Bullied: What every parent, teacher and kid needs to know about ending the cycle of fear. By Carrie Goldman (2012)
A highly-researched guide on responding to bullying, social conflict, and peer victimization. Weaving in beautiful prose and real stories with actionable advice and expert resources.

A companion book to the acclaimed documentary film that inspired a national conversation, BULLY is packed with information and resources for teachers, parents, and anyone who cares about the more than 13 million children who will be bullied in the United States this year.

The Bully, the Bullied, and the Not-So-Innocent Bystander. By Barbara Coloroso (2016)
One of the world's most trusted parenting educators, Barbara Coloroso gives parents, caregivers, educators—and most of all, kids—the tools to break the cycle of violence.

Keith Vitali, a martial arts expert, presents advice to parents on identifying the signs of verbal, physical and cyberbullying and offers techniques proven to help children faced with bullying. Vitali explains exactly what bullies are and what motivates them.

Girls Against Girls: Why we are mean to each other and how we can change. By Bonnie Burton (2009)
Girls Against Girls is a must-read for today’s strong, smart, and capable generation of young women. Complete with guidance on how females can band together and quit breaking each other down. Advice from female artists and athletes.

Eight Keys to End Bullying: Strategies for parents & schools. By Signe Whitson (2014)
Groundbreaking books have peered into the psychology of bullying and the cultural climate that—seemingly now more than ever—gives rise to such cruelty and aggression. But few have been able to synthesize what we know into 8 simple, targeted “keys” that equip educators, professionals, and parents with practical strategies to tackle the issue head-on

A collection of essays and testimonials written to teens from celebrities, political leaders, and everyday people in order to show LGBT youth that happiness, potential, and satisfaction is in their future if they can get through the early years.

Living with Peer Pressure and Bullying. By Thomas Paul Tarshis (2010)
Bullying is different from peer pressure because there is a direct threat of physical or emotional harm for not doing something, which is repeated over time by the same person. With an emphasis on situations that are common among teens, the book examines the nature of these two common behaviors, the effects they have, and how teens can combat them.

Sticks and Stones: the new problem of bullying and how to solve it. By Emily Bazelon (2013)
In Sticks and Stones, Bazelon brings readers on a deeply researched journey into the ever-shifting landscape of teenage meanness and its sometimes devastating consequences. Bazelon explores different facets of bullying through the stories of three young people who found themselves caught in the thick of it.
Cyberbullying

Bullying: beyond the schoolyard. By Sameer Hinduja (2009)
An excellent resource that clearly presents the relevant issues and provides many practical strategies to help readers address cyberbullying.

Cyber Bullying: protecting kids and adults from online bullies. By Samuel C McQuade (2009)
The book captures the sensational, technological, and horrific aspects of cyber bullying while balancing these with discussion from perspectives about social computing, various academic disciplines, possibilities for public policy and legislation formulation, education, and crime prevention strategies.

Cyber Self-Defense: expert advice to avoid online predators, identity theft, and cyberbullying. By Alexis Moore (2014)
In her essential book, Alexis Moore introduces the ten most common personality profiles of cyberstalkers and their threatening online behavior. Moore offers tips to prevent and/or recover from each type of cybercrime. She also provides strategies to help victims protect themselves, reestablish their reputations and rebuild their lives.

Cyberbullying. Edited by Lauri S Friedman (2011)
Explores the issues surrounding cyberbullying—bullying through the Internet—by placing opinions from a wide range of sources in a pro/con format.

Cyberbullying: del with it and ctrl alt delete it. By Robyn MacEachern (2010)
This volume in the "Deal With It" series examines the issues of online name-calling, rumors, and threats, and provides fun and practical tips to help kids surf and text safely.

Mean on the Screen: What you need to know about cyberbullying. By Toney Allman (2009)
If you've been bullied, you know how it feels. It can disrupt your school and home life and make you feel sick, angry, or worse. This book looks at how real teens have been affected by cyberbullying, how cyberbullying works, and what can happen to both bullies and victims.

Readers will learn how to identify bullies online, how to deal with them, and how to avoid becoming bullies themselves.

Judge Tom Jacobs presents a powerful collection of landmark court cases involving teens and charges of cyberbullying. Each chapter features the seminal case and resulting decision, asks readers whether they agree with the decision, and urges them to think about how the decision affects their lives.

Memoirs

Dear Bully: 70 authors tell their stories. Edited by Megan K Hall and Carrie Jones (2011)
Today's top authors for teens and young people come together to share their stories about bullying—as bystanders, as victims, and as the bullies themselves—in this moving and deeply personal collection. Includes resources for teens, educators, and parents, and suggestions for further reading.
Just Keep Breathing: a shocking expose of real letters you never imaged a generation was writing. By Reggie Dabbs (2016)
Just Keep Breathing is a shocking, inspirational expose. Written in response to thousands of personal letters and messages, it is for those who are in crises and those who share the crises with them every day. These are the actual letters, honest responses, and, ultimately, the real hope for a generation we all should own.

