the children perceive themselves and their bodies. ISBN 0316703060



Howard B. Wigglebottom Learns to Listen by Howard Binko.

Howard gets into a lot of trouble for not listening. When he becomes a better listener, his life improves dramatically. Tips, lessons and a poster are included. The first book in the award winning series which also includes *Howard B. Wigglebottom and the Bullies*. ISBN 0971539014

'Active Listening' Related Activities

A) "Bat and Moth"

- This is a tag game of two where a bat chases a moth.
- Arrange students in a circle which becomes the boundary for the game.
- Two students are chosen to enter the middle of the circle.
- One assumes the role of the bat and is blindfolded while the other becomes the moth.
- The object of the game is for the bat to tag the moth.
- The bat must use his/her senses to determine the whereabouts of the elusive moth.
- The bat is given about 1 minute to complete the task.
- During this time, the bat may send out "radar" by calling out "bat" five times.
- Each time the moth hears this, he/she must respond to the radar with a call of "Moth".
- It is important that other members of the class remain totally silent.
- To ensure safety, give the bat two taps on the shoulder to signal to turn around when he/she is about to head outside the circle.
- The activity can be made more challenging by decreasing the size of the circle or by giving the bat fewer opportunities to use "radar."
- Students should have an opportunity to play both roles.

B) "Broken Telephone"

- Ask five or more students to stand at the front of the class, evenly spaced to disallow overhearing the whispers of neighbors.
- As teacher, whisper a message to the first student.
- That student moves close to the second student and whispers what her or she believes they heard.
- This continues until the end of the line.
- The last student repeats what was heard.
- A comparison is made with the teacher to see what was originally stated.

Debrief:

- Role play what active listening looks and sounds like.
- Identify factors that interfere with listening (i.e., distractions, lack of focus, etc.)
- Discuss the importance of active listening when someone is sharing their thoughts and feelings (i.e., senses that can be used, listening with your heart, eyes, and ears, etc.)

5. Showing Kindness

Kindness is a language that everyone understands. It is one of the attributes most commonly displayed by Jesus and one that He asks us to share with others. The story of the Good Samaritan is a good example of showing kindness as well as showing compassion.

Ask students what kindnesses have been shown to them by their families. Discuss the feelings they experienced when someone was kind to them.

Explain that everyone's self-esteem increases with acts of kindness. Kind actions lead to connections with those around us. It allows us to understand more fully that we are intrinsically connected to others and that it is a crucial component to becoming a Catholic who truly embodies the concepts of acting on behalf of the Common Good. Through kind acts we can ensure that everyone feels included regardless of race, religion, gender or age.

Recommended Reading



Kindness is Cooler, Mrs. Ruler by Margery Cuyler

Mrs. Ruler guides her students to discover ways of being kind to family members, the community and each other. ISBN 0689873441



Shiloh Season by Phyllis Reynolds Naylor

Mean and angry Judd, who has never known kindness mistreats his dogs. Marty rescues the dogs but soon discovers how deep a hurt can go and how long it takes to heal. ISBN 9780739381045

'Kindness' Related Activities

A) "Broken Telephone" (see rules of activity on page 1, 'Active Listening')

- Play the game with a large number of students.
- The teacher begins with a statement about a fictional character such as Spiderman e.g. "Spiderman is just a regular guy and does not have any superpowers."

- When the last student repeats what was heard discuss that this not what was said originally and that this is how gossip works.
- Give examples and discuss how this can be harmful to others.
- Do it again saying something nice about someone such as, “Spiderman wears blue and red.”

B) “Mini Me”

- As an art activity, give each student a paper doll.
- Students decorate each to best resemble himself or herself.
- When they have completed this, read aloud a number of statements relating to hurt feelings, name calling, bullying, etc. and each time ask the students to act it out with each doll.
- When a negative comment is spoken ask the students to make a small tear, rip or crinkle in their doll.
- Ask each student each time to say, “I’m sorry.”
- Ask the students to put a bandage on one of the cuts or try to smooth it out.
- As a reflection activity discuss how the bandage does help to fix the tear but that the doll will never be the same due to the wrinkles, cuts and bandages.
- Discuss how we all have tears and bandages ourselves because of hurtful things that have been said to us but that ours are invisible.
- Invisible injuries never heal and hurt for a very long time.
- Lead the discussion on how to avoid creating invisible injuries in the first place.

6. Showing Compassion

Compassion can be simply defined as the awareness of someone’s distress together with the unconditional desire to alleviate it. Emphasizing the virtue of compassion is an effective way of reinforcing the importance of healthy resolution of conflict situations and positive bystander behaviour related to bullying incidents. Compassion breaks down barriers between people and leads to actions that are courageous and heroic because it means involvement in situations that do not initially feel comfortable.

The Dalai Lama spoke about how to teach children compassion in a world full of violence and intolerance. “Teach them to like and respect insects.” When a child learns to care about something that is tiny, strange, and not always easy to relate to, then we can realize that insects, like everything God created, share the same life. In turn we begin to realize that all human beings including classmates, families, the community and the world, share the same world, and are all beings created by God.

It is equally important that students see everyday examples of kindness and tolerance in order to become empathetic themselves. This is easily done in a Catholic school as most schools and classrooms conduct many acts of benevolence year round – food drives, fundraisers for charitable organizations, Lenten collections, Christmas fundraisers, etc.

Recommended Reading



Wonder by R. J. Palacio

After being home schooled all his life, 10-year-old August Pullman is starting 5th grade at a private middle school in his Upper East Side neighborhood. He wonders if anyone will realize that he's just a normal kid underneath his disfigured face, an affliction he was born with. In this uplifting story, it turns out that everyone carries some kind of disfigurement that feels isolating, even though most can't be seen. ISBN-13: 9780375869020



The Can Man by Laura E. Williams

This is an advanced picture book perfect for children who have noticed homeless people in their communities. This story is about Tim who wants a skateboard for his birthday. He notices his old neighbor, now homeless, collecting cans and he does the same to save up for a skateboard. From his encounters with The Can Man, Tim realizes that the cans he's collecting are at the expense of his old neighbor and he decides to give the money to him instead. ISBN-13: 9781600602665

'Showing Compassion' Related Activities

A) "What is Compassion?"

- Show students photos that project compassion in action such as helping others, showing kindness or caring, etc. Discuss how these things show compassion.
- Make a list of phrases related to compassion such as understanding how someone else feels, caring about others, showing concern through words and actions, helping, giving, listening, being patient.
- Ask students to create their own poster of compassionate images which have been cut from magazines.

B) "We Care"

- Develop a list of things that the class could choose to do to show compassion, e.g.
- Helping a younger student on the playground
- Connecting with a nursing home – do visits or pen pals
- Read to younger students and get to know them. Create crafts for and/or with them.
- Show compassion for the environment by cleaning the school yard or a park
- Change seats during lunch so students get to know different students.

7. Building Social–Emotional Skills

Social and emotional learning is explained as the capacity to recognize and manage emotions, solve problems effectively, and establish positive relationships with others. When it comes to bullying prevention and intervention, research reveals that multifaceted and comprehensive programs result in better outcomes.

Within the classroom, social and emotional skills like self-awareness, self-management, empathy, perspective taking, and cooperation are the target of many lessons. Mastering these skills has shown to increase students' skills in addressing life's challenge. A side benefit has been proven to emerge: social and emotional learning facilitates academic learning.

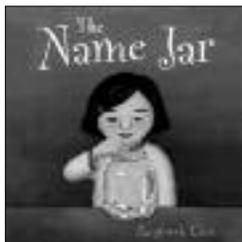
Integrating social-emotional learning into daily instructional practices is paramount in when teaching bullying prevention lessons.

Recommended Reading



A Screaming Kind of Day by Rachna Gilmore

This picture book is written as an internal monologue of a hearing impaired girl's efforts to cope with the anger triggered by sibling conflict. It also provides a good introduction to self-talk and social problem-solving. ISBN-13: 9780613784412



The Name Jar by Yangsook Choi

An experience on her way to a new school made Unhei feel embarrassed about her Korean name. Her decision to pick a new name allows her to make new discoveries. Cultural details are sensitively woven. Social problem solving can be introduced through this picture book. ISBN-13: 9780756916305

'Building Social–Emotional Skills' Related Activities

A) "Gather Time"

- Begin each day with a gathering which offers students a chance to participate actively and to feel safe and engaged in the classroom.
- To start, the teacher begins each day by greeting each student by name at the door.
- As students are called to gather they share information about important events in their lives.
- Other students participate by asking relevant questions of the speaker or giving empathetic comments.

- The teacher directs students to recite a poem, dance, sing or play a game that reinforces social skills as well as academic skills.
- The Gathering Time ends with a short message written by the teacher outlining an event or work that is to be done that day.

B) “Table Talk”

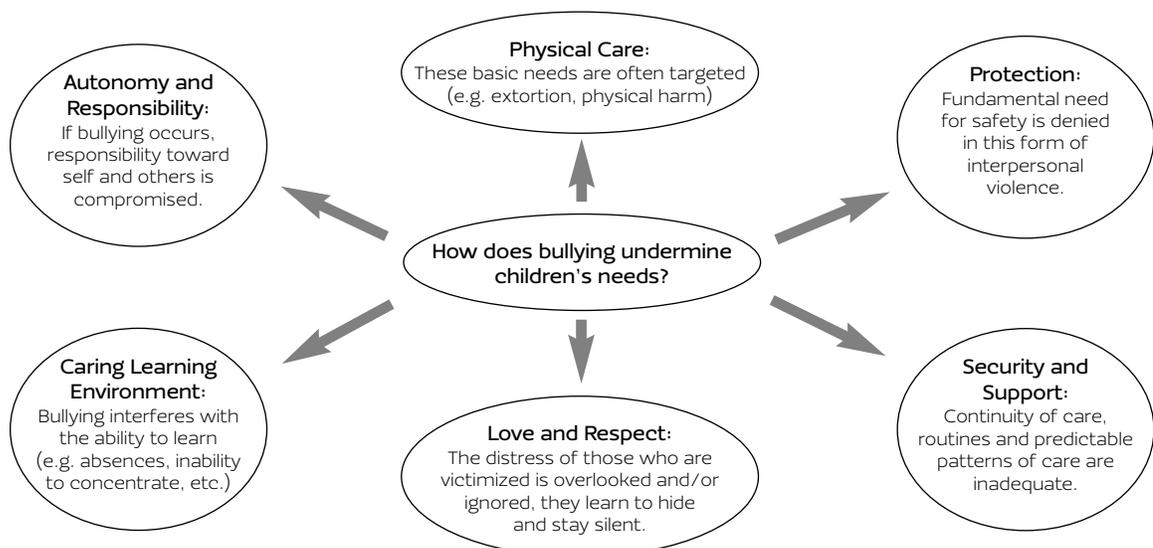
- The teacher asks students to assemble in small groups of 3 or 4.
- Questions are asked of the groups and a time limit given for small group discussion. Examples are:
 - Which are the hardest spelling words for you and can you spell them as a group?
 - How will we welcome our new student tomorrow?
 - What's your favourite thing to do at school?
 - What's one thing we could do to make our trip go well next week?
 - Who's your favourite (or least favourite) character in our current class book?
- Ask the groups to share their information.
- Graphs or Venn Diagrams could be used.
- Mix the groups and ask another question.

8. Promoting Equality and Fairness

One of the distinguishing characteristics of bullying behaviour is the abuse of power. It reinforces the inequality that undermines the social justice principle of rights and responsibilities. The Church teaches that every person has the right and the responsibility to uphold these rights. This we do for the sake of the common good.

Bullying behaviour undermines children’s needs and fundamental rights. The diagram below highlights aspects of this analysis:

*Bullying Behaviour: Implications for Children’s Needs (*Cowie, 2004)*



It is very important for students to actively and purposefully participate in decision-making on matters that affect their lives and the lives of others.

Recommended Reading



The Rabbits by John Marsden and Sharon Tan

The theme of equality, compassion and justice beyond human relationships is explored. This picture book examines the effect of man on his environment. The concept of interdependence and solidarity can be discussed in developmentally appropriate ways.

ISBN-13: 978-0734411365



It's Not Fair! by Amy Krouse Rosenthal

Why'd I get the smaller half? Why don't you yell at her? Because that's life and life can't always go the way we want it to. But with this book, we are reassured that everyone, says, "It's not fair!"

ISBN 9780061152573

* Cowie, Helen, Peer Influences in Sanders, Cheryl. E. and Phye, Gary D (2004). *Bullying: Implications for the Classroom*. San Diego, California: Elsevier Academic Press, pp. 137-157.

'Promoting Equality and Fairness' Related Activities

A) "I'm Having a Party"

- Tell the students that today they are going to have a pretend 'cartoon' birthday party.
- Ask each student to list 6 (or more) cartoon characters on a piece of paper.
- Also write draw the cake you would like to have.
- Tell the students to now draw lines on the cake so that they each have exactly the right slices of cake to feed their guests.
- Tell the students that the party is starting and there is a happy surprise: Two cousins have decided to come to the party.
- There is now a dilemma – the cake has been cut and there is nothing for the two cousins.
- Brainstorm some ideas, including not giving cake to the cousins. Is this a fair solution?
- Is there a way that they can divide the cake so that the cousins can have some cake and be fair to everyone?
- On the board the teacher can show examples of how this could be done.
- Explain to the students that sometimes we have to think very hard to come up with solutions that are fair to everyone but the results are worth it.
- This activity may be done with candies, cookies, etc.

B) "New Rules"

- Explain to the students that today you have new rules for the class such as
 - The only one who can talk is the teacher.
 - Only boys can read books.
 - Girls can go out for recess while the boys clean the classroom.
 - There will be no snack time.

- When the students object, ask what their objection is. Why?
- Lead a discussion of fairness and how it has to be good for everyone.
- Encourage students to create new class rules that are fair to everyone.
- As an extension activity, ask students to create family rules that are fair to everyone.

