

# ANTI-BULLYING BROCHURE

**Grades K–12**

**PHYSICAL**

**PREJUDICIAL**

**SEXUAL**

**RELATIONAL**

**VERBAL**

This brochure includes books and resources to discourage bullying in all its forms. We have selected titles that showcase characters who practice self-helpful skills or ask for help in standing up to bullies. Importantly, we have also included books that help build a positive classroom climate—books that communicate values of love, tolerance, and kindness, and books that illustrate characters building healthy self-esteem. Discuss titles that tackle bullying head-on, explicating healthy and unhealthy relationships and boundaries. Collaborate with school counselors to empower students with knowledge about what is and is not acceptable behavior in your classroom—and beyond!



# Picture Books

## For a Positive Classroom Climate



### All Are Welcome

Follow a group of children through a day in their school, where students from all backgrounds learn from and celebrate each other's traditions. Set the tone for your classroom with this warm, accessible read-aloud with strong themes of charity and empathy.

### Horton Hears a Who

In the colorful Jungle of Nool, Horton discovers something that at first seems impossible: a tiny speck of dust that contains an entire miniature world—Who-ville—complete with houses and grocery stores and even a mayor! But when no one will stand up for the Whos of Who-ville, Horton uses his elephant-sized heart to save the day. This tale of compassion and determination proves that any person, big or small, can choose to speak out for what is right. Teach students that in your classroom, you speak up for each other!

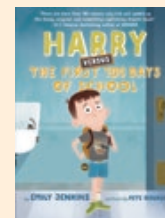
### KINdergarten

Calling all kindergarten and pre-K educators! This story about a classroom coming together to make a kindergarten into a KINdergarten is sure to calm the nerves of—and offer inspiration to—new kindergartners. This story beautifully explains how even the smallest acts—like raising your hand—can help the classroom to feel kind for everyone.

### The World Need More Purple Schools

Adorable character Penny and her pals put their purple skills into action in their very favorite place—their classroom! How do you make a purple school? It will take curiosity, sharing, hard work, and lots of laughs!

Celebrate these characteristics to create a healthy classroom culture.



### CHAPTER BOOK FEATURE Harry Versus the First 100 Days of School

In just one hundred days, Harry will learn how to overcome first-day jitters, what a “family circle” is, why guinea pigs aren’t scary after all, what a silent “e” is about, how to count to 100 in tons of different ways, and much more. He’ll make great friends, celebrate lots of holidays, and become an expert first grader who experiences the sorrows and joys of the first 100 days of school.

Normalize good days and bad days and everything in between with this realistic, laugh-out-loud funny chapter book, with a character who models self-helpful skills in a warm classroom environment.

## Books About Acceptance and Belonging



### I Am a Masterpiece

Down syndrome allows Mia Armstrong to see and understand the world in a way that may not make sense to others. She considers it her superpower—and instead of it making her strange, she considers herself a masterpiece. As we all are.

After reading *I Am a Masterpiece*, have one-on-one conversations with students. What is one special thing about them that they’d like to tell you? Celebrate how every student in your classroom is a masterpiece.

### Invisible Boy

Nobody ever seems to notice Brian: He’s the last picked for a team during gym. He’s the only one not invited to the latest birthday party. He is an introvert, and often overlooked in the classroom. But when a new boy, Justin, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a new way to shine.

As a class, brainstorm ways that the class can make everyone feel welcome.

### The Name Jar

Being the new kid in school is hard enough, but what happens when nobody can pronounce your name? Having just moved from Korea, Unhei is anxious about fitting in. So instead of introducing herself on the first day of school, she decides to choose an American name from a glass jar. With the help of a new friend, Unhei will learn that the best name is her own.

Ask every student to learn the story behind their name (and send a letter home to request help!). This could be their first name, a nickname, or a surname. If they don’t have a story they’d like to share, ask them if there’s a name they prefer to be called and why.

### Salat in Secret

In this beautiful story of community and identity, a boy named Muhammed receives a prayer rug for salat. He is now old enough to pray five times a day, but he is worried about where he can pray at school. In the end, with help from his teacher, Muhammed finds the perfect place to pray.

