



## BULLYING: A BIG PROBLEM WITH BIG CONSEQUENCES

# Resources for Facilitators

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These websites and books include practical information for facilitators to use in helping parents and caregivers understand bullying and how to take steps to stop it.

### WEBSITES

- Teen Link – Bullying (University of Minnesota Extension) [www.extension.umn.edu/family/families-with-teens/resources-professionals/teen-link/bullying/](http://www.extension.umn.edu/family/families-with-teens/resources-professionals/teen-link/bullying/)
- Families with Teens – Professional Resources (University of Minnesota Extension) [www.extension.umn.edu/family/families-with-teens/resources-professionals/](http://www.extension.umn.edu/family/families-with-teens/resources-professionals/)
- Parenthetical: Where Parents of Tweens and Teens Learn, Share, and Connect (University of Wisconsin) <http://myparenthetical.com/>
- More Than Just Mean Girls: A Series on Relational Aggression (University of Minnesota Extension) [www.extension.umn.edu/family/cyfc/our-programs/lessons-from-the-field/relational-aggression/](http://www.extension.umn.edu/family/cyfc/our-programs/lessons-from-the-field/relational-aggression/)
- Stop Bullying.gov [www.stopbullying.gov/](http://www.stopbullying.gov/)
- Talking with Kids About Tough Issues (Children Now) [www.talkingwithkids.org/](http://www.talkingwithkids.org/)
- Focus Adolescent Services [www.focusas.com/Parenting.html](http://www.focusas.com/Parenting.html)
- CyberBullyHelp.com [www.cyberbullyhelp.com/](http://www.cyberbullyhelp.com/)

### SCHOLARLY BOOKS

- Espelage, D. L., & Swearer, S. M. (Eds.). (2004). *Bullying in American schools: A socio-ecological perspective on prevention and intervention*. Mahwah, NJ: Lawrence Erlbaum.
- Fried, S. & Fried, P. (1996). *Bullies and victims: Helping your children through the schoolyard battlefield*. New York: M. Evans and Co.
- Hoover, J. H., & Oliver, R. (1996). *The bullying prevention handbook*. Bloomington, IN: National Education Service.
- Kowalski, R. M., Limber, S. P., & Agatston, P. W. (2012). *Cyberbullying: Bullying in the digital age*. Malden, MA: Wiley-Blackwell.
- Olweus, D. (1993). *Bullying at school: What we know and what we can do*. Malden, MA: Blackwell.
- Smith, P. K., Morita, Y., Junger-Tas, J., Olweus, D., Catalano, R. F., & Slee, P. (Eds.). (1999). *The nature of school bullying: A cross-national perspective*. Florence, KY: Routledge.



## POPULAR PRESS BOOKS

- Bradley, M. (2003). *Yes, your teen is crazy! Loving your kid without losing your mind*. Gig Harbor, WA: Harper Press.
- Coloroso, B. (2003). *The bully, the bullied, and the bystander from preschool to high school-How parents and teachers can help break the cycle of violence*. New York: HarperCollins.
- Giannetti, C., & Sagarese, M. (2001). *Cliques: 8 steps to help your child survive the social jungle*. New York: Broadway Books.
- Lohmann, R. C., & Taylor, J.V. (2013). *The bullying workbook for teens: Activities to help you deal with social aggression and cyberbullying*. Oakland, CA: New Harbinger Publications, Inc.
- Ogden, S. N. (2001). *Words will NEVER hurt me: Helping kids handle teasing, bullying, and putdowns*. Mansfield, OH: Atlas Books.
- Schaefer, C. E., & DiGeronimo, T. F. (1999). *How to talk to teens about really important things*. San Francisco: Jossey-Bass.
- Steinberg, L. (2004). *The 10 basic principles of good parenting*. New York: Simon & Schuster.
- Steinberg, L., & Levine, A. (2011). *You and your adolescent: A parent's guide for ages 10-20*. New York: Harper Perennial.
- Strauch, B. (2003). *The primal teen: What the new discoveries about the teenage brain tell us about our kids*. New York: Random House.
- Thomas, J. (2011). *Parent's guide to preventing and responding to bullying: Presented by School Bullying Council*. United States: The School Bullying Council.
- Thompson, M., Cohen, L. J., & O'Neill Grace, C. (2002). *Best friends, worst enemies: Understanding the social lives of children*. New York: Random House.
- Voors, W. (2000). *The parent's book about bullying: Changing the course of your child's life*. Center City, MN: Hazelden.
- Walsh, D. (2004). *Why do they act that way? A survival guide to the adolescent brain for you and your teen*. New York: Free Press.

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