9. Building Relationship Skills

Henry Ford once said, “Coming together is a beginning; keeping together is progress; working together is success.” This is especially important for students to understand in order to succeed in a technology-driven world. They must learn how to maintain the idea of a strong sense of connection and communication which could help them resolve conflicts throughout their lifetimes.

The attainment of high relationship skills allows students to possess a wide range of skills that can be used in various types of relationships such as friendships, leadership, group facilitation, and advocacy. These skills encompass effective communication, cooperative learning, assertiveness and conflict resolution.

Recommended Reading



Just Kidding by Trudy Ludwig

Children who engage in bullying behaviour often try to minimize the damage through comments such as “I’m just kidding” or “I’m just joking around.” This picture book examines how one boy learns to cope with a common form of bullying, taunting, with the support of adults. Students can apply the I C.A.R.E. checklist to how the adults responded to witnessing the bullying incident or responding to the main character’s disclosure of bullying. ISBN-13: 9781582461632



Playing War by Kathy Beckwith

When Sameer hesitates to join in on a favourite game of war using sticks as guns and pine cones for bombs and grenades, his disclosure to his new friends of his experience of witnessing war. Discuss how Sameer’s new friends showed caring responses.

ISBN-13: 9780884482673

'Building Relationships' Related Activities

A) “Our Class Tree”

- Begin with an artificial tree.
- Place a box of decorations (i.e. bookmarks, erasers, pencils, small books, etc.) under the tree.
- When you see students exhibiting positive behaviour in the classroom, invite him/her to take a "decoration" from the box and place it on the tree.

- Also, when students have extra time, encourage them to make their own decorations for the tree.
- Before school is out for winter vacation, donate your decorated tree to a homeless shelter, children's home, another school, etc.
- Students will be thrilled that their own positive behaviour made it possible for something very special to be given to others.

B) “Building a Spider Web”

- Ask the students to sit in a circle.
- Explain that you will be tossing a ball of yarn to each of them.
- When they catch the yard, they are to hold onto the yarn when they toss the ball of yarn to another person thus creating a spider’s web.
- As you toss the ball to the first person say something positive about them.
- That student in turn tosses the ball to another student, saying something positive about that student.
- For younger students you may wish to model some comments ahead of time.
- After all students have received the ball and your web is complete show the students how something beautiful was built by saying kind things to classmates.
- Reinforce the point that if some students drop their string, the beauty of the web is destroyed and relate this to how we must work together for the sake of our class community.

10. Promoting Safe Bystander Intervention

Research shows that while a large majority of students express distaste for bullying behaviour and disapproval of bullies, few actively intervene to help someone in distress as a result of being bullied. The frequently cited reasons for promoting positive bystander behaviour include:

- Peers are able to detect bullying incidents at an earlier stage compared to adults
- As students get older, they are more likely to confide in peers than adults
- Those who are victimized can experience peer support as a viable option and experience the school as taking action
- Students who are taught supportive skills gain valuable interpersonal skills and self-confidence
- Peer support contributes to a culture of caring and responsiveness

Positive bystander behaviour needs to be included in prevention programs due to presence of peers in bullying incidents and the tendency of witnesses to become desensitized over time. Those who witness or have knowledge about bullying need to develop a positive mindset about reporting these incidences to offset the pressure to adhere to the code of silence.

Witnesses and bystanders can play a large role in stopping bullying at school and within the community. They can be taught to react in the following ways:

- Request that the bully stop
- Seek immediate adult help if the bully does not stop
- Speak up and/or offer support to the victim (e.g. offer kind words)
- Take the bully aside and ask him or her to stop
- Privately support those being hurt with kind words
- Disapprove of the bullying behaviour by not joining in the laughter, teasing or spreading rumours or gossip.

Recommended Reading



Bully B.E.A.N.S: Bullies Everywhere Are Now Stopped by Julia Cook
A fun story that teaches people of all ages to become proactive when it comes to bullying. This book can help children and adults understand why bullying happens and what they can do to stop it. Finally, a bullying book that speaks to the bystander! An activity book is also available. ISBN13: 9781931636490



The Goose Gang by Amy Francis
In this wonderful children's book with a strong message, it takes a little kitten with a lot of courage to stand up to the bullies in the farmyard. The Goose Gang shows children they must find the courage to stand up for themselves, because bullies aren't really as tough as they appear. ISBN: 978-1-60911-844-0

'Bystander Intervention' Related Activities

A) "What would you do if . . . ?"

- Play this game, bringing up different situations, asking what students would do and talking about it.
- For example, what would they do if someone took their toy, called them a bad name, was mean to their friend, if you saw someone take something away from someone else, if someone was sad?
- Ask students to role model some scenarios and practice with other students.

B) "I Did It!"

- Direct students to answer on paper the following questions:
 - Write down one thing you thought you couldn't do this year because it was hard and then you did it anyway.
 - Did anyone help you? Who and how did they help?
 - Name something that is still hard for you but you do it anyway.
- Ask student volunteers to share their stories.
- Connect this conversation to the fact that it is often difficult to intervene when witnessing bullying behaviours but there are rewards.

GRADES 4–6

1. Encouraging Self–Awareness

Self-awareness is described as the cornerstone of emotional intelligence. It allows students to accurately judge his/her performance and behaviour and to respond appropriately to different social situations. The ability to understand one's emotional state is often a prerequisite to socializing effectively with others. The specific skills that are involved in self-awareness include:

- identifying emotions
- understanding the causes and impact of emotions on self and others
- being responsible
- recognizing strengths and areas for improvement
- building one's self-image

Helping to develop your students' emotional intelligence is critical since emotions have an impact on every aspect of their lives - learning, behaviours, personal wellbeing, and relationships with others.

One method of developing self-awareness is through expanding your students' emotional vocabulary. The Vocabulary of Feelings chart is very useful in classroom lessons and is available online at www.ami-tx.com/Portals/3/EmotionsFlyer.pdf

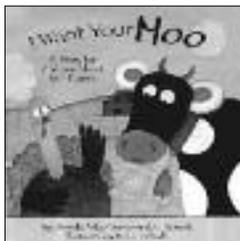
Recommended Reading



Stellaluna by Janell Cannon

Stellaluna is a young fruit bat who gets lost and can't find her mother. Not knowing how to get home, she is befriended by a family of birds, and she soon grows close to the hatchlings as if they're her siblings; however, even if Stellaluna can fly like a bird, it becomes increasingly obvious that she's a different sort of creature with different ways of doing things. Can Stellaluna learn to be more like her friends, or will she hold on to the qualities that make her what she is?

ISBN-13: 9780152002848



I Want Your Moo by Marcella Bakur Weiner

Toodles doesn't like herself. Her legs are skinny, her feathers are brown, and her head has no hair. Most of all, she hates her Gobble-gobble. All that changes when Toodles saves the day with her super-confident, super-empowering, super-turkey Gobble-gobble.

ISBN-13: 9781433805523

Encouraging Self Awareness' Related Activities

A) "My Emoticons"

Classify pleasant and unpleasant emotions. Develop a chart.

Construct a chart drawing students' depictions of emoticons for these emotions.

Discuss causes of these emotions.

Discuss helpful ways to deal with unpleasant emotions.

B) "My Cube"

Ask students to create a cube on paper (or from a template). Leave it flat. In each square ask students to draw something about how the student sees himself or defines himself, not how others see them. With this information ask students to complete a page that will be kept confidential: Thoughts about relationships, experiences that have been found to be most valuable or satisfying, what they value now, family plans and goals, important decisions they must make, how they spend time, new skills and interests, their goals for the next few years, etc.

2. Being Non-Judgemental

Being non-judgemental is having the capacity to be open-minded enough to understand that differences in opinions and perspectives among people do exist and that they need to be accepted and respected. As children we have been taught that some things are good and some are bad based on cultural, family or friends' beliefs. This can often result in gossip which is always a destructive action. It is important for children to learn that things that are different are not necessarily bad and that God has created and loves each one of us in all our diversity.

Young adults can take this a step further by learning how to look beyond the surface for the attributes that make each person unique. In learning to be judgemental, students will learn the importance of accepting the positive characteristics in themselves as well as in others, that everyone is unique, and that everyone has the right to be respected as a person in spite of, and possibly because of, their differences.

Recommended Reading



Susan Laughs by Jeanne Willis and Tony Ross

This story provides an excellent avenue to discuss value judgements and assumptions about abilities. Readers follow a young girl who goes through a day's normal activities. Not until the end of the story is it revealed that Susan uses a wheelchair. Suitable for all grade levels. ISBN 13: 9780805065015



Yo! Yes? by Chris Raschka

This story introduces friendship making skills through a conversation that turns strangers into friends. Differences are celebrated and how being non-judgemental turns strangers into friends. Younger students will enjoy dramatizing the dialogue. ISBN-13: 9781417759385

'Non-Judgemental' Related Activities

A) "Know Me, Know You"

- Randomly move students into pairs.
- Ask each pair to make a list of things they have in common such as music, TV shows, movies, sports, families, foods, etc.
- Then ask them to make a list of all the things that make each partner unique.
- Reassemble the class and ask volunteer groups to share commonalities and unique traits.
- A Venn diagram or bar graph may be constructed from the results.

B) "4 Square"

- Give each student a file card and ask them to print their name in the centre of the card.
- Collect the cards and randomly hand them to the students, one each.
- In one corner of the card each student should write one positive thing they know about this person or a thank you.
- Redistribute if someone receives their own card.
- Collect the cards and redistribute randomly until 4 students have written something on each corner of each card.
- Give the cards back to the owners.
- Little debriefing is needed for this activity as the card is reward enough.
- The teacher could ask if volunteers would like to share not what they have on their cards but how they feel reading these comments.
- Caution: Teacher monitoring of cards throughout this activity is necessary to ensure that positive comments only are being used.

3. Respecting Differences

Bullying behaviour is often fuelled by a misunderstanding of differences. Celebrating differences through the demonstration of respect and acceptance needs to be an ongoing and daily process infused in every aspect of classroom life. Incorporating activities, routines and modeling interactions promote the value and importance of diversity.

Developing students' capacity to view differences in viewpoint as normal and positive is an effective way to diminish bullying behaviour. Attributes include gender, ethnicity, age, religion, family structure, physical appearance, ability levels, ideas, and aesthetic preferences.

An understanding of anti-bullying behaviours, when introduced at young ages, allows students to reflect on the parts of their world that are significant to them. For instance, a kindergarten student, with guidance, could begin to understand that the differences between himself/herself and classmates is to be celebrated. Students in junior grades could have lessons focused on how misunderstandings on issues of diversity affect the school community, even the local community, and how media plays a role in this. In intermediate grades the perspective of issues in the wider world can be related to media, current events and history.

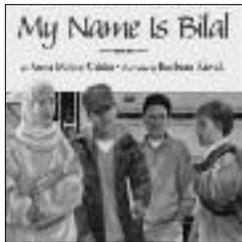
Recommended Reading



Lissy's Friends by Grace Lin

An imaginative and creative view of the importance of friendship. Having no friends, Lissy makes an origami bird that comes to life. She makes more origami animal friends. After these friends leave, she meets a new friend and one that stays.

ISBN 13: 9780670060726



My Name is Bilal by Asma Mobin-Uddin

Bilal as a Muslim student who experiences and witnesses religious prejudice. He learns to embrace his religious identity and stand up for himself and his sister. ISBN 13: 9781590781753

'Respecting Differences' Related Activities

A) "Differences and Similarities"

- Divide the class into small groups.
- Prepare cards with a different topic using characters from movies, fairy tales, music, TV and historical times.

Movies: *Shrek* – physical appearance; *The Hunchback of Notre Dame* – disabilities; *Aladdin* – social class; *Mulan* – gender or student choice.

Fairy tales: *Cinderella*; *Tortoise and the Hare*, etc.;

TV: cartoons, sitcoms, etc.;

Historical times: Holocaust; Native Americans, etc.

- Give each group a card.
- Each group will identify a character from their topic and brainstorm all the ways that the character was put down or discriminated against.

- They should identify personal injury or prejudice for each situation and how it was handled by the character.
- Whole class discussion might include categorizing the prejudices noted on the cards such as position in the family (Cinderella), handicap (tortoise), racial (integration), socioeconomic (poor/rich), etc.
- Questions for the students could include:
 - How do the people feel when they experience prejudice?
 - How did they handle it? Why?
 - How can you apply the character's successful strategies (on cards) to present day situations?
 - Does this remind you of anything in your own life? How?

B) "What's on My Mind?"

- This art activity is a variation on social silhouettes.
- Through this activity there is a realization that others share common concerns and feelings. This helps students experience that they are not alone.
- As well, it allows you to identify your students' primary concerns related to relationships, learning, etc.
- Ask the students to find a partner or pair the students.
- Using a shadow projector, direct students to draw a large profile or silhouette of one another's heads.
- Instruct students to cut out words, pictures, images, etc. that represent their personal thoughts and feelings to make a collage of their current concerns. Let them know that their silhouettes will be shared with the class.
- Post the silhouettes and provide students an opportunity through a walkabout to record on a small notepad their reactions to viewing everyone's thoughts and feelings.
- Discuss the reactions recorded by the students.
- Must be closely monitored by the teacher to ensure positive experiences for all students.

4. Active Listening

A key step in countering bullying behaviours is active listening which can lead to asking pertinent questions. Through this, one may be able to discern the real reasons for one student's negative feelings toward another. This allows opportunities to clarify and deepen understanding of the behaviour expectations that shape students' interactions.

Consider the following five steps to active listening:

- Focus on the person who is talking.** Giving the speaker your undivided attention can be a difficult task. It goes beyond eye contact to include blocking out internal thoughts, distractions, movement, etc.
- Identify the feelings of the speaker.** The ability to accurately identify the emotions attached to the speaker's words and body language leads to being empathic.