Ask students to write about a ritual, tradition, or holiday that they observe. This could be anything from how birthdays are celebrated to religious practices. Communicate that your classroom is one in which students can come to you with any questions they have, where their rituals are respected and appreciated.

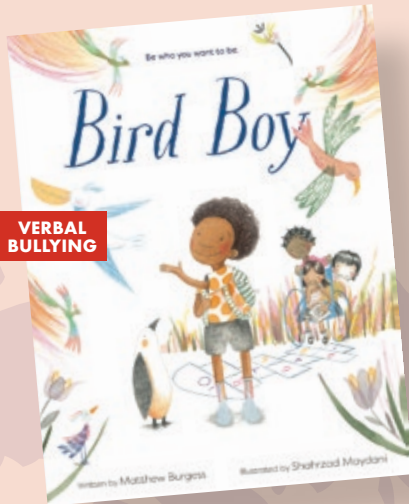
### Sweetie

Sweetie is awkward, even for a naked mole rat. She’s intense and passionate—and her peers don’t always get her. But surely there are others like her out there? As Sweetie sets out to find them, she comes to realize—with a little help from her cool aunt Ruth—that being Sweetie is awesome. With heart and humor and a whole lot of charm, Andrea Zull delivers a story about learning to embrace everything that makes you unique.

Teach self-acceptance as well as acceptance of others in your classroom.

# Picture Books

## Books That Stand Up to Bullies



### Bird Boy (An Inclusive Children's Book)

Nico was new, and nervous about going to school. Everyone knew what to do and where to go, but Nico felt a little lost. So, he did all the things he loved—including befriending the birds. Before he knew it, Nico was known as BIRD BOY. But Nico didn't mind. Soon, he made one friend, then two, as the other kids learned to appreciate Nico for who he was. Before long, Nico learned he could be completely, delightfully himself.

This dreamy story will encourage all readers to express who they are unapologetically and be true to themselves—even in the face of bullies.



### Darryl's Dream

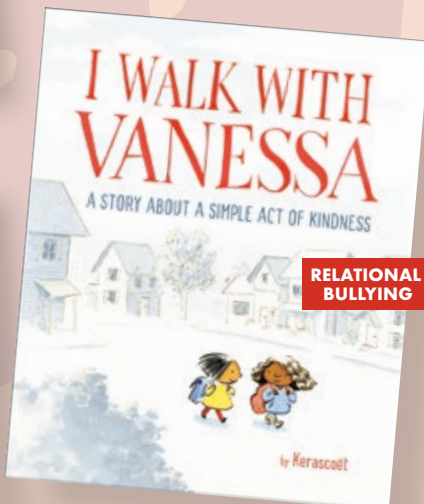
Meet Darryl, a quiet third grader with big hopes and dreams. He loves writing and wants to share his talents, but he's shy—and the kids who make fun of his glasses only make things worse. At the talent show, he finds his chance to shine! This is a story about finding confidence, facing bullies, and celebrating yourself and all your talents.

Make clear that your school is a no-bully zone. Take time to conference with each student and share what you see as their special talent.

### How to Be a Lion

This story stresses the importance of being true to yourself and standing by your friends. We meet Leonard, a lion, and his best friend, Marianne, a duck. Leonard and Marianne have a happy life together—talking, playing, writing poems, and making wishes—until one day a pack of bullies questions whether it's right for a lion and a duck to be pals. Leonard soon learns there are many ways to be a lion and many ways to be a friend, and that sometimes finding just the right words can change the world.

Talk to students about using their words to stand up for themselves and the people around them.



### I Walk with Vanessa

Inspired by real events, *I Walk with Vanessa* explores the feelings of helplessness and anger that arise in the wake of seeing a classmate treated badly. By choosing only pictures to tell their story, the creators underscore the idea that someone can be an ally without having to say a word.

Using the book's helpful backmatter as a guide, discuss allyship—what it looks like and the different forms it can take.

### My Secret Bully

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why. Monica is a target of relational aggression, emotional bullying among friends who use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.

Talk to students about relational aggression—what it is and what it looks like.

