Adult Bullying Prevention & Intervention Resources

Book List

<u>Non-Fiction</u>

And Words can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence (2002). By James Garbarino and Ellen deLara. The Free Press.
Uncovers the staggering consequences of bullying and presents solutions from teenagers.

Be Nice (Or Else!): And What's In it for You (2004). By Winn Claybaugh. Laguna Beach. CA:Von Curtis Publishing
Identifies factors that keep people from being nice and how to overcome them.

Bullying Behavior: Current issues, research, and interventions. Edited by Robert A. Geffner, Marti Loring, & Corinna Young, (2002). The Haworth Press, Inc.
Describes current issues, research, and interventions for bullying.

Bullying in American Schools: A Social-Ecological Perspective on Prevention and Intervention. Edited by Dorothy L. Espelage, & Susan M. Swearer, (2004). Lawrence Erlbaum Associates, Publishers.
Presents research on bullying across contexts conducted with American participants.

Bullying in North American Schools, 2nd Edition. Edited by Dorothy L. Espelage & Susan M. Swearer, (2001). New York, NY: Routledge.
A compilation of research on bullying in school-aged youth.

Bullying in Schools: How Successful can Interventions Be? Edited by Peter K. Smith, Debra Pepler, and Ken Rigby (2004). Cambridge University Press.
Compares the major interventions against school bullying that have been used in practice and by researchers since 1980 across Europe, North America, and Australia.

Bullying, Peer Harassment, and Victimization in the Schools. Edited by Maurice Elias, & Joseph Zins, (2002). The Haworth Press, Inc.
Presents empirical studies and reviews of the literature on bullying, peer harassment, and victimization. This book also identifies risk and protective factors, and provides practitioners with specific, evidence based guidelines for effective prevention efforts.

Bullying Prevention and Intervention: Realistic Strategies for Schools. By Susan M. Swearer, Dorothy L. Espelage, & Scott A. Napolitano (2009). NY: Routledge Press.
This book describes practical ways to combat bullying at the individual, class, and school-wide levels. Strategies are presented for developing school and district-wide policies, coordinating team-based prevention efforts, and implementing targeted interventions for students at-risk.

Bullying Prevention: Creating a Positive School Climate and Developing Social Competence. By Pamela Orpinas, & Arthur (Andy) Horne, (2006). American Psychological Association.
Delves into ways that teachers, counselors, school psychologists, and other professionals can address bullying in schools. Also discusses a school social development and bullying prevention model, and gives guidance in how to select research based bullying prevention programs.

Queen Bee Moms and Kingpin Dads: Dealing with the Difficult Parents in Your Child's Life (2006). By Rosalind Wiseman. New York, NY: Three Rivers Press.
Includes tools for how to handle difficult situations involving teachers and parents through true stories.

Handbook of Bullying in Schools: An International Perspective (2010). Edited by Shane R. Jimerson, Susan M. Swearer, & Dorothy L. Espelage. New York, NY: Routledge.
A comprehensive review and analysis of bullying worldwide.

Homophobic Bullying: Research and Theoretical Perspectives (2011). By Ian Rivers. Oxford University Press.
Provides a review of studies that have shaped the way we view homophobia in schools. Uses theories from psychology, sociology, anthropology, and ethology.

Odd Girl Out: The Hidden Culture of Aggression in Girls (2002). By Rachel Simmons. New York, NY: Harcourt, Inc.
Gives girls, parents, and educators proven and innovative strategies for navigating social dynamics in person and online. Also provides step-by-step parental suggestions for dealing with traditional bullying.

Queen Bees & Wannabes (2002). By Rosalind Wiseman. New York, NY: Three Rivers Press.
The book that inspired the movie, *Mean Girls,* this story shows how girls of every background are influenced by their interactions with one another.

Resilient Classrooms. Beth Doll, Steven Zucker, & Katherine Brehm. (2004). The Guilford Press.
Presents innovative classroom based strategies for promoting the academic competence and mental health of at-risk students. Describes easy to implement procedures with step-by-step instructions to make the classroom a healthy and successful place.

See Jane Hit: Why Girls Are Growing More Violent and What We Can Do About It (2006). By James Garbarino. New York, NY: The Penguin Press.
Garbarino traces the factors behind the rise in violent behavior in girls.

The Parent's Guide to Psychological First Aid: Helping Children and Adolescents Cope with Predictable Life Crises (2011). Edited by Gerald P. Koocher & Annette M. La Greca. Oxford University Press.
This book puts together articles from experts who provide the information needed to help children navigate the many problems faced during childhood and the adolescent years. Includes the following topics: body image and physical appearance, sibling rivalries, social anxiety, and more.