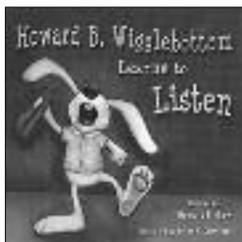
- (c) **Show understanding of what is being said.** It's important for the listener to periodically check out what the speaker is saying. This exchange communicates to the speaker a willingness to understand. Both verbal cues (questions or brief empathic responses) and non-verbal cues (nodding or facial expressions) can be used.
- (d) **Select the most important aspects of the conversation.** It is virtually impossible to respond to everything the speaker says. Learning to be selective will help the listener focus and will assist in choosing the most important responses.
- (e) **Avoid labelling or judging the speaker.** Preconceived notions and perceptions can lead to misunderstandings and diminish understanding of the speaker's point of view. Focus on the how and what words are spoken and the personal meaning the speaker gives to them.

Recommended Reading



The Best Part of Me by Wendy Ewald

Grades 3 to 5 students describe unique ways they perceive the best part of themselves. These descriptions are accompanied by photos. Invite students to listen actively to how the children perceive themselves and their bodies. ISBN 0316703060



Howard B. Wigglebottom Learns to Listen by Howard Binko.

Howard gets into a lot of trouble for not listening. When he becomes a better listener, his life improves dramatically. Tips, lessons and a poster are included. The first book in the award winning series which also includes *Howard B Wigglebottom and the Bullies*. ISBN 0971539014

'Active Listening' Related Activities

A) "Dual Dictation"

- Students move into pairs to write a dialogue.
- When student A is speaking, student B writes down what they are saying and vice versa.
- When they have finished the conversation, they should check what each other has written and put the two sides of the conversation together.
- You could then ask students to perform their dialogues again to the rest of the class, or to swap with other pairs.
- This activity works best if you give students a theme or role-play, such as:
 - An argument between siblings
 - An interview with a famous person
 - A scene from a film

B) “Listen for Lies”

- Divide the class into two teams, A and B.
- Ask one student at a time to come to the front of the class and read aloud a passage which you have chosen, (e.g., a story or newspaper article).
- Then ask them to read it aloud again, but to make a few random changes.
- Each time a lie (or change) is read out, the students must stand up.
- The first team to stand up gets a point.
- This game requires students to listen carefully and encourages them to remember important information.

Debrief:

- Discuss the role of listening to ensure the correct repetition of another group/ member’s task.
- Identify factors that interfere with listening (i.e., distractions, lack of focus, etc.)
- Discuss how the performance can be improved (i.e., repetition, assistance by others, asking for clarification, etc.).
- Discuss the importance of active listening when sharing thoughts and feelings (i.e., listening with your heart, eyes, and ears).

5. Showing Kindness

Kindness is a language that everyone understands. It is one of the attributes most commonly displayed by Jesus and one that He asks us to share with others. The story of the Good Samaritan is a good example of showing kindness as well as showing compassion.

Ask students what kindnesses have been shown to them by their families. Discuss the feelings they experienced when someone was kind to them.

Explain that everyone’s self-esteem increases with acts of kindness. Kind actions lead to connections with those around us. It allows us to understand more fully that we are intrinsically connected to others and that it is a crucial component to becoming a Catholic who truly embodies the concepts of acting on behalf of The Common Good. Through kind acts we can ensure that everyone feels included regardless of race, religion, gender or age.

Recommended Reading



Kindness is Cooler, Mrs. Ruler by Margery Cuyler

Mrs. Ruler guides her students to discover ways of being kind to family members, the community and each other.

ISBN 0689873441



Shiloh Season by Phyllis Reynolds Naylor

Mean and angry Judd, who has never known kindness mistreats his dogs. Marty rescues the dogs but soon discovers how deep a hurt can go and how long it takes to heal. ISBN 9780739381045

'Kindness' Related Activities

A) "Being a Friend"

- Ask students to work in small groups. Remind students to keep comments positive.
- In order to allow the teacher to know who wrote which words, give each person a different colour of marker or pen.
- Each student, using string, should suspend a paper plate behind his/her back.
- Each person in the group writes something they know, like or admire about that person.
- They may have to initiate conversation to find a word to describe that person.
- When the activity is done, have a few students at a time remove their plates to read them.
- Ask students to observe each other as students read their plates.
- When all plates have been read ask students how they felt when reading their plates and how they felt watching others' faces when they were reading their plates.

B) "Random Acts of Kindness"

- After viewing a movie such as "Pay it Forward" present the concept of Random Acts of Kindness (or read a story from the book called "Random Acts of Kindness.")
- Allow your students to make suggestions of how they could become involved in RAKs, either as a class or individually.
- It is an important decision for them to make as when they take ownership of a project their enthusiasm will carry them through the implementation and they will experience a sense of satisfaction in completing what they created.
- Agree on a clear set of ground rules for your RAK activity, including kindness to one another and respect for each classmate's ideas and suggestions.
- At the completion of the activity, encourage students to reflect on their experiences and on the meaning through journaling, classroom or small group discussions, essay, art, poetry, collage, etc.
- Extension activity: Conduct RAKs in your own community but if a recipient of a RAK discovers the name of the giver, it doesn't count and the giver must find another RAK.

***For the teacher:** Visit the site www.randomactsofkindness.org

6. Showing Compassion

Compassion can be simply defined as the awareness of someone's distress together with the unconditional desire to alleviate it. Emphasizing the virtue of compassion is an effective way of reinforcing the importance of healthy resolution of conflict situations and positive bystander behaviour related to bullying incidents. Compassion breaks down barriers between people and leads to actions that are courageous and heroic because it means involvement in situations that do not initially feel comfortable.

The Dalai Lama spoke about how to teach children compassion in a world full of violence and intolerance. "Teach them to like and respect insects." When a child learns to care about something that is tiny, strange, and not always easy to relate to, then we can realize that insects, like everything God created, share the same life. In turn we begin to realize that all human beings including classmates, families, the community and the world, share the same world, and are all beings created by God.

It is equally important that students see everyday examples of kindness and tolerance in order to become empathetic themselves. This is easily done in a Catholic school as most schools and classrooms conduct many acts of benevolence year round – food drives, fundraisers for charitable organizations, Lenten collections, Christmas fundraisers, etc.

Recommended Reading



Wonder by R. J. Palacio

After being home schooled all his life, 10-year-old August Pullman is starting 5th grade at a private middle school in his Upper East Side neighborhood. He wonders if anyone will realize that he's just a normal kid underneath his disfigured face, an affliction he was born with. In this uplifting story, it turns out that everyone carries some kind of disfigurement that feels isolating, even though most can't be seen. ISBN-13: 9780375869020



The Can Man by Laura E. Williams

This is an advanced picture book perfect for children who have noticed homeless people in their communities. This story is about Tim who wants a skateboard for his birthday. He notices his old neighbor, now homeless, collecting cans and he does the same to save up for a skateboard. From his encounters with The Can Man, Tim realizes that the cans he's collecting are at the expense of his old neighbor and he decides to give the money to him instead. ISBN-13: 9781600602665

'Showing Compassion' Related Activities

A) "The Good Samaritan"

- Role play a modern-day version of the Parable of the Good Samaritan (Luke 10: 25-37) in which the various roles of a bullying incident are incorporated.
- When creating your own example, consider integrating the dynamics of bullying behaviour reflective of the developmental experiences of your students.
- The three various bystander behaviours should parallel those found in the parable:
 - a friend who turns his/her back on the victim (Priest);
 - a classmate who doesn't want to get involved in fear of being the next victim and convinced that someone else will say something (Levite); and
 - an acquaintance who has been subjected to bullying inflicted by the current victim (Samaritan).
- Create role-playing cards for the four characters involved.
- These would provide background information describing each character's mindset and the rationale for his/her behaviour.
- If there is the re-enactment of physical or other forms of bullying, include in the role play cards the instruction of gestures of harm without actual physical contact or verbal comments.

Debriefing:

- What is the moral or lesson of the parable?
- How is the Samaritan or one of the bystanders compassionate?
- Why should we show compassion towards others?
- Why is compassion to be considered an important virtue in our Catholic faith?

An investigative media report on the subject of the Good Samaritan is found at the following link: <http://bit.ly/VUug2>

This would be effective for further discussions on the topic of compassion and effects of apathy and prejudice with grade 7 and 8 students.

B) "What is Compassion?"

- Display pictures of disasters such as Darfur, Hurricane Katrina, Syria, and Newtown and challenge them to find articles or photos of compassion in action in relation to these disasters.
- If one cannot be found, invite them to explain how they feel compassion could have been used to help the people involved.

7. Building Social–Emotional Skills

Social and emotional learning is explained as the capacity to recognize and manage emotions, solve problems effectively, and establish positive relationships with others. When it comes to bullying prevention and intervention, research reveals that multifaceted and comprehensive programs result in better outcomes.

Within the classroom, social and emotional skills like self-awareness, self-management, empathy, perspective taking, and cooperation are the target of many lessons. Mastering these skills has shown to increase students' skills in addressing life's challenge. A side benefit has been proven to emerge: social and emotional learning facilitates academic learning.

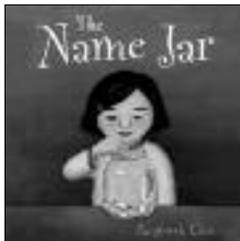
Integrating social-emotional learning into daily instructional practices is paramount when teaching bullying prevention lessons.

Recommended Reading



A Screaming Kind of Day by Rachna Gilmore

This picture book is written as an internal monologue of a hearing impaired girl's efforts to cope with the anger triggered by sibling conflict. It also provides a good introduction to self-talk and social problem-solving. ISBN-13: 9780613784412



The Name Jar by Yangsook Choi

An experience on her way to a new school made Unhei feel embarrassed about her Korean name. Her decision to pick a new name allows her to make new discoveries. Cultural details are sensitively woven. Social problem solving can be introduced through this picture book. ISBN-13: 9780756916305

'Building Social–Emotional Skills' Related Activities

A) "Quiz Games"

- An effective way of encouraging social and emotional growth is to work in groups or teams.
- Divide students into groups and host a quiz.
- Skills learned are teamwork, how to lead and follow, how to work with different personality types, and how to be good winners and losers.
- One benefit of putting students into groups for quizzes is that individuals do not feel pressure to get the right answer.
- It also allows them to listen to their peers for a general consensus answer and to be engaged as part of the larger group.

- Examples of games are:
 - Questions based on Olympics (number of each medal won by Canada, who won the gold for the 100 meter dash, who was chosen to be flag bearer for the closing ceremonies, etc.)
 - Name the 7 dwarves in Snow White
 - Name 10 top online video games
 - Name the 12 disciples of Jesus

B) “Not a Word”

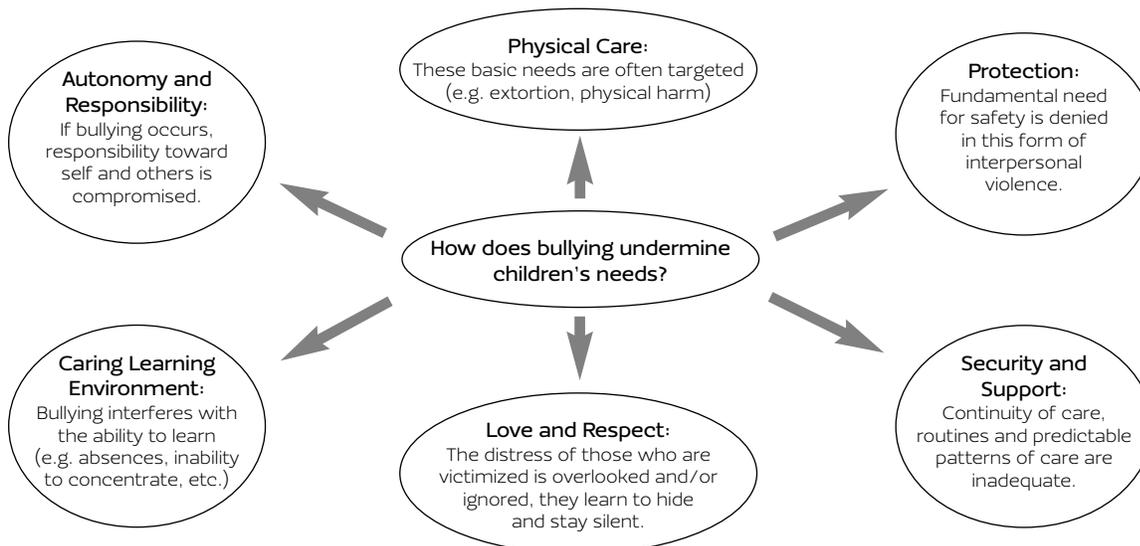
- In this game the teacher chooses criteria such as youngest to oldest, colour of eyes, etc.
- The students are asked to arrange themselves in such an order without using verbal communication.
- This activity will encourage the use of non-verbal skills in a team building exercise.

8. Promoting Equality and Fairness

One of the distinguishing characteristics of bullying behaviour is the abuse of power. It reinforces the inequality that undermines the social justice principle of rights and responsibilities. The Church teaches that every person has the right and the responsibility to uphold these rights. This we do for the sake of the common good.

Bullying behaviour undermines children’s needs and fundamental rights. The diagram below highlights aspects of this analysis:

*Bullying Behaviour: Implications for Children’s Needs (*Cowie, 2004)*



It is very important for students to actively and purposefully participate in decision-making on matters that affect their lives and the lives of others.

Recommended Reading



The Rabbits by John Marsden and Sharon Tan

The theme of equality, compassion and justice beyond human relationships is explored. This picture book examines the effect of man on his environment. The concept of interdependence and solidarity can be discussed in developmentally appropriate ways.

ISBN-13: 978-0734411365



It's Not Fair! by Amy Krouse Rosenthal

Why'd I get the smaller half? Why don't you yell at her? Because that's life and life can't always go the way we want it to. But with this book, we are reassured that everyone, says, "It's not fair!"