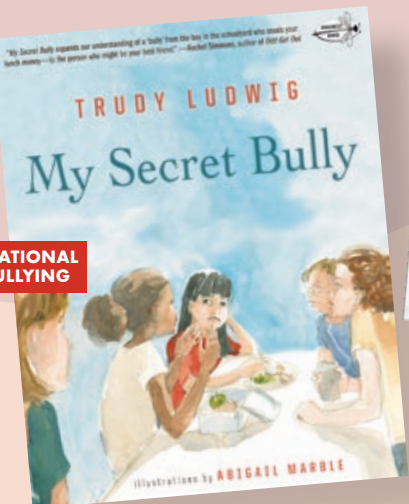
## TEACHER TIPS

Be consistent in your word and actions.

- Weave themes from the books above into lessons across your curriculum.
- When you see bullying—even the seemingly smallest of behaviors—take it seriously, informing school counselors, principals, and parents so that a team of people can work together to address the situation.
- Bombard students with messages about kindness, acceptance, and tolerance.

Make kindness a community effort. The behavior that students observe in the hallway or from older students can affect their understanding about acceptable behavior (or can signal that a behavior is tolerated). Be the classroom that starts a movement at your school.

- Select one of these books as an all-school or all-community read.
- Invite older student leaders, who students might look up to, to read to your class.
- Involve parents:
  - Communicate regularly about the social-emotional concepts you're discussing in the classroom. Parents will be better able to partner in this learning if they are kept informed.
  - Picture books are for everyone! Invite parents to attend an all-school read-aloud for one of the picture books. All adults could also use a reminder about the kindness, acceptance, and tolerance showcased in these picture books.



# Middle Grade

## Books for Healthy Classrooms

### The Hero Next Door

Published in partnership with We Need Diverse Books, this vibrant anthology features thirteen acclaimed authors whose powerful and diverse voices show how small acts of kindness can save the day. This beautiful collection will show readers that the hero could be right beside them—or the hero could even be them!

Because this anthology is broken up into segments, you can infuse a little kindness into various lessons by reading aloud one segment at a time—easily incorporating it into an existing curriculum.

### Growing Pangs

Katie's always felt different. She's homeschooled, she has freckles, and her teeth are really crooked. But none of these things matter to Kacey. But when they go to summer camp, Kacey starts acting weird. And when Katie gets home, she can't stop worrying. About getting braces. About sixth grade. About friends. Is something wrong with her? And will anyone want to be friends with her if they find out?

Talk to students about the changes that friendships can go through, especially as they approach and enter middle school.

### The List of Things That Will Not Change

After her parents' divorce, she can always look back at the list Bea keeps in her green notebook to remember the things that will stay the same. The first and most important: Mom and Dad will always love Bea, and each other. When Dad tells Bea that he and his boyfriend, Jesse, are getting married, Bea is thrilled. As the wedding day approaches, Bea will learn that making a new family brings questions, surprises, and joy.

Discuss with readers how Bea has a team of trusted adults who support her and equip her with self-helpful tools, especially during this period of change. Ask readers to consider their team of adults who can advocate for them.

### Puberty Is Gross but Also Really Awesome

This book discusses all aspects of puberty—easy-to-understand scientific information, interesting studies, and tips from experts, covering everything from breast development and gender identity to acne and mental health.

Offer this book as a resource for kids. If it's not already coordinated by your school, work with administration

to invite your school nurse, a counselor, or a doctor to discuss bullying as well as aspects of puberty. Changing bodies can coincide with fluctuating self-esteem, which can lead to bullying or being the target of bullying. Normalizing conversations around these changes—and infusing them with humor and understanding—can bring some relief to the self-conscious tweens and teens.

### Superpowered

Bullying can take many forms and can result in anxiety and depression in children. One way to help students is by showing them how to manage stress and build confidence. This bestselling book offers young readers the tools they need to overcome their insecurities and uncover their inner superheroes—superheroes who can advocate for themselves and others. It's a must-read for every teen and preteen.

Include this on your classroom bookshelf and read excerpts of it aloud to offer your students self-helpful tools.



## Books About Acceptance and Belonging



### Isabel in Bloom

Twelve-year-old Isabel is the new kid in her San Francisco middle school. It's the first time in many years that she'll be living with her mother again after joining her from the Philippines. Making new friends in a new city, a new country, is hard, but joining the gardening and cooking club at school means Isabel will begin to find her way.