Olivia Gardner, a northern California teenager, was severely taunted and cyber-bullied by her classmates. News of her bullying spread, reaching two teenage sisters, Emily and Sarah Buder. The girls initiated a letter-writing campaign to help lift her spirits. Letters to a Bullied Girl examines our national bullying epidemic from a variety of angles and includes practical guidance from bullying expert Coloroso.

Please Stop Laughing at Me. By Jodee Blanco (2010)
This powerful memoir chronicles how one child was shunned—and physically abused—by her classmates throughout her school years. The book looks at what it means to be the outcast, how even the most loving parents can get it all wrong, why schools are often unable to prevent disaster, and how bullying has been misunderstood and mishandled by the mental health community.

Positive: surviving my bullies, finding hope, and living to change the world – a memoir. By Paige Rawl (2014)
Positive is a memoir written by 20-year-old Paige Rawl, who was born HIV positive. Paige is bullied at school and online, and, as a result, she tries to commit suicide. But, although Paige sometimes makes dangerous decisions out of desperation, she grows stronger and learns to deal with stress in a healthier way. Teens will learn about HIV and also about the dangerous impact of bullying, including cyberbullying.

DVDs

The Bullies' Playground. Syncicado (ABC-TV 6); produced by Sarah Curnow, Reported by Quentin McDermott (2009)
Despite major efforts from governments and schools, bullying remains an intractable problem made worse by modern technology. Once it was fists, rocks and schoolyard chants - now bullies have the net, mobile phones and Facebook as playgrounds for brutality. No-holds-barred interviews with bullies and their victims reveal the true costs of our children's cyberspace obsession.

This is a character-driven documentary following five kids and families over the course of a school year. Documentary provides an intimate and often shocking glimpse into homes, classrooms, cafeterias and principals' offices.

The Equation of Life: a film about bullying through the eyes of a child. TDC Entertainment; directed by Gerry Orz (2014)
Inspired by a true story. When eleven year old Adam is bullied in his new town on his way to school, he begins to video journal his daily experiences. When he finally takes matters into his own hands, everyone around him is affected. His parents, his sister, the bully and his mother; they all pay a price for their actions.
Fiction

**Backlash. By Sarah Darer Littman (2015)**
New novel about the impact of social media on teens. Lara just got told off on Facebook by Christian. She thought that Christian liked her. And where does he get off saying horrible things on her wall? But no one realized just how far Christian’s harsh comments would push Lara. As online life collides with real life, the truth starts to come together and the backlash is even more devastating than anyone could have imagined.

Set over the course of one school year in 1986, this is the story of two star-crossed misfits—smart enough to know that first love almost never lasts, but brave and desperate enough to try.

**Save Me. By Lisa Scottaline (2011)**
*In Save Me*, its heroine, Rose McKenna, makes a split-second decision that alters the course of her life—and makes you wonder what you would do in her shoes. Rose volunteers as a lunch mom in the cafeteria of her daughter Melly's elementary school. Melly has been targeted by the mean girl and gets bullied every day, placing Rose in a no-win position: Do we step in to protect our children when they need us, or does that make things worse? Rose finds herself in a nightmare, faced with an emergency decision that no mother should ever have to make.

**Simon vs. the Homo Sapiens Agenda. By Becky Albertalli (2015)**
Not-so-openly gay Simon Spier prefers to keep his sexuality a secret, but he finds himself at a crossroad. One of his emails has fallen into the wrong hands and Simon is being blackmailed. His secret is at risk, and that of his friend, "Blue." Now Simon has to find a way to step out of his comfort zone before he’s pushed out—without alienating his friends, compromising himself, or fumbling a shot at happiness with "Blue."

**A Thinking Man’s Bully: Unstuck in time, unburdened by convention, and liberated from fact. By Michael Adelberg (2011)**
Matt Duffy’s son, Jack, is a high school bully who attempts suicide after Matt snuffs out a teen romance. Outwardly, Matt is fine, but inside he is filled with guilt. Matt reluctantly agrees to see a psychiatrist who pushes him to explore his parenting and his own bullying past. Ultimately we are witness to the profound struggle of an aging bully: a soul pitted against the growing realization that he has transferred his worst demons to his son.

**Wonder. By R J Palacio (2012)**
August Pullman was born with a facial deformity that, up until now, prevented him from going to a mainstream school until 5th grade. He wants to be treated as an ordinary kid -- but his classmates can't get past his face. *Wonder* begins from Auggie's point of view, but switches to include others in his circle. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.