ISBN 9780061152573

* Cowie, Helen, Peer Influences in Sanders, Cheryl. E. and Phye, Gary D (2004). *Bullying: Implications for the Classroom*. San Diego, California: Elsevier Academic Press, pp. 137-157.

'Promoting Equality and Fairness' Related Activities

A) "2050"

- This activity is to be completed after a discussion (as age appropriate) of various injustices in our world such as
 - the atrocities in Syria and Afghanistan
 - the Civil Rights movement in North America
 - the treatment of Jews in World War Two
 - the women's movement for equal rights
 - the rights of aboriginals in Canada
- There are many on-line lesson plans for the above topics.
- After a discussion of one or more of the above topics ask students to write a letter to a future son or daughter they might have (circa 2050) and how they hope that things are better for them.
- Ask them to explain in the letter how they already see in this new world how fairness and equality are being addressed but still need to be improved.

B) "What's Fair?"

- Inform the students that they will be participating in a simulation (which is something that imitates something else that has happened in our world).
- Tell them that after the simulation all students in the class will be treated fairly.
- Begin to pass out treats (or stickers, etc.) to only certain students.
- The teacher decides which group she chooses to reward based on something that he/she can see (e.g. blue jeans, eye colour, sandals, hair colour or style, etc.)

- Ask the students to try to guess the particular attribute that is being rewarded.
- As the game is played to a number of attributes, ask the students how they feel about
 - Being chosen for a treat
 - Not being chosen for a treat
- Discuss the range of emotions to what they perceive as fair or not fair.
- Explain that often life is not fair but in this class we try to be so everyone will now have a treat.
- Lead a discussion on what things in real life are not fair and what can they, as young students, do to correct this?
- Ask students to begin to collect current event stories to show inequality and unfairness in the community and in the world.

9. Building Relationship Skills

Henry Ford once said, “Coming together is a beginning; keeping together is progress; working together is success.” This is especially important for students to understand in order to succeed in a technology-driven world. They must learn how to maintain the idea of a strong sense of connection and communication which could help them resolve conflicts throughout their lifetimes.

The attainment of high relationship skills allows students to possess a wide range of skills that can be used in various types of relationships such as friendships, leadership, group facilitation, and advocacy. These skills encompass effective communication, cooperative leaning, assertiveness and conflict resolution.

Recommended Reading



Just Kidding by Trudy Ludwig

Children who engage in bullying behaviour often try to minimize the damage through comments such as “I’m just kidding” or “I’m just joking around.” This picture book examines how one boy learns to cope with a common form of bullying, taunting, with the support of adults. Students can apply the I C.A.R.E. checklist to how the adults responded to witnessing the bullying incident or responding to the main character’s disclosure of bullying.

ISBN-13: 9781582461632



Playing War by Kathy Beckwith

When Sameer hesitates to join in on a favourite game of war using sticks as guns and pine cones for bombs and grenades, his disclosure to his new friends of his experience of witnessing war. Discuss how Sameer’s new friends showed caring responses.

ISBN-13: 9780884482673

'Building Relationships' Related Activities

A) "Musical Islands"

- The object of this activity is to get as many students on an island as possible.
- Move students to one side and place "islands" - a few sheets of newspaper - on the floor.
- When the music stops the students must try to get on an "island".
- Pieces of paper that rip off are discarded as are "islands" that are torn into small bits.
- Students who are not able to fit on an "island" or have a part of their bodies in the "water" are left to the "sharks".
- Each time you play challenge students to get more people on their islands while not tearing the "island".
- As an extension activity the teacher could tape two or three pieces of paper together and challenge students to find a way to allow everyone access to the island.
- Develop discussions about the importance of working together as a large group and make a list of the benefits of doing so in a classroom on a daily basis.

B) "Machine Mimes"

- Divide students into groups.
- Give each group a machine (e.g. clock, computer, cell phone, etc.) that they must mime.
- Each member of the group must have a role in acting as the machine.
- As an extension activity, include larger and more complicated machinery.
- Teachers may also ask students to take turns in organizing the machine or, as a challenge, asking them to organize their project in silence.

10. Promoting Safe Bystander Intervention

Research shows that while a large majority of students express distaste for bullying behaviour and disapproval of bullies, few actively intervene to help someone in distress as a result of being bullied. The frequently cited reasons for promoting positive bystander behaviour include:

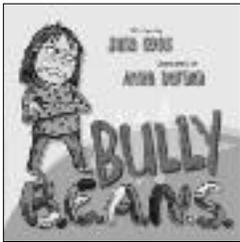
- Peers are able to detect bullying incidents at an earlier stage compared to adults
- As students get older, they are more likely to confide in peers than adults
- Those who are victimized can experience peer support as a viable option and experience the school as taking action
- Students who are taught supportive skills gain valuable interpersonal skills and self-confidence
- Peer support contributes to a culture of caring and responsiveness

Positive bystander behaviour needs to be included in prevention programs due to presence of peers in bullying incidents and the tendency of witnesses to become desensitized over time. Those who witness or have knowledge about bullying need to develop a positive mindset about reporting these incidences to offset the pressure to adhere to the code of silence.

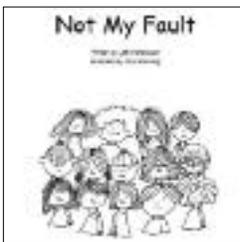
Witnesses and bystanders can play a large role in stopping bullying at school and within the community. They can be taught to react in the following ways:

- Request that the bully stop
- Seek immediate adult help if the bully does not stop
- Speak up and/or offer support to the victim (e.g. offer kind words)
- Take the bully aside and ask him or her to stop
- Privately support those being hurt with kind words
- Disapprove of the bullying behaviour by not joining in the laughter, teasing or spreading rumours or gossip.

Recommended Reading



Bully B.E.A.N.S.: Bullies Everywhere Are Now Stopped by Julia Cook
A fun story that teaches people of all ages to become proactive when it comes to bullying. This book can help children and adults understand why bullying happens and what they can do to stop it. Finally, a bullying book that speaks to the bystander!
ISBN13: 9781931636490



Not my Fault by Leif Kristianson
In this simple picture book, the scene of a classmate being bullied and the decisions of the bystanders to intervene or not is juxtaposed with other larger events in the world such as recent wars, genocide, etc. It provokes students into thinking about the bigger issues around small decisions made at the school level. ISBN 13-978-0-9762-0566-1

'Bystanders Intervention' Related Activities

A) "What would you do if...?"

- Play this game, bringing up different situations, asking what students would do and talking about it.
- For example, what would they do if someone broke their bike, called them a bad name, was mean to their friend, took something away from someone else, if someone was sad?
- Ask students to role model some scenarios and practice with other students.

B) "I Did It!"

- Direct students to answer on paper the following questions:
 - Write down one thing you thought you couldn't do this year because it was hard and then you did it anyway.
 - Did anyone help you? Who and how did they help?
 - Name something that is still hard for you but you do it anyway.
- Ask student volunteers to share their stories.
- Connect this conversation to the fact that it is often difficult to intervene when witnessing bullying behaviours but there are rewards.

RESOURCES

Please note that many resources listed in the each division are also suitable for students in other grades and divisions.

1. Primary

A Screaming Kind of Day by Rachna Gilmore – This book tackles the frustrations of a child dealing with sibling squabbles but in a very special and moving way. The insightful text shows us Scully compensating. The text gives a striking portrait of a normal little girl with heightened sensibilities and one great disadvantage. Winner of the Governor General's Award for Children's Literature Text. ISBN 9781550 416619

All the Colors of the Earth by Sheila Hamanaka – Celebrate the colours of children and the colours of love – not black or white or yellow or red, but roaring brown, whispering gold, tinkling pink and more. A poetic picture book that celebrates ethnic diversity. ISBN 10-0-688-17062-5

Amelia's Bully Survival Guide by Marissa Moss – Amelia deals with the class bully. Why words are better than fists and the results of standing up to a bully. ISBN-10: 1416909079

Be Good to Eddie Lee by Virginia Fleming – Christy and Jim think Eddie Lee, a boy with Down's Syndrome, is a nuisance, but when he follows them into the woods one afternoon, his understanding of nature leads them to the most amazing discoveries of the day. ISBN 0-689-11582-1

Bully by Judith Caseley – Mickey and Jack are good friends until Jack's behaviour changes and he becomes the neighbourhood bully. In an effort to repair the friendship and end the bullying, Mickey follows the advice of his father, mother and sister, but ultimately it's his own problem-solving technique that makes a difference. ISBN-10: 0688178677

Bully B.E.A.N.S: Bullies Everywhere Are Now Stopped by Julia Cook – A fun story that teaches people of all ages to become proactive when it comes to bullying. This book can help children and adults understand why bullying happens and what they can do to stop it. Finally, a bullying book that speaks to the bystander! An activity book is also available. ISBN-13: 9781931636490

Dog Eared by Amanda Harvey – Otis is back and this time he is taunted by a bully while walking through the park. Could his ears really be that big? Poor Otis is crushed by the thoughtless remark until his owner makes a comment of her own. Apparently, his large, silky ears are just fabulous! All returns to normal until the next walk in the park. Could Otis really have a fat face? Join this self-conscious dog and his fun-loving owner in this hilarious story guaranteed to touch anyone who has been teased about their appearance. ISBN-10: 0440417635

Franklin is Bossy by Paulette Bourgeois – When Franklin bosses all of his friends around, they decide they don't want to play with him anymore. Franklin learns what it means to be a friend and the benefits friendship offers once he has lost them. After some soul searching and a talk with his father, Franklin decides the best course of action to take is to apologize and take off his bossy pants. ISBN-10: 1550742574

Friendship: From Your Old Friends to Your New Friends by Nuria Roca – Having friends is great, you get to play together, laugh together, miss each other, argue and fight and then make up. Children and parents alike will find guidelines and suggestions for activities and games to help them understand and develop friendships. ISBN-10: 0764118382

Hands are Not For Hurting by Martine Agassi – Meant to be read aloud, this book also includes a special section for adults with ideas on things to talk about and activities to do together. ISBN-10: 1575421550

Howard B. Wigglebottom Learns to Listen by Howard Binko – Howard gets into a lot of trouble for not listening. When he becomes a better listener, his life improves dramatically. Tips, lessons and a poster are included. The first book in the award winning series which also includes *Howard B. Wigglebottom and the Bullies*. ISBN 0971539014

Hurty Feelings by Helen Lester – Real insults from a bully elephant to teach Fragility to be as strong on the outside and she is on the inside. ISBN-10: 0618410821

I Like Me by Nancy Carlson – Little ones in need of positive reinforcement will find it here. An exuberant pig proclaims 'I like me!' She likes the way she looks and admires her finer points. She shows that she can take care of herself and have fun even when there's no one else around. ISBN-13: 978-0142414453

I Want Your Moo by Marcella Bakur Weiner – Toodles doesn't like herself. Her legs are skinny, her feathers are brown, and her head has no hair. Most of all, she hates her Gobble-gobble. All that changes when Toodles saves the day with her super-confident, super-empowering, super-turkey Gobble-gobble. ISBN-13: 9781433805523

Is it Because? by Tony Ross – The questions of how bullying happens and who else is being hurt are addressed effectively so that even the very young will understand. ISBN 1-84270-581-4

It's Not Fair by Amy Krouse Rosenthal – Why'd I get the smaller half? Why don't you yell at her? Because that's life and life can't always go the way we want it to. But with this book, we are reassured that everyone, says, "It's not fair!" ISBN 9780061152573

Jake Drake, Bully Buster by Andrew Clements – Jake Drake, a nine-year-old boy, has had to deal with bullies since he was cared for at Miss Lulu's Dainty Diaper Day Care Centre. Take part in his adventures and learn how he uses his brain to outwit and befriend people that aren't always the nicest. ISBN-10: 1416939334

Just Kidding by Trudy Ludwig – Children who engage in bullying behaviour often try to minimize the damage through comments such as “I’m just kidding” or “I’m just joking around.” This picture book examines how one boy learns to cope with a common form of bullying, taunting, with the support of adults. Students can apply the I.C.A.R.E. checklist to how the adults responded to witnessing the bullying incident or responding to the main character’s disclosure of bullying. ISBN-13: 9781582461632

Kindness is Cooler, Mrs. Ruler by Margery Cuyler – Mrs. Ruler guides her students to discover ways of being kind to family members, the community and each other. ISBN 0689873441

Learning How to Appreciate Differences by Susan Kent – Part of *The Violence Prevention Library* series, this volume explores the differences between people and how they are wonderful. It emphasizes the importance of following your interests, deciding what's best for yourself, and standing up for the right of people to be different. The main message is that our differences are to be celebrated, not used as a way to exclude and hurt others. ISBN 10: 0823956172

Louise Takes Charge by Stephen Krensky – When Jasper returns to school in the fall he has grown into an unstoppable bully. Larger than other children in the class, his behaviour is exacerbated by his new-found strength. After experiencing the wrath of Jasper, Louise comes up with a plan to protect herself. She offers to be his apprentice. Eventually everyone in her class is apprenticed to Jasper and together they are able to modify his behaviour. ISBN-10: 0803723059

Marvin and the Meanest Girl by Suzy Kline – Matt's happy life is over now that he is forced to become a study buddy with Nick, the biggest bully in school. Being Nick's buddy means being a slave and Matt wants to end this partnership immediately. Discovering that Nick has a fear of spiders and grows weak at the mention of scrambled eggs, Matt hatches a plan to be rid of Nick once and for all. ISBN-10: 0613639626

My Best Friend by Mary Ann Rodman – It’s summer, and Lily spends lots of time at the community pool, where she sees Tamika. Lily decides that Tamika will be her new best friend. But Tamika already has a best friend and no matter how hard Lily tries – from wearing a new bathing suit to perfecting her pool dive – she can’t seem to impress Tamika. Lily just doesn’t understand. Without Tamika, who will be Lily’s best friend? ISBN 978-0-14-240806-3