Discuss how joining extracurricular activities can help students find community and a sense of belonging. Encourage students to find their cheerleaders in their school community and to join in activities that build their self-esteem.

### Something Like Home

Laura has a plan: no matter what the grown-ups say, she will live with her parents again. It's tough to make friends as the new kid at school. And while staying at her aunt's house is okay, it just isn't the same as being in her own space. So when Laura finds a puppy, it seems like fate. If she can train the puppy to become a therapy dog, then maybe she'll be allowed to visit her parents. Maybe the dog will help them get better. This is a beautiful novel-in-verse from Newbery Honoree Andrea Beatriz Arango about finding home, community, and connection where you are.

This book will create opportunities for students to consider who their trusted adults are.

### Isaiah Dunn Is My Hero

Isaiah is now the man of the house. But it's a lot harder than his dad made it look. His little sister, Charlie, asks too many questions, and Mama's gone totally silent. Good thing Isaiah can count on his best friend, Sneaky, and his classmate Angel. And when things get really tough, there's Daddy's journal, filled with stories about the amazing Isaiah Dunn, a superhero who gets his powers from beans and rice.

Isaiah is an extraordinarily self-helpful character. He has to channel all of his inner strength to be his own advocate in a situation where he does not have adults who are able to advocate for him—including at school. Talk to students about ways they can advocate for themselves!

### The Boy at the Back of the Class

There used to be an empty chair at the back of Mrs. Khan's classroom, but then a new kid fills it: nine-year-old Ahmet, a Syrian refugee. The whole class is curious about this new boy—he doesn't seem to smile and he doesn't talk much. But after learning that Ahmet fled a very real war and was separated from his family

along the way, a determined group of his classmates bands together to come up with the greatest idea in the world—a magnificent plan to reunite Ahmet with his loved ones.

Balancing humor and heart, this relatable story about the refugee crisis from the perspective of kids highlights the community-changing potential of standing as an ally and offers a fantastic model to show kids that everyone deserves to feel included.

### We Are Big Time

Aliya is new to Wisconsin, and everything feels different than Florida. The Islamic school is bigger, the city is colder, and her new basketball team is . . . well, they stink. Join Aliya and the Peace Academy on a headline-making season where they strengthen their skills and their Muslim identities—all while discovering that it takes more than talent to be great, and that teamwork and self-confidence can define true success.

Talk with students about the importance of building self-confidence. Conference with each student to learn more about their interests and talents outside of the classroom.

# Middle Grade

## Books That Stand Up to Bullies



### Jennifer Chan Is Not Alone

Thanks to her best friend, Reagan, Mallory Moss knows the rules of middle school. The most important one? You have to fit in to survive. But then Jennifer Chan moves in across the street, and that rule doesn't seem to apply. Jennifer doesn't care about the laws of middle school, or the laws of the universe. She believes in aliens—and she thinks she can find them. Then Jennifer goes missing. Using clues from Jennifer's journals, Mallory goes searching. But the closer she gets to answers, the more Mallory has to confront why Jennifer might have run . . . and face the truth within herself.

This is a story from Newbery Award-winning author Tae Keller about shifting friendships, the perils of conformity, and the damage bullying can do to a community. Discuss allyship and the ways it can stop bullying in its tracks.

### Iveliz Explains It All

Seventh grade is going to be Iveliz's year. She's going to make a new friend, help her abuela Mimi get settled after moving from Puerto Rico, and stay out of trouble at school. But no matter how hard Iveliz tries, sometimes people say things that just make her so mad. Sometimes, bullies at school say racist things. And worse, Mimi keeps saying Iveliz's medicine is unnecessary—even though it helps Iveliz feel less sad. But how do you explain your feelings to others when you're not even sure what's going on yourself? This Newbery Honor-winning novel-in-verse navigates mental health, finding your voice, and discovering that those who really love you will stay by your side.

Use this beautiful story to start a conversation about racist or prejudicial bullying. Identify the self-helpful tools that Iveliz uses throughout the story that allow her to find her voice and advocate for herself.

