

# Bullying-Resources for Parents



Bullying can take many forms, and happen in many different places. We see it in the workplace, in the home, and the sports field, but most commonly, at school, where children learn as much about how to behave towards others as they do about the 3 R's. Unfortunately, some children learn only too well how to dominate others by foul means, and sadly begin to enjoy doing so, setting a pattern for how they will behave as adults. Meanwhile other children, more easily dominated, suffer miserably, often in silence, and develop a victim mentality that they may be unable to shake off.

Research is being conducted worldwide. Here we offer you information to some of the current thinking and provide concrete ways to help if this is happening to someone in your own family.

## Internet Resources

Below are some of the best web sites available on Bullying. If you are looking for more websites on the topic, try using these terms when you do your search: bullying, bullies, bully, "bullies and schools."

### [Bullying.org](http://www.bullying.org)

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Bullying.org is dedicated to increasing the awareness of, and the problems associated with, bullying and to preventing, resolving and eliminating bullying in society.

### [Bullyfreeworld](http://www.bullyfreeworld.com/)

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They provide information about bullying behavior, give examples of strategies that can be used to free people and institutions from its harmful effects and provide training courses for people who wish to promote anti-bullying policies and strategies in schools and institutions.

### [Bullying At School Information](http://www.scrc.ac.uk/bully/)

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The Scottish Council for Research in Education provides information about bullying.

### [Education-world.com/a\\_admin/admin018.shtml](http://www.education-world.com/a_admin/admin018.shtml)

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This article helps parents understand bullying from a school administrator's perspective.

## [Rachel's Challenge](http://www.rachelschallenge.com)

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A program available to schools by the family of Rachel Scott, a victim of the Columbine school shootings.

## Library Resources

Library books may be located in either the Children's, Adult or a special Parenting collection classified under the Dewey numbers 303.6, 371.58 or 649.1. Magazine and newspaper articles can be found in your local library's database collection. Ask your librarian for help in locating the materials you need or visit your library online at

[www.nassaulibrary.org/list/nasslist.html](http://www.nassaulibrary.org/list/nasslist.html)

## Books

**Bullies & Victims: helping your child survive the schoolyard battlefield by SuEllen & Paula Fried.**

This book explores the context of teasing and the power of relationships between children, as well as the roles of adults, schools, the media and society at large.

**Bullies are a Pain in the Brain by Trevor Romain.**

Every child needs to know how to cope with bullies, and this book blends humor with serious, practical suggestions that will help kids understand, avoid and stand up to bullies while preserving their own self-esteem.

**The Bully, the bullied, and the bystander: from pre-school to high school: breaking the cycle of violence by Barbara Coloroso.**

The author explains not only the ways that the bully, the bullied and the bystander are "three characters in a tragic play" but also how "the scripts can be rewritten, new roles created, the plot changed." She breaks down the behavior that defines each role, analyzes the specific ways that each character can have their behaviors changed for the better, and suggests a range of methods that parents and educators can use to identify bullying behavior and deal with it effectively.

**Mom, They're Teasing Me: helping your child solve social problems by Michael Thompson and Lawrence Cohen.**

The authors, use their experiences as parents and child psychologists to unravel the complex dynamics of social interactions among children. They note that parents and teachers approach conflicts between children from their own biased perspectives and bringing childhood memories to their evaluations. This book is aimed at helping parents put things in perspective, learn

about what children often don't reveal, and find the balance between agonizing over every slight and overlooking significant problems.

**Talking about Bullying by Jillian Powell.**

This easy to understand book for young children depicts children coping with their feelings and taking positive action. A note to adults provides suggestions for talking with children about bullying.

**Your Child: bully or victim?: understanding and ending schoolyard tyranny by Peter Sheras.**

Specific tools to use against bullying are highlighted in the text, including coping mechanisms for hostile encounters at school and on the bus, strategies for confronting the parents of bullies, and legal, therapeutic, and community remedies.

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