My Friend is Sad by Mo Willems – An elephant named Gerald is down in the dumps. Piggie is determined to cheer him up by dressing as a cowboy, a clown, and even a robot. But what does it take to make a sad elephant happy? The answer will make even pessimistic elephants smile. A great story to illustrate compassion. ISBN-13: 978-1423102977

My Secret Bully by Trudy Ludwig – Monica's friend begins to bully her, calling her names and humiliating her in front of their classmates. With the help of her mother, Monica is able to reclaim her confidence. This title includes resources such as tips, discussion questions and information for children on the topic. A great resource for teachers, parents, and children ISBN-10: 1582461597

Peace Book by Todd Parr – This book provides young readers with a superb introduction to the concept of peace. Rather than looking at peace as a large issue, the author suggests that it is a matter of tolerance at the most basic level. Examples given include liking different kinds of music, helping your neighbour, and making friends. The idea of being at peace with oneself is also explored. ISBN-10: 0316059625

Playing War by Kathy Beckwith – One hot summer day Luke and his friends decide to play their favourite game of war, using sticks for guns and pinecones for bombs and grenades. Sameer, who hasn't lived in their neighbourhood for very long, hesitates to join in. When he tells Luke and Jen and Jeff and Danny that he has been in a real war, they don't believe him. While *Playing War* is a book about understanding what war can be like for families, and that war is not a game, this is also a sensitive story about the power of friendship and how children can learn from each other. ISBN 0-88448-267-7

Scrambled Eggs and Spider Legs by Gary Hodd – Matt's happy life is over now that he is forced to become a study buddy with Nick, the biggest bully in school. Being Nick's buddy means being a slave and Matt wants to end this partnership immediately. Discovering that Nick has a fear of spiders and grows weak at the mention of scrambled eggs, Matt hatches a plan to be rid of Nick once and for all. ISBN-10: 0590205897

Shiloh Season by Phyllis Reynolds Naylor – When mean and angry Judd, who has never known kindness, takes to drinking and mistreats his dogs, Marty discovers how deep a hurt can go and how long it takes to heal. ISBN 9780739381045

Shrinking Violet by Cari Best and Giselle Potter – In this story a shy girl finds her place in the world (or at least her school) as an off-stage actress who saves the day during a class performance. Violet's supportive teacher and friends demonstrate excellent role modeling and friendship skills that make all the difference. ISBN-10: 0007143907

Something Beautiful by Sharon Dennis Wyeth – A little girl longs to see beyond the scary sights on the sidewalk and the angry scribbling in the halls of her building. When her teacher writes the word beautiful on the blackboard, the girl decides to look for something beautiful in her neighbourhood. Her search for something beautiful leaves her feeling much happier. She has experienced the beauty of friendship and the power of hope. ISBN 0-440-41210-2

Somewhere Today: A Book of Peace by Shelley Moore Thomas – Somewhere in the world each day, people just like you are acting in kind, peaceful, loving ways. With its poetic text and appealing, vibrant photographs, this book shows some of the simple ways in which any child or grownup can make the world a better place. ISBN 10: 0-8075-7544-5 4

Sorry by Trudy Ludwig – Jack’s friend, Charlie, knows how to get away with just about everything. Just say that you’re sorry and grown-ups will always back down. But does an apology count if you don’t really mean it? And what happens when the person you’ve hurt knows you don’t mean it? Jack’s about to find out that there’s a whole lot more to a real apology than a simple sorry. Includes an afterword by renowned apology expert Dr. Aaron Lazare, a note from the author, discussion questions, and dos and don’ts of apologizing. ISBN 10-1-58246-173-2

Stand Tall, Molly Lou Melon by Patty Lovell – Even though Molly Lou Melon is short and clumsy, has buckteeth and has a voice that sounds like a bullfrog being squeezed by a boa constrictor, she carries herself with pride. Grandma Melon taught Molly to walk proud, smile big and sing loud from a very early age. When Molly Lou changes schools and Ronald Durkin begins teasing her with names like Shrimpo, Bucky-tooth Beaver and more, Molly Lou knows just how to put him in his place. A Junior Library Guild Selection, and a Book-of-the-Month Club Selection. ISBN-10: 0399234160

Stellaluna by Janell Cannon – Stellaluna is a young fruit bat who gets lost and can't find her mother. Not knowing how to get home, she is befriended by a family of birds, and she soon grows close to the hatchlings as if they're her siblings; however, even if Stellaluna can fly like a bird, it becomes increasingly obvious that she's a different sort of critter with different ways of doing things. Can Stellaluna learn to be more like her friends, or will she hold on to the qualities that make her what she is? ISBN-13: 9780152002848

Stop Picking On Me: A First Look at Bullying by Pat Thomas and Lesley Harker – This book takes a candid look at bullying. In simple terms the fears, worries and questions surrounding this upsetting experience are made accessible to young children. Presented in the same format as other titles in this series, colourful illustrations are paired with simple text and question boxes geared to elicit feelings and thoughtful responses from children ISBN-10: 0764114611

Susan Laughs by Jeanne Willis and Tony Ross – Susan laughs, she sings, she rides, she swings. She gets angry, sad, she is good, she is bad. In fact, Susan is no different from any other child. This book explores, with warmth and insight, an important issue that is relevant to us all. Winner of the 2000 NASEN Special Educational Needs Book Awards. ISBN 0090407566

Talk Peace by Sam Williams and Mique Moriuchi – A picture book that conveys the importance of peace in a timely and poetic manner. ISBN 0-340-88380-4

The Berenstain Bears and the Bully by Stan and Jan Berenstain – When Sister is beat up by a bully on the playground, Mama and Father decide the best course of action is for Sister to avoid Tuffy in the playground and for Brother to keep an eye on his sister. Secretly, Brother also decides to build up his sister’s confidence by teaching her some self-defence moves. When Tuffy and Sister finally meet again, Tuffy ends up in tears and Sister learns a lot about what makes a bully tick. ISBN-10: 0679848053

The Berenstain Bears and Too Much Teasing by Stan and Jan Berenstain – Being teased is no fun! Brother only discovers this when the kids at school start picking on him. Until then, picking on Sister was a source of great entertainment. When a new student starts school and deflects the teasing from Brother, he must decide whether to join in or stand up against teasing once and for all. ISBN-10: 0679877061

The Best Part of Me by Wendy Ewald – What is the best part of you? With striking portraits by award-winning photographer, Wendy Ewald and disarmingly honest words written by her young subjects, this story offers a unique glimpse into how fifteen children perceive their bodies and themselves. They offer insight into how children of varied ethnicities see themselves and take pride in their heritage. ISBN 0-316-70306-0

The Bully Blockers Club by Teresa Bateman – Lotty Raccoon is excited about the first day of school, but her enthusiasm wanes when she becomes the target of a bully. She tries to ignore Grant Grizzly and to make a joke of it all, but neither approach works. When Lotty notices that she is not Grant's only victim she starts the Bully Blockers Club. Together the group is able to solve many of their problems by making everyone aware of Grant's intimidating behaviour. Full of humour and drama this serious book is a springboard for discussions on bullying and how to address the problem. ISBN-10: 0807509191

The Color of Home by Mary Hoffman – Everything looks grey and brown to Hassan. He's in a cold, rainy country and people speak a language he doesn't understand. At school he paints the sun-splashed colours of his Somalian home, covering it with the harsh reds and black of war from which his family fled to a refugee camp and then came to the U.K. But as Hassan settles down and everything grows more familiar, he begins to see around him the bright, new colours of home. ISBN 0-7112-1991-5

The Goose Gang by Amy Francis – In this wonderful children's book with a strong message, it takes a little kitten with a lot of courage to stand up to the bullies in the farmyard. The Goose Gang shows children they must find the courage to stand up for themselves, because bullies aren't really as tough as they appear. ISBN: 978-1-60911-844-0

The Listening Walk by Paul Showers – Put on your socks and shoes and don't forget your ears! We're going on a listening walk. Shhhhh. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds. ISBN-13: 978-0064433228

Lissy's Friends by Grace Lin – What do you do when you're new in school? If you are Lissy, you make a friend, a paper friend. And to Lissy's surprise, her little origami bird opens its eyes and winks at her! So she quickly makes more friends. Soon Lissy has more friends than she can count! But what do you do when your friends have to leave? If you're Lissy, you make another friend... but this time one that stays. This book focuses on the importance of friendship. ISBN 978-0-670-06072-6

The Recess Queen by Alexis O'Neill and Laura Huliska-Beith – In this sassy playground romp, the irrepressible new kid dethrones the reigning recess bully by doing the unthinkable, she invites Jean to be her friend. This is a fresh look at the all-too-common issue of bullying. ISBN-10: 0439206375

Those Shoes by Maribeth Boelts – All Jeremy wants is a pair of those shoes, the shoes everyone at school seems to be wearing. But his grandmother tells him no because he needs new boots for winter. In this warm and very real story, a young boy realizes that the things he has – warm boots, a loving grandmother, and a good friend – are worth more than the things he wants. ISBN 978-0-7636-2499-6

Trouble in the Barkers' Class by Tomie dePaola – Moffie and Morgie can't be more excited that a new student is joining their class, But when Carole Anne arrives, she is nothing but a big disappointment. Her bullying ways make everyone's life miserable until Morgie uncovers the underlying reason for her unhappiness. The subtle messages in this book revolve around being the new child in class, conflict resolution, and how it can be hard to make new friends. ISBN-10: 0399241647

You are Special by Max Lucado – Welcome to the world of the Wemmicks, small wooden people, who put golden star stickers on those who are talented, well liked, smart and beautiful. Grey dot stickers go to the chipped, scratched, and uncoordinated Wemmicks, and to those who cannot speak eloquently. Discover how one Wemmick, Punchinello, saddened by his countless grey dots learns about unconditional love. ISBN-13: 9781581342192

We Can Get Along: A Child's Book of Choices by Lauren Murphy-Payne – An empowering affirmation-style book identifies ways in which people are different and react differently to each other. Reinforcing positive reactions and discouraging negative ones like teasing and hitting. Above all, Payne's text emphasizes each individual's right to respect and dignity. ISBN-10: 1575420147

When Sophie Gets Angry, Really, Really Angry by Molly Bang – This Caldecott Honor Book features a little girl with a familiar problem: a sibling who wants to play with her toy. When Sophie gets angry, she expresses her rage loud and clear, then runs outside to climb a tree and cool off. The message? People can do lots of different things when they get angry. ISBN-10: 0439598451

Whole World (with sing along CD) by Christopher Corr and Fred Penner – Words to this song known to many young children are provided with illustrations that celebrate diversity and caring for the earth's resources. Explanations are provided about the value of resources and how they are affected. Brief descriptions of the following are provided; sun, moon, mountains, valleys, plains, deserts, lakes, rivers, trees, flowers, birds, fish, and towns/cities. ISBN 978-1-84686-092-86

Words are Not For Hurting by Elizabeth Verdick – Meant to be read aloud, the book uses age appropriate vocabulary and illustrations to teach young children big ideas. A special section at the end includes activities and discussion starters. ISBN-10: 1575421550

Yo! Yes? (JK-grade 1) By Chris Raschka – Making friends is easy. Two children meet on a street. Yo! says one. Yes? says the other. And so begins a conversation that turns strangers into friends. With vibrant illustrations, Caldecott Medalist Chris Raschka's rhythmic read aloud is a celebration of differences and how it just takes a few words to overcome them. ISBN 0 439 92185 6

You're A Good Sport, Miss Malarkey by Judy Finchler – Miss Malarkey has been recruited to coach soccer. While her motto involves having fun and playing a game, the parents see things differently. To them, winning is what playing is all about. When everything comes to a head Miss Malarkey sets the spectators straight about the value of sportsmanship. ISBN-10: 0802788157

2. Junior

Blubber by Judy Blume – “Blubber is a good name for her”, the note from Wendy says about Linda. Jill crumples it up and leaves it on the corner of her desk. She doesn't want to think about Linda or her dumb report on the whale just now. Jill wants to think about Halloween. But Robby grabs the note, and before Linda stops talking it has gone halfway around the room. That's where it all starts. There's something about Linda that makes a lot of kids in her fifth-grade class want to see how far they can go - but nobody, least of all Jill, expects the fun to end where it does. *A New York Times Outstanding Book of the Year.* ISBN 0-440-40707-9

Bullying: Deal With It Before Push Comes to Shove! by Elaine Slavens – This book will give the reader the know-how to deal with bullying, whether a target, a bully, or a witness. Slavens is a highly experienced former consultant who writes extremely well about the topic. She explains what bullying is, demystifies it and gives good suggestions about how to deal with it. The book is presented like a graphic novel with excellent illustrations about all kinds of bullying situations. Quizzes and do's and don'ts are scattered throughout the book. ISBN-10: 1550287907

Crash by Jerry Spinelli – Seventh-grader John “Crash” Coogan has always been comfortable with his tough, aggressive behaviour, until his relationship with an unusual Quaker boy (Penn Webb) and his grandfather's stroke make him consider the meaning of friendship and the importance of family. ISBN 0-679-87957-9

Eagle's Song by Joseph Bruchac – Danny Bigtree's family has moved to a new city, and no matter how hard he tries, Danny can't seem to fit in. He's homesick for the Mohawk reservation where he used to live, and the kids in his class call him “Chief” and tease him about being native – the thing that makes Danny most proud. Can he find courage to stand up for himself? ISBN 0-8037-1918-3

Just Kidding by Trudy Ludwig – “Can't you take a joke? I was just kidding.” What happens when a supposed friend teases in a way that really isn't funny? Trudy Ludwig takes on this painfully common scenario in this thoughtful, thorough book. Packed with useful information, both in the story and the notes following, the book describes the difference between reporting and tattling, and offers guidance for when “teasing is no laughing matter.” ISBN-10: 1582461635