### A Kind of Spark

Ever since Addie's teacher told her class about what happened in the witch trials centuries ago, she can't stop thinking about them. Those people weren't magic—those people were like her: different, with no one to speak up for them. Addie is autistic, she sees things others do not, and sometimes she feels things others do not. She recognizes that other people in her small town don't understand, but believes if she keeps trying, someone will. She won't let the witches be forgotten, because there is more to their story, just like there is more to hers.

This story highlights ableist bullying and features a teacher who contributes to it. Discuss what it means to be a bystander in a bullying scenario.

### The School for Invisible Boys

Sixth grade takes a turn for the weird when Hector Griggs discovers he can turn invisible. Sure, ever since Hector's former best friend Blake started bullying him, he's been feeling like he just wants to disappear . . . but he never thought he would. And then Hector meets another invisible boy, Orson Wellington, who has an ominous warning: "I'm stuck here. Stuck like this. It's been years. The gelim's hunting me and it'll get you, too." It turns out, there is more than meets the eye at St. Lawrence's Catholic School for Boys, and if Hector is going to save Orson—and himself—from the terrifying creature preying on students' loneliness and fear, he'll need to look deeper.

This middle grade novel features a male protagonist and is a perfect title for examining relational aggression, discussing its consequences, and identifying antidotes to loneliness.

### Stargirl

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. 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.

This classic book is a celebration of nonconformity and illustrates the perils of popularity. Share this title with students and point out the consequences of conformity. Also discuss how the shunning or ostracizing someone is a form of bullying.

### Wonder

Auggie Pullman was born with a facial difference that prevented him from going to a mainstream school—until now. He's about to start fifth grade at Beecher Prep. The thing is, Auggie's just an ordinary kid with an extraordinary face. When his new classmates ostracize him, he wonders if he will ever be able to convince them he's just like them. This is the powerful and moving story behind the #ChooseKind movement.

Wonder illustrates the power bystanders give to bullies as well as the transformative power of choosing kindness. Choose kind on behalf of your classroom or school and make Wonder an all-school or community read.

## TEACHER TIPS

- Educate yourself, students, and parents on your school's policy on bullying.
- October is National Bullying Prevention Month. Work with your school's administration to plan events, guest speakers, whole-school reads, teach-ins, and more—all to create awareness for bullying and its varied forms, and to communicate that it is not tolerated at your school. Send home newsletters that recap school events and offer resources, including the books included in this brochure. Invite parents into the conversation to ensure that students are receiving the same messages at home and at school.
- Make bullying prevention more than just a month. Integrate these books into the curriculum, recommend them for independent reading, and assign them for literature circle discussions so that students are bombarded with messages about healthy self-esteem, acceptance, tolerance, and kindness.
- Picture books are for everyone. Incorporate them into lessons for upper elementary and middle school students to talk frankly about what can be an uncomfortable topic.

**#CHOOSEKIND**

# Young Adult

## Books to Discuss Identity, Wellness, and Belonging



### Home Is Not a Country

Nima wishes she were someone else. She doesn't feel understood by her mother, who grew up in a different land. She doesn't feel accepted in her suburban town; yet somehow, she isn't different enough to belong elsewhere. Nima must grapple with the phantom of a life not chosen—the name her parents meant to give her at birth—Yasmeen. But that other name, that other girl, might be more real than Nima knows. And the life Nima wishes were someone else's is one she will need to fight for with a fierceness she never knew she possessed.

Use this novel-in-verse, longlisted for the National Book Award, to discuss shifting relationships, identity, and belonging.

### In the Wild Light

Life in a small Appalachian town is not easy. Cash lost his mother to an opioid addiction and his Papaw is dying slowly from emphysema. Dodging drug dealers and watching out for his best friend, Delaney, is second nature. But when Delaney manages to secure both of them full rides to an elite prep school in Connecticut, Cash will have to grapple with feeling like an outsider in a school that doesn't seem to want him there.

Discuss the idea of belonging and found family.

### Let's Talk About It

Growing up is complicated. How do students find the answers to all the questions they have about themselves, their identity, and their bodies? *Let's Talk About It* provides a comprehensive, thoughtful, well-researched graphic

novel guide to everything they need to know but might not know how to talk about. Covering relationships, friendships, gender, sexuality, anatomy, body image, safe sex, sexting, jealousy, rejection, sex education, and more, this is the go-to handbook for every teen (and adult).

Offer this book as a resource for teens. Invite your school nurse or counselor to discuss any topics included here that you think would be relevant to your students or that you receive questions about. These include shifting friendships, changing bodies, and the complications of romantic relationships—all of which can lead to bullying or being the target of bullying. Normalize conversations around these topics with the help of experts, who could become another trusted adult and valuable resource for your students.

## Books to Discuss Bullying, Abuse, and Domestic Violence



RELATIONAL  
BULLYING  
AND SEXUAL  
BULLYING



RELATIONAL  
BULLYING



SEXUAL  
BULLYING



PHYSICAL  
BULLYING

### Bright Red Fruit

No matter how hard Samira tries, she can't shake her reputation. She's never gotten the benefit of the doubt—not from her mother or the aunties who watch her like a hawk. When Samira turns to a poetry forum for solace, she catches the eye of an older, charismatic poet named Horus. For the first time, Samira feels wanted. But soon she's keeping a bigger secret than ever before—one that could prove her reputation and jeopardize her place in her community.

This novel-in-verse covers themes of identity and belonging, but it also includes reference to intimate partner violence and manipulation. Use this book as a conversation starter, or book-talk it and include it on your classroom bookshelf. Be sure to point out important resources included in the educators' guide, which you can download from [RHTeachersLibrarians.com](http://RHTeachersLibrarians.com).

### Chlorine Sky

Sky had grown used to living in Lay Li's shadow. Her best friend was the sun, and Sky was more than happy to bask in the glow. But when high school begins, the rules seem to change. Suddenly, Sky is the brunt of the jokes, and Lay Li is the one laughing. And when boys come into the picture, Sky is left behind altogether. With gritty and heartbreaking honesty, Mahogany L. Browne delivers a novel-in-verse about broken promises, fast rumors, and when growing up means growing apart from your best friend.

Start conversations about shifting friendships and relational aggression. Have a counselor come talk to the class about what healthy friendships and relationships look and feel like.

### Dear Medusa

Sixteen-year-old Alicia Rivers has a reputation that precedes her. But there's more to her story than the whispers that follow her through the hallways at school—whispers that splinter into a million different insults that really mean: a girl who has had sex. But what her classmates don't know is that Alicia was sexually abused by a popular teacher, and that trauma has rewritten every cell in her body into something she doesn't recognize.

Alicia was abandoned by her best friend, quit the track team, and now spends her days in detention feeling isolated and invisible. When mysterious letters left in her locker hint at another victim, Alicia struggles to keep up the walls she's built around her trauma.

This book covers themes of loneliness and belonging, but it also includes sexual abuse by an adult. Despite the heaviness of its topics, it is the story of a healing journey. Use this book as a conversation starter or book-talk it and include it on your classroom bookshelf.

### Vinyl Moon

Angel feels out of sync with the rhythms of her new neighborhood. At school, she can't shake the feeling everyone knows what happened—and how it was her fault. The only place that makes sense is Ms. G's class. And as Angel becomes immersed in her revolutionary literature course, the words of Black writers like Toni Morrison, James Baldwin, and Zora Neale Hurston speak to her and begin to heal the wounds of her past.

Award-winning author Mahogany L. Browne weaves together prose, poems, and vignettes to tell the story of Angel, a young woman whose past was shaped by domestic violence but whose love of language and music and the gift of community grant her the chance to find herself again.

Use this book as a conversation starter, or book-talk it and include it on your classroom bookshelf. Invite a counselor or social worker to visit your class, and be sure to point out resources that are available to victims of domestic violence or intimate partner violence.

## TEACHER TIPS

- Educate yourself, students, and parents on your school's policy on bullying.
- Avoid retraumatizing victims of bullying, domestic violence, or sexual abuse. If you select these titles for curriculum inclusion, provide students with a content warning so they know what material they can expect.
- Inform your school social workers about books you're reading so they might:
  - Discuss and prepare any students they work with. Social workers and students can devise a plan in case students are triggered.
  - Prepare a lesson for students on healthy and unhealthy relationships.