The Lemonade Club by Patricia Polacco – Everyone loves Miss Wichelman's fifth-grade class. Traci and Marilyn learn that when life hands you lemons, make lemonade. They are having a great year until Traci begins to notice some changes in Marilyn. She's losing weight and seems tired all the time. She has leukemia and a tough road of chemotherapy ahead. It is not only Traci and Miss Wichelman who stand up for her, but in a surprising and unexpected turn, the whole fifth-grade class figures out a way to say, “We're with you!” ISBN-13: 978-0399245404

My Name is Bilal by Asma Mobin-Uddin – Bilal watches from a distance as his sister, Ayesha, walks toward their new school. He sees two boys following closely behind her. Suddenly, one of the boys grabs Ayesha's headscarf and gives it a tug. Bilal knows that he should come to the aid of his sister, but he's frozen with fear. Is this what it will be like to be the only Muslim child in school? This story about religious prejudice is heartfelt and compelling. ISBN 1-59078-175-9

Not My Fault by Leif Kristiansson – The collective memories of childhood will always include the scene of a classmate being bullied and victimized. In such a situation, do we choose to stand up and protect him or her? Do we watch silently from the sidelines? Or do we join the ranks of the bullies? This book is written from the perspective of schoolyard interactions, intended to stimulate thought on the matter of responsibility. ISBN 13-978-0-9762-0566-1

Playing War by Kathy Beckwith – When Sameer hesitates to join in on a favourite game of war using sticks as guns and pinecones for bombs and grenades, his disclosure to his new friends of his experience of witnessing war. Discuss how Sameer's new friends showed caring responses. ISBN-13: 9780884482673

The Can Man by Laura E. Williams – This is an advanced picture book perfect for children who have noticed homeless people in their communities. This story is about Tim who wants a skateboard for his birthday. He notices his old neighbour, now homeless, collecting cans and he does the same to save up for a skateboard. From his encounters with The Can Man, Tim realizes that the cans he's collecting are at the expense of his old neighbour and he decides to give the money to him instead. ISBN-13: 9781600602665

The Name Jar by Yangsook Choi – It's a new country, a new town, and a new school for Unhei. So what about a new name? Having just arrived from Korea with her family, Unhei is anxious about making friends and worried that no one will be able to pronounce her name. Instead of introducing herself on the first day of school, she decides to pick a new name. The only problem is that she doesn't know what name to choose. ISBN 0-440-41799-6

The Pepins and Their Problems by Polly Horvath – Moving right along to laughing matters... Polly Horvath's *The Pepins and Their Problems* is a delightfully wacky place to work on problem solving. The Pepin family is fraught with troubles, from toads in their shoes to a neighbor falling in love with a barber pole. Readers can practice being open to all brainstormed solutions, no matter how ridiculous! ISBN-10: 0888996330

The Well by Mildred Taylor – Trouble comes when Hammer, David's feisty older brother, responds to the taunts of a few boys, who then make good on their threat to pollute the well. A dramatic and insightful book. ISBN 0-8037-1802-0

There's a Boy in the Girl's Bathroom by Louis Sachar – Bradley Chalker is the oldest kid in the fifth grade. He tells enormous lies. He picks fights with girls, and the teachers say he has serious behavioural problems. No one likes him except Carla, the new counsellor, who thinks Bradley is sensitive and generous. She even enjoys his far-fetched stories. Carla knows that Bradley could change, if only he weren't afraid to cry. Sometimes, the hardest thing in the world is believing in yourself. ISBN 0394805720

Say Something by Peggy Moss – This is an excellent book addressing bullying from the point of view of a bystander. A little girl witnesses various forms of bullying at school, but she does nothing about it. One day, when she becomes the victim of bullies, and sees everyone watching sympathetically, she decides to change her ways and ends up making a new friend. Advice for children who have been victims of bullying and a list of relevant Internet sites are included at the back of the book. ISBN-10: 0884482618

Wonder by R.J. Palacio – After being home schooled all his life, 10-year-old August Pullman is starting 5th grade at a private middle school in his Upper East Side neighbourhood. He wonders if anyone will realize that he's just a normal kid underneath his disfigured face, an affliction he was born with. In this uplifting story, it turns out that everyone carries some kind of disfigurement that feels isolating, even though most can't be seen. ISBN-13: 9780375869020

Yang the Third and her Impossible Family by Lensey Naminoka Yingmei – Yang has changed her name to Mary now that she is learning how to be American. It's hard, since her family sticks to their Chinese customs, which can be embarrassing in public. Still, Mary wants to be best friends with popular Holly Hanson. She sees her chance when she adopts one of Holly's kittens. The trouble is that Mary's family can't afford a cat, and the kitten could damage their prized musical instruments. To prove her friendship, Mary must find a way to keep the kitten a secret from her impossible family. ISBN 0-440-41231-5

3. Intermediate

And Words Can Hurt Forever by James Garbarino and Ellen deLara (Resource for teachers, parents and administrators) – The authors uncover the staggering extent and consequences of schoolyard bullying and classroom hostility, flat-out contradicting the nursery rhyme that “words can never hurt you.” The authors then present evidence that teenagers – hundreds of whom they interviewed – have the solution to school violence, if only adults would listen. Each chapter ends with specific strategies and steps that can be taken to deal with bullying and harassment. ISBN 0-7432-2899-5

Basket of Beethoven by Susan Currie – Sam is fascinated by the new girl in the class. The daughter of a famous conductor, Helen seems angry and aloof, interested only in her book. Yet when Sam sees Pete and Troy, the class bullies, teasing Helen, he strikes a deal with her. He'll keep them away from her if she will teach him how to play the piano. Nominee for the 2001 Silver Birch Award. ISBN-10: 1550416650

Bullies are a Pain in the Brain by Trevor Romain - Every teen can be a leader. That's because leadership is not just about taking the lead in big ways, but in everyday small things, too. The sessions in this book guide teens to explore what it means to be a leader, how to work with others, ethical decision-making, risk-taking, team building, communication, creative thinking, and more. Teens learn what's necessary to do something, even if that something is just speaking up. Choose the sessions that seem best for your class or group, or explore leadership through an entire school year. Includes reproducibles. ISBN-13: 978-1575420233

Egghead by Caroline Pignat – Will Reid is a gawky kid who wears fake turtlenecks, is obsessed with his ant farm and is lousy at gym. In other words, he's the perfect target for Shane, the grade 9 bully. Katie is Will's friend since elementary school, but defending him in the high school environment comes at an unforeseen cost. Devan has been part of Shane's bullyboy team until now, when he has come to realize that it's not so funny anymore. Each character takes a turn telling the story. ISBN 978-0-88995-399-4

Freak, the Mighty by Rodman Philbrick – An ALA Best Book of the Year about two misfits who form an unbeatable combination is also a feature film. Together Freak and Max feel as though they can take on the world, and for all intents and purposes they do. As Freak the Mighty they explore their neighbourhood, a gang of bullies, family relationships, learning and physical disabilities and ultimately the untimely death of Freak. This compelling and usual story will strike a cord in anyone who has ever felt like they didn't belong. ISBN-10: 0439286069

Indigo's Star by Hilary McKay – This book is a warm-hearted, highly readable story about a quirky British household. In it, twelve-year-old Indigo sticks up for himself and an American boy who has replaced him as the primary target of school bullies. ISBN-10: 141691403

It's a Girl's World produced by the National Film Board of Canada – This film gives an insider's view of the turbulent social lives of girls. Whispering, rumours, and exclusion are weapons of choice in a hidden culture of nastiness that defines their friendships. Our perception that social bullying among girls is an acceptable part of growing up is exposed as a dangerous myth. Film and teaching guide available from www.onf-nfb.gc.ca.

Mean Chicks, Cliques and Dirty Tricks: A Real Girl's Guide to Getting Through the Day With Smarts by Erika V. Sharin Karres – This is a self-guide for adolescent girls aimed at helping them to face the problems of cliques, gossip, bullying, and backstabbing they may face in these formative years. The book features strategies and tricks for dealing with these issues: information on the causes of this behaviour, quizzes for self-analysis, pick-me-up ideas, quotes from famous women who fought these issues successfully, and suggestions for a broader plan to restore kindness and courtesy. ISBN-10: 1580629334

Mean Girls: 101 ½ Creative Strategies for Working with Relational Aggression by Kaye Randell – Activities for working with girls who participate in relational aggression and their victims. ISBN-10: 1598500228

My Name is Mitch by Shelagh Lynne Supeene – Tired of being picked on by the class bully, Mitch MacLeod decides that this year is going to be different. But grade six begins like every other year. Mitch is still the smallest kid in his class and the taunts are worse than ever. Things begin to change for Mitch when he creates an opportunity to stand up to his archenemy and when his reading begins to improve. Things really start to look up when his dad moves back to town. A 2005 Nominee for the Silver Birch Award. ISBN-10: 1551432552

No More Victims by Frank Peretti – This is a compelling autobiographical account of emotional abuse which began once the author entered the school system. The reader is guided through concrete ways of being healers of the emotional wounds and scars caused by verbal and physical bullying. As a Christian writer, Peretti incorporates how his faith community provides belonging and security. ISBN-13: 978-0849943379

Odd Girls Out: The Hidden Culture of Aggression in Girls – With real-life stories and important discoveries, the author sheds light on the little-explored aspect of girls' aggression in schools. From the subtle ways in which girls express anger, to bullying, hidden jealousies, and school attitudes, the book offers help for everyone from parents and teachers to coaches and counsellors. An American School Board Journal Notable Book in Education. ISBN-10: 0156027348

Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity and Jealousy by Rachel Simmons – This is a compilation of stories selected from the hundreds sent in by girls describing their experiences of being bullied and of bullying. Topics discussed, including suggestions on how to deal with them, are: when friends grow apart; when friends turn on you; aggression, fear and revenge and life as the odd girl out. The concluding chapter offers realistic suggestions to help girls find inner strength. An American National Bestseller. ISBN-10: 0156028158

Queen Bees and Wannabees: Helping your Daughter Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence by Rosalind Wiseman – This groundbreaking book takes you inside the secret world of girls' friendships, translating and decoding them, so parents and teachers can better understand and help their daughters navigate through these crucial years. Rosalind Wiseman has spent more than a decade listening to thousands of girls talk about the powerful role cliques play in shaping what they wear and say, how they feel about school, how they respond to boys, and how they feel about themselves. ISBN-13: 978-1400047925

Rumble Fish by S.E. Hinton – Rusty James is a tough, street-fighting teenager who admires nothing except his older brother. Known as the Motorcycle Boy, Rusty's brother is smart, philosophical and even tougher than Rusty. Will Rusty learn the error of his ways or will he follow in the footsteps of his doomed older brother? ISBN-10: 0440975344

Scripture Alive: Role-Play for Youth by C. Rosemary Marmouget – This book provides 16 Bible-based role plays as ways to engage youth in moral decision-making. Included in this resource is a gang-related role play which serves as a modern age version of The Parable of the Good Samaritan. There are reproducible roleplay scenarios and cards, references to scripture passages, reflections and prayers. ISBN 13-987-0-88489-941-9

Stargirl by Jerry Spinelli – From the day she arrives at quiet Mica High in a burst of color and sound, the hallways hum with the murmur of “Stargirl, Stargirl.” She captures Leo Borlock’s heart with just one smile. She sparks a school-spirit revolution with just one cheer. The students of Mica High are enchanted at first. Then they turn on her. Stargirl is suddenly shunned for everything that makes her different, and Leo, panicked and desperate with love, urges her to become the very thing that can destroy her: normal. In this celebration of nonconformity, Newbery Medalist Jerry Spinelli weaves a tense, emotional tale about the perils of popularity and the thrill and inspiration of first love. ISBN-13: 978-0440416777

The Rabbits by John Marsden and Shaun Tan – Described as a rich and haunting allegory for all ages, all cultures, this fable effectively captures the effects of colonization recounted from the perspective of those being colonized. Both the text and images are sparse and convey bewilderment and anxiety as it becomes apparent that the rabbits are not visitors but invaders. Environmental devastation is experienced under the control of a new culture. ISBN-13: 978-0734411365

Weedflower by Cynthia Kadohata – This Newberry Award winning story is told from the perspective of a young Japanese-American girl interned in an old military barrack after the bombing of Pearl Harbor. The internment camp turns out to be on a native reservation, against the resident Mojave's wishes, adding even more layers of suspicion and prejudice to the detainees' already bewildering new life in exile. ISBN-10: 0689865740

4. Professional Teaching

101 Facts About Bullying: What Everyone Should Know by Meline Kevorkian and Robin D'Antona – This book is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying, debunking myth and unclocking the facts about bullying and its prevention.
ISBN-13: 978-1578868490

And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence by James Garbarino and Ellen deLara – Bullying has long been regarded as a way of life. Ever since Columbine, however, student reactions to harassment and intimidation are, finally, driving parents to consider this phenomenon seriously. This book teaches parents to accept reality (bullying occurs daily), challenge old beliefs (“Kids will be kids” or “If I lived through it, so can they”), and ally with other parents to take on the school system. ISBN-13: 978-0743228992

The Anti-Bullying Handbook by Keith Sullivan – The goal of this book is to help parents, teachers, administrators, counsellors and anyone who works with groups of children understand what bullying is and how to prevent it. Information from some of the world's leading experts on the subject and a list of the best anti-bullying websites are included.
ISBN-10: 0195583884

Asperger's Syndrome and Bullying: Strategies and Solutions by Nick Dubin – Not only will Asperger Syndrome and Bullying help former victims piece together the “why’s and “how’s of prior trauma, but educational professionals also are served well to read this book. For giving them much to choose from, Dubin meticulously outlines (and provides commentary on) every available community-based strategy and school program designed to combat those atmospheres that condone bullying. His book is a wonderful addition to the growing literature currently investigating the environment of bullying, the culture of bullying, and the myths we once believed about it. ISBN-10: 1843108461

Behaviour Recovery by Bill Rogers – this book offers teachers an educational model for teaching behavior specifically to those children based on whole-school support.
ISBN-13: 978-1412901451

Black Eyes and Bruised Souls: A Portrait of Bullying by W. Christie Nesbit – Manitoba Council for Exceptional Children; Newfoundland Council for Exceptional Children, 1999.

Breaking the Silence: Overcoming the Problem of Principal Mistreatment of Teachers by Joseph Blase, Jo Blasé – This groundbreaking book exposes the various manifestations and effects of abuse and offers practical solutions for its prevention and correction.
ISBN-13: 978-0761977728

Building our Community [video recording]: A film about restorative practices. Hull, U.K.: Collingwood Primary School, c2008 (15 min.)

Bullied Teacher: Bullied Student by Les Parson – To eradicate bullying in schools, the education community must first acknowledge its existence in all forms. This timely book explores the background and myriad of issues related not just to student-on-student bullying, but all forms of threatening and victimizing behaviour found in too many schools. It will show teachers and educators how to recognize the bullying culture in their school, and decide what to do about it – devise, implement, and enforce a policy that works. Every school should be a place where staff and students alike feel safe and secure. This indispensable guide suggests constructive ways to repair the school environment, and heal a bullying school. ISBN-10: 1551381907

Bully Free Classroom: Over 100 Tips and Strategies for Teachers by Allen L. Beane – Over 100 tips and strategies aimed at changing the behaviour of bullies and preventing potential victims from being bullied are included in this resource for parents and teachers. The aim is to teach users how to create a classroom environment where everyone feels safe, accepted and valued while teaching students how to treat each other respectfully and stand up for themselves ISBN-10: 1575421941

Bully in the Book and In the Classroom by C.J. Bott – A tool for teachers, school administrators, and parents to help identify bullying behaviour in schools, with suggestions on how to react. Each chapter looks at the bullies, their targets, and the bystanders in a different age group. Reviews of books recommended for elementary, middle school, and high-school students are included, each with a synopsis, activities, and quotations from the book. Resources for teachers, librarians, counsellors, and parents are listed in the final section. ISBN-10: 0810850486

Bully Prevention: Tips and Strategies for School Leaders and Classroom Teachers by Elizabeth A. Barton – Excellent for use in both elementary and secondary classrooms, this resource provides updated research and the tools for building a successful school wide anti-bullying program. ISBN-13: 978-1412939171

Bully, the Bullied and the Bystander, The: Breaking the Cycle of Violence by Barbara Coloroso – With the spate of teen suicides and revenge killings of students in schools across North America, schoolyard bullying has become one of the greatest tragedies of our time. Sticks and stones may break bones, but name-calling turns out to be worse. As internationally renowned educator and author Coloroso points out in *The Bully, the Bullied, and the Bystander*, bullying today is crueller and more violent than ever. But breaking the cycle of violence involves more than merely recognizing the presence of bullying; it requires examining why and how a child becomes a bully or the target of a bully. Coloroso also says bystanders - classmates afraid to stick up for friends because they don't want to suffer the same fate, as well as parents who discount bullying as teasing and a necessary part of growing up – are as bad as the bullies themselves. ISBN-10: 0006394205

Bullying and The Brain: Using Cognitive and Emotional Intelligence to Help Kids Cope by Gary R. Plaford – The author examines internal interventions; external interventions; monitoring and controlling bullying behaviors; issues related to students-the bullies, victims, and bystanders; the latest research on the brain and emotional intelligence; managing emotional triggers; building connections; and creating an outward focus. *Bullying and the Brain* also includes a study guide to help teachers and administrators plan the necessary steps to address bullying problems at school and worksheets to assist in interventions. ISBN-13: 978-1578863969

Bullying at School: What We Know and What We Can Do by Dan Olweus – This is the definitive book on bullying/victim problems in school and on effective ways of counteracting and preventing such problems. ISBN-13: 978-0631192411

Bullying Awareness: Reclaiming Our Schools: Bullying Prevention Program by Jeff Reati and Vanessa Hamilton, OCT [Ontario]: Bullying Awareness R.O.S., 2010.

Bullying Behavior: Current Issues, Research, and Interventions by Robert A. Geffner, Marti Loring and Corinna Young – This resource provides the most up-to-date reports on the dynamics of bullying, including who bullies and why, who the victims are, and how depression and anxiety are correlated with bullying. It also presents detailed case studies of successful anti-bullying strategies for both local schools and national campaigns. Drawing on national and international clinical research, this book is indispensable for teachers and school administrators, therapists and child psychologists, social workers, child advocates and counselors, court personnel, probation officers, and education policymakers. ISBN-13: 978-0789014351

Bullying Beyond the Schoolyard: Preventing and Responding to Cyber-bullying by Sameer Hinduja, Justin W. Patchin – Focusing on how technology can facilitate or magnify bullying behavior, this resource provides proactive strategies, current research, and legal rulings to protect students from cyber-bullying. ISBN-13: 978-1412966894

Bullying: Effective Strategies for Long-Term Improvement by David Thompson, Tiny Arora and Sonia Sharp – The authors examine how bullying begins, the impact of bullying on the victimized child, and how the extent of bullying in schools can be reliably measured and assessed. They go on to explain how to set up anti-bullying initiatives which will maintain their effectiveness over the years. The complexity of the bullying process is emphasized throughout, but care is taken to outline clearly the actions that can be taken which will substantially reduce bullying in the long term. ISBN-13: 978-0415230926

Bullying: Implications for the Classroom by Cheryl E. Sanders, Gary D. Pbye – Summarizing research in education, social, developmental, and counseling psychology, this resource examines the personality and background of both those who become bullies and those most likely to become their victims, how families, peers, and schools influence bullying behavior, and the most effective interventions in pre-school, primary and middle schools. ISBN-13: 978-0126179552

Bullying in American Schools: Causes, Preventions, Interventions by Anne G. Garrett Jefferson – Between 1992 and 2003 there were 250 violent deaths in schools, and in virtually every one, bullying was a contributing factor to the violence. As in the Columbine High School shooting in Littleton, Colorado, most of the students who committed these violent crimes were victims of bullying who decided to get revenge. Such violence has become one of the most serious problems in America today, and both bullies and their victims need help. Solutions and strategies are discussed. ISBN-13: 978-0786415496

Bullying in Schools and What to do About It by Ken Rigby – This passionate book about bullying focuses on creating positive school spaces in which children will be allowed to flourish. It highlights methods of dealing with bullies that are not punitive and offers ways to enhance the self-esteem of victims. The serious long-lasting effects of various types of bullying are examined and educators, administrators and all others connected with children are encouraged to actively participate in the elimination of this pervasive behaviour. ISBN10: 0864311842

Bullying: A Crisis in Our Schools and Our Communities by Raymond T. Chodzinski - Welland, ON: Soleil, c2004

Bullying Prevention And Intervention: Realistic Strategies For Schools by Susan M. Swearer, Dorothy L. Espelage, Scott A. Napolitano – Grounded in research and extensive experience in schools, this engaging book describes practical ways to combat bullying at the school, class, and individual levels. Step-by-step strategies are presented for developing school- and district wide policies, coordinating team-based prevention efforts, and implementing targeted interventions with students at risk. Special topics include how to involve teachers, parents, and peers in making schools safer; ways to address the root causes of bullying and victimization; the growing problem of online or cyber-bullying; and approaches to evaluating intervention effectiveness. In a large-size format with convenient lay-flat binding, the book features helpful reproducibles, concrete examples, and questions for reflection and discussion. ISBN-13: 978-1606230213

Bullying Prevention: Creating a Positive School Climate and Developing Social Competence by Pamela Orpinas and Arthur M. Horne – This book addresses the issue of bullying and aggression in schools. It presents the School Social Development and Bullying Prevention Model as a means of creating a positive environment and solving problems without use of violence. As well it offers strategies for children who are targets of bullying. ISBN-13: 978-1591472827

Burning Issues: Foundations of Education by Karyn Cooper and Robert E. White – Here is a book with numerous applications. It is intended to situate self-examination and issues-based learning in reality in a professional context in which teachers and students work to shape practices and identities. In this way, teachers can explore who they are as individuals, their understandings of themselves and their experiences, as well as the impact of these experiences in the classroom, the school, and the community. ISBN-13: 978-1578861446

Caring and Safe Schools in Ontario: Supporting Students with Special Education Needs Through Progressive Discipline, Kindergarten to Grade 12 – Toronto: Queen's Printer for Ontario, 2010.

Children And Bullying: How Parents and Educators Can Reduce Bullying at School by Ken Rigby – Scarcely a day goes by without reports of school bullying or recommendations for quick fixes to the problem. Parents and educators are often left trying to solve a difficult issue without sufficient evidence to support suggested remedies. This is a vital resource in the quest to create safe learning environments. Drawing on a wealth of research, Ken Rigby provides clear explanations and effective strategies for combating bullying among children and preventing children from becoming involved in bullying situations. ISBN-13: 978-1405162548

Children Don't Come with an Instruction Manual: A Teacher's Guide to Problems that Affect Learners by Wendy L. Moss – This concise manual will help educators recognize and deal with a variety of academic and nonacademic issues that can hamper a child's classroom performance. The text includes interpretations of childhood symptoms, such as fear, emotional outbursts, hyperactivity, withdrawal, and inappropriate behaviours, with case summaries demonstrating the most positive steps taken by teachers to improve lives. ISBN-13: 978-0807744437

Classrooms and Courtrooms: Facing Sexual Harassment in K-12 Schools by Nan Stein – This text brings together data on student-to-student sexual harassment in K-12 schools, summarizing legal cases, as well as the findings of major surveys. Both boys and girls talk about their experiences, explaining what happens when students turn to school authorities for help. ISBN-13: 978-0807738788

Confronting Bullying: Literacy as a Tool for Character Education by Roxanne Henkin – The author shows how to make school a safer place for all children. She takes you inside classrooms where reading, writing, and character education have helped to reduce bullying, showing how children's literature can generate dynamic class discussions on aggression and harassment. As well she shows how writing assignments gives students an opportunity to acknowledge and explore their feelings about bullying as they consider its ethics. ISBN-13: 978-0325004136

Confronting Cyber-Bullying: What Schools Need To Know To Control Misconduct And Avoid Legal Consequences by Shaheen Shariff – This book is directed to academics who are concerned about addressing emerging cyber-bullying and anti-authority student expressions through the use of cell phone and Internet technologies. There is a current policy vacuum relating to the extent of educators' legal responsibilities to intervene when such expression takes place outside of school hours and school grounds on home computers and personal cell phones. Students, teachers, and school officials are often targets of such expression. The author analyzes government and school responses by reviewing positivist paradigms. Her review of a range of legal frameworks and judicial decisions from constitutional, human rights, child protection, and tort law perspectives redirects attention to legally substantive and pluralistic approaches that can help

schools balance student free expression, supervision, safety, and learning.
ISBN-13: 978-0521700795

Creating a Bully-Free Classroom by Carol S. McMullen – Help students discuss, plan and practice social skills so they can react strategically in any bullying situation. Through class meetings, role playing, and hands-on activities, students develop a personal set of strategies for dealing with bullies. ISBN-13: 978-0439590242

Cyber-Bullying: Bullying in The Digital Age by Robin M. Kowalski, Susan P. Limber, and Patricia W. Agatston – Advances in social media, email, instant messaging, and cell phones have moved bullying from a schoolyard fear to a constant threat. The second edition of *Cyber-Bullying* offers the most current information on this constantly-evolving issue and outlines the unique concerns and challenges it raises for children, parents, and educators. Authored by psychologists who are internationally recognized as experts in this field, the text uses the latest research in this area to provide an updated, reliable text ideal for parents and educators. ISBN-13: 978-1444334814

Cyber Kids, Cyber Bullying, Cyber Balance by Barbara C. Trolley and Constance Hanel – Emphasizing prevention, assessment, and evaluation, this proactive guide shows how to advance learning, reduce cyber bullying, and improve school climate by helping students use technology responsibly. ISBN-13: 978-1412972925

Cyberbullies [video recording] – Meridian Education Corporation; producer, Jerry Baber; director, Rhonda Fabian; Fabian-Baber Communication. Lawrenceville, NJ: Meridian Education Corp., c2006. (19 min.)

Dealing With Bullying in School: A Training Manual for Teachers, Parents and Other Professionals by Mona O'Moore and Stephen James Minton. London: Paul Chapman; Thousand Oaks: Sage, 2004.

Developing Children's Coping Skills: More than 150 Ready-To-Use Strategies for Teachers and Counselors by Lois J. Landy – Children who have non-academic obstacles in their homes or school lives require specialized attention to cope with their issues and function in the classroom. This resource provides teachers, counselors, therapists, and facilitators with strategies and information that will enable them to prepare children emotionally, socially and academically to become better learners. ISBN-13: 978-1558641617

Eliminating Bullying by Sandy Ragona – This book contains ten lesson plans that encourage victims to stand up for themselves and bystanders to get involved. The lessons contain inspiring animal stories, motivational activities, reproducible worksheets and letters to parents. ISBN-10: 1889636681

Enhancing Child Safety and Online Technologies: Final Report of the Internet Safety Technical Task Force to the Multi-State Working Group on Social Networking of State Attorneys General of the United States. Harvard: Cambridge, Mass.
ISBN-13: 978-1594607769

Getting Beyond Bullying and Exclusion, Prek-5: Empowering Children In Inclusive Classrooms by Ronald Mah – The author examines why children with special needs are bullied, how teachers can prevent bullying, ways to work with overprotective parents, and how a self-esteem prescription plan can help. ISBN-13: 978-1412957229

Gum in my Hair: How to Cope with a Bully [video recording] written by Timothy Shields and Marty Riemer – a Twisted Scholar production; Twisted Scholar, p2003, c2002 [Seattle, Wash.] (20 min.)

Helping Students Fix Problems and Avoid Crises: An Easy-To-Use Intervention Resource for Grades 1-4 by Lawrence J. Greene – For the child who doesn't have friends, does poorly in sports, or has difficulty learning, Greene provides solid, proven methods to help these learners succeed. ISBN-13: 978-1412904698

How to Handle Hard-To-Handle Preschoolers: A Guide for Early Childhood Educators by Maryln Appelbaum– Early childhood educators know all too well how challenging and demanding pre-K children can be. But couple that with learning or behavioral disorders and teaching kids in the classroom can be even more of a challenge. This resource is a user-friendly guide that provides early childhood teachers and administrators with a comprehensive overview of the most common kinds of behavioral disorders and learning disabilities in children ages two to five. It boasts hundreds of easy-to-implement strategies, tips, and techniques for managing behavioral disorders, from ADHD and bipolar disorder to Asperger syndrome and bullying tendencies. ISBN-13: 978-1620872215

How to Stop Bullying And Social Aggression: Elementary Grade Lessons and Activities that Teach Empathy, Friendship and Respect by Steve Breakstone, Michael Dreiblatt, Karen Dreiblatt - Educators have come to recognize the long-term negative impact that bullying can have on children and the need to proactively teach acceptable behaviors for both in school and out. This user-friendly resource provides K–6 teachers, school administrators, and counselors with fun, interactive lessons and activities that support students' safety and well-being, promote healthy social-emotional development, and improve academic achievement. Using role plays and sample scripts that can be adapted to specific situations, the authors illustrate how to teach critical concepts and behaviors, including how to stand up to a bully and how to stop another student from bullying. ISBN-13: 978-1620872185

It's So Much Work to be Your Friend: Helping the Child with Learning Disabilities Find Social Success by Richard Lavoie. – As any parent, teacher, coach, or caregiver of a learning disabled child knows, every learning disability has a social component. The ADD child constantly interrupts and doesn't follow directions. The child with visual-spatial issues loses his belongings. The child with a nonverbal communication disorder fails to gesture when she talks. These children are socially out of step with their peers, and often they are ridiculed or ostracized for their differences. A successful social life is immeasurably important to a child's happiness, health, and development, but until now, no book has provided practical, expert advice on helping learning disabled children achieve social success. ISBN-13: 978-0743254656

It's So Much Work to be Your Friend [video recording] by Richard Lavoie. New York: PBS Video, c2005. (90 min.)

Keep Cool!: Strategies for Managing Anger at School by Paula Galey – This resource offers all the tools teachers need to get a handle on bullying and aggression, and help their students develop a repertoire of responses for managing their anger before it spirals out of control. Organized around six key aspects of anger management, the book delivers a host of hands-on activities to show students how to cope more successfully with a diverse variety of situations. With skills and frameworks to enable a more positive and acceptable response to conflict, *Keep Cool!* will give all kids a sense of personal power and greater self-control. Reproducible activity sheets make this handy resource ideal for all educators. ISBN-13: 978-1417676941

Keeping The Whole Child Healthy and Safe: Reflections On Best Practices in Learning, Teaching and Leadership edited by Marge Scherer. [Electronic Resource – e-book download] www.scribd.com/doc/36692179/Keeping-the-Whole-Child-Healthy-and-Safe-Reflections-on-Best-Practices-in-Learning-Teaching-and-Leadership

Kids Working it Out: Strategies and Stories for Making Peace in Our Schools by Tricia S. Jones and Randy Compton, editors – Kids who understand how to manage conflict successfully can transform their schools into safer and kinder places to learn. This book offers a guide to the most current and effective school-based conflict resolution programs and shows how these programs can make a positive difference in our schools. Throughout the book, students and teachers share their stories of what it's really like in today's schools and reveal how Conflict Resolution Education, has shaped their experiences. It covers a wide range of topics - curriculum integration, peer mediation, restorative justice, and others - and shows what it takes to implement an effective program in any school, and any community. ISBN-13: 978-0787963798

Leader's Guide To Creating Safe Schools, A by David L. Stader. Norwood, MA: Christopher-Gordon Publishers, 2011. ISBN-13: 978-1933760360

Learning Peace: A Big School With A Big Heart. [Video recording] Montréal: National Film Board of Canada, c2002. (57 min.)

Making Your School Safe: Strategies to Protect Children and Promote Learning by John Devine and Jonathan Cohen - In this practical manual, the authors demonstrate the important relationship between social-emotional and ethical education and school safety. They combine traditional crisis management and emergency planning with all of the principles that have become the cornerstones of the field of evidence-based, social-emotional learning and character education. Featuring real-life examples and best practices, they cover widespread concerns, ranging from student behavioral issues such as bullying and social exclusion to gang-related violence and other tragic events. This essential resource will help schools be proactive in preventing tragedies, as well as effectively reactive when they occur. ISBN-13: 978-0807747834

Mouse [video recording] by James Flaherty presented by the Dufferin-Peel Catholic District School Board in association with Peel Regional Police; Mississauga, ON: Dufferin-Peel Catholic District School Board, 2008. (23 min.)

No More Bystanders = No More Bullies: Activating Action in Educational Professionals by Shona Anderson – This book offers specific, concrete ways to assess a school's current practices and implement practical strategies tailored to specific schools.
ISBN-13: 978-1412990967

No Room for Bullies – From the Classroom to Cyberspace by Jose Bolton (editor) and Stan Graeve – This book shatters popular myths about bullying. You'll learn who's playing the game, and how they play it... from emotional isolation and emotional backstabbing to physical violence, sexual harassment, and cyberspace cruelty. But No Room for Bullies takes readers beyond the problem recognition to proven solutions.
ISBN-10: 1889322679

Peer Mediation: Agreeing on Solutions by Robert Wandberg (Grades 4-8) – This volume defines peer mediation in practical terms and illustrates how it helps people get along. Examples of school situations involving conflict are presented along with the steps that lead participants to a resolution. Once learning the skills of a mediator, readers are encouraged to take their knowledge one step further and become mentors.
ISBN-10: 0736810234

Reflective Practice for Educators: Professional Development to Improve Student Learning by Karen F. Osterman and Robert B. Kottkamp. In this age of mandated reforms, reflective practice is a truly effective, empowering way to make meaningful, positive changes. ISBN - 13: 9780803968004

Respectful School, The: How Educators and Students Can Conquer Hate and Harassment by Stephen Wessler – The author vividly describes how words can hurt - both emotionally and physically – and how words can heal. Drawing on his experience as a former state prosecutor overseeing hate crime enforcement and as current director of the Center for the Prevention of Hate Violence, Wessler discusses what educators can do to create a truly respectful environment that promotes positive interactions among staff and students. He relates the experiences of young victims and the hopeful stories of programs that have reduced harassment, showing how educators can both protect and enlighten students through coordinated efforts. ISBN-13: 978-0871207838

Responding to Cyber Bullying: An Action Tool for School Leaders by Jill J. Myers, Donna S. McCaw, Leanda S. Hemphill – Protect yourself, your school, and your students with this manual's data-driven solutions for managing cyber bullying incidents. Includes case studies, a matrix, and legal guidelines. ISBN-13: 978-1412994842

Restoring Safe School Communities: A Whole School Response to Bullying, Violence And Alienation by Brenda Morrison – Author Brenda Morrison proposes a continuum of responsive and restorative practices for building safe school communities. ISBN-13: 978-1862874770

Safe And Healthy Schools: Practical Prevention Strategies by Jeffrey R. Sprague and Hill M. Walker – A hands-on resource for practitioners, this book provides step-by-step guidance for developing a comprehensive school safety plan. Moving from needs assessment to implementation and evaluation, chapters describe research-based strategies that are readily applicable in K-12 settings. Special features include reproducible checklists and other planning tools, presented in a large-size format with convenient lay-flat binding. ISBN-13: 978-1593851057

Safe And Peaceful Schools: Addressing Conflict and Eliminating Violence by John Winslade and Michael Williams – This book provides practical strategies for teaching conflict resolution skills that help prevent bullying and violence for a safe and peaceful school environment. ISBN-13: 978-1412986755 0

School Bullying: Tools for Avoiding Harm and Liability by Mary Jo McGrath – The author offers leaders practical tools and strategies to create legally based and ethically sound approaches to dealing with and preventing bullying in schools. ISBN-13: 978-1412915717

School House Bullies: Preventive Strategies For Professional Educators [video recording] by Judy M. Brunner, Dennis K. Lewis. Thousand Oaks, Cal.: Corwin Press, 2005, 2006. (90 min.)

Schoolyard Bully: How to Cope with Conflict and Raise an Assertive Child by Kim Zarzour – This resource is an accessible, friendly guide for parents and teachers from a parent who expands on her own and others' memories of childhood bullying. Kim Zarzour offers practical suggestions to stop the cycle of bullying along with invaluable advice on raising a child who can meet intimidating circumstances with self-confidence and maturity – one who knows how to be assertive in our increasingly aggressive world. ISBN-13: 978-0006385196

Schools Where Everyone Belongs by Stan Davis (Resource for educators) – *Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying* is a positive, intelligent, and practical approach to bullying. Educators and even parents will gain a deeper understanding of bullying and learn strategies to deal with it. ISBN-10: 0878225846

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids by Jennifer Simmonds (Resource for educators, social workers and youth leaders) – This book presents ideas for a curriculum on anger management and peacekeeping. ISBN-10: 0865714835

Shaping a Culture Of Respect In Our Schools: Promoting Safe and Healthy Relationships by Safe Schools Action Team [Liz Sandals ... et al]. Toronto, ON: Ontario Ministry of Education, 2008 2009.

Social and Emotional Lives of Gifted Kids, The: Understanding and Guiding Their Development by Tracy L. Cross – Raising happy, successful children is a goal of every parent of gifted children. In this book, the nation's leading authority on the psychology of gifted children offers advice and encouragement for both parents and teachers. In a thoughtful, conversational style, the author offers an in-depth look at the complex social and emotional issues faced by gifted children. ISBN-13: 978-1593631574

Stop the Bullying! A Handbook for Teachers by Ken Rigby – Bullying is a hot issue in schools today. In this practical research-based book, teachers will learn ways they can find out what is really happening in their schools, how to develop anti-bullying policies, and support of children in their classes, as well as how to deal with the families of bullies and the bullied. Includes reproducible activities ISBN-10: 1551381370

Stories of Us: Promoting Positive Peer Relationships and Middle School Bullying Prevention Program [video recording] by Christopher Faull

Strategies for Successful Classroom Management: Helping Students Succeed Without Losing Your Dignity or Sanity by Brian D. Mendler, Richard L. Curwin and Allen N. Mendler – Help difficult students change negative behaviors with these strategies for teaching conflict resolution and anger management, handling power struggles successfully, helping students prevent bullying, and more. ISBN-13: 978-1412937832

Teasing and Harassment: The Frames and Scripts Approach For Teachers And Parents by John H. Hoover and Glenn W. Olsen – This resource covers many aspects of teasing and harassment, from the general to the very specific and the conceptual to the concrete. It will help the reader learn how to counter and prevent low-level aggression in school and at home with the frames and scripts approach. This approach is based on social learning theory and provides easy-to-learn language for working with children and youth to unlearn the behavior that leads to teasing and harassment, change internal scripts during a situation that requires problem solving, and learn a positive problem-solving sequence. ISBN-13: 978-1879639829

The Bullying Prevention Handbook: A Guide for Principals, Teachers, and Counselors by John H. Hoover, Ronald Oliver - Bloomington, Ind.: National Education Service, 1996.

The Jossey-Bass Reader on Gender in Education, foreword by Susan M. Bailey – Is biology destiny? Are schools shortchanging girls or boys? If so, what can educators do to ensure that both succeed? These are among the questions confronting teachers of students of all ages. The Jossey-Bass Reader on Gender in Education is a comprehensive anthology that explores the varied terrain of gender landscape-offering a thought-provoking view of the educational paths taken by girls and boys. ISBN-13: 978-0787960742

The Wild Wild Web: A Student's Guide to Preventing Cyber Bullying [video recording]; Seattle, Wash: Twisted Scholar, c2010. (26 min.)

They Don't Like Me: Lessons on Bullying and Teasing From a Preschool Classroom by Jane Katch – The author explores the painful problems of bullying, teasing, and exclusion. Why, she wonders, does a young child, just becoming aware of the existence of the group, feel such a strong need to keep another child out? And is it possible to teach children to create social groups that aren't defined by excluding others? ISBN-13: 978-0807023211

Transforming School Climate and Learning: Beyond Bullying and Compliance by Bill Preble and Rick Gordon – The authors illustrate their premises, provide detailed descriptions of their reform procedures, and heroically tackle many facets which are often unaddressed in the educational literature. ISBN-13: 978-1412992688

Understanding Girl Bullying and What to Do About It: Strategies to Help Heal the Divide by Julaine E. Field [et al] – This book covers the causes and characteristics of girl bullying; outlines assessment, prevention, and intervention methods; and provides an original 10-session curriculum for small groups. ISBN-13: 978-141296488

Understanding Peer Influence in Children and Adolescents by Mitchell J. Prinstein and Kenneth A. Dodge – This book presents a comprehensive framework for understanding the processes by which peers shape each other's attitudes and behavior, and explores implications for intervention and prevention. ISBN-13: 978-1606236475

Visit to One School's Bullying Prevention Program [video recording] – Produced by ASCD; writer-director Ilana Bittner. Alexandria, Va.: ASCD, 2005. (40 min.)

Working With Parents of Bullies And Victims by Walter B. Roberts, Jr. – The author explores common concerns about bullying, provides sample dialogues with parents of bullies and victims, and presents an eight-point plan for communicating with parents. ISBN-13: 978-1412951036

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Professional Development Department
OECTA, 65 St. Clair Avenue East, Toronto, ON M4T 2Y8
T 416.925.2493 or 1.800.268.7230
F 416.925.5251
www.oecta.on.ca