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#spiritday

the official anti-bullying
resource kit (ARK)

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If someone you know displays thoughts of suicide or other self-harm, notify a teacher or administrator right away and call the **Trevor Project Lifeline** at: **866-4-U-TREVOR (866-488-7386)** to speak with a trained volunteer counselor.

you are not alone.

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show your spirit on October 16!

On October 16, millions of Americans will wear purple for Spirit Day as a symbol of support for lesbian, gay, bisexual and transgender (LGBT) youth and to take a stand against bullying. Join media outlets, celebrities, schools, landmarks and corporations in #SpiritDay and speak out for LGBT youth.

what is #spiritday?

Spirit Day was started in 2010 by high school student Brittany McMillan as a way to show support for LGBT youth and take a stand against bullying. With GLAAD's help, millions of teachers, workplaces, media personalities and students wore purple, a color that symbolizes spirit on the rainbow flag.

On October 16, 2014, millions of Americans will wear purple on Spirit Day in a stand against bullying and in support of lesbian, gay, bisexual and transgender (LGBT) youth. GLAAD is once again leading outreach to engage the participation of individuals, celebrities, corporations, media outlets, schools, local communities and even national landmarks. Among those who participated in 2013 were hosts of Good Morning America, The Today Show, The View, and The Talk; celebrities like Oprah, Demi Lovato, Laverne Cox, Ricky Martin, and Melissa

Etheridge; media outlets like MTV, NBCUniversal, HBO, and E!; corporations including Facebook, PepsiCo, and PwC; and national landmarks like Times Square, the Las Vegas Strip, and even the White House.

LGBT youth also saw support from hosts of CNBC, E! News, The Today Show, The View, as well as hosts of news programs on ABC, CBS and NBC. **Check out all of the participating companies, celebrities, organizations and media outlets!**

Purple symbolizes "spirit" on the rainbow flag, a symbol for LGBT Pride that was created by Gilbert Baker in 1978.

Wearing purple on October 16 is a simple way to show the world that you stand by these courageous young people and a simple way to stand UP to the bullies.

how can I participate? sign up for GLAAD's e-mail list to receive the latest updates!

1. Wear purple on October 16
2. **RSVP on GLAAD's Facebook event page** and invite your friends
3. Download a kit for how you can organize for Spirit Day in your community
4. Visit glaad.org/SpiritDay in October to turn your Twitter and Facebook profile pics purple
5. Tweet your Spirit Day pics to [@glaad!](https://twitter.com/glaad) And if you're on Flickr, add your pics to this group: [flickr.com/groups/spiritday](https://www.flickr.com/groups/spiritday)
6. Help promote by **downloading a graphic** for your blog or website: glaad.org/spiritday/spreadtheword

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how can I support my lgbt students?

tips for teachers to stand up when they see anti-LGBT bullying

In a [Gay, Lesbian and Straight Education Network \(GLSEN\)](#) study, nearly 9 out of 10 LGBT students experienced harassment at school because of their sexual orientation. GLSEN found that inclusive anti-bullying and harassment policies, supportive school faculty and the presence of school clubs like Gay-Straight Alliances are all factors that lead to safer schools and better school performance.*

*Kosciw, J.G., Greytak, E.A., Diaz, E.M., Bartkiewicz, M.J., Bosen, M.J., and Palmer, N.A. (2012). The 2011 National School Climate Survey: The experiences of lesbian, gay, bisexual and transgender youth in our nation's schools. New York: GLSEN.

- Know that all students should feel safe in the classroom for purposes of a healthy learning environment.
- Even in jest, anti-gay slurs have a very harmful impact on LGBT students. Ensure that such comments made in your classroom are dealt with seriously, regardless of whether they were intended to be intimidating or “humorous.”
- Understand that homophobic and transphobic remarks are just as harmful as any other comments that demean and denigrate a young person, and should be disciplined accordingly.
- When possible, include the contributions of lesbian, gay, bisexual and transgender (LGBT) individuals in curriculum, to emphasize they are an important part of our society. ([For sample lesson plans, click here.](#))
- If an LGBT student approaches you about having been bullied, report the matter to school administration immediately and let the student know you are on his or her side.
- If you are aware of any student experiencing anti-LGBT bullying, reach out to the student and ask if you can better assist the student in any way. Alert the student’s other teachers.

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resources

The American Federation of Teachers (AFT) has a number of resources available on their website to assist teachers in combating bullying, including live webinars. Other AFT resources include:

- [Identifying Bullies & Victims](#)
- [Creating a Safe Learning Environment](#)
- [Tips for Elementary Students](#)
- [Tips for Secondary Students](#)
- AFT has also compiled list of state laws that deal with bullying. To see what protections your state offers, [click here](#).

With the new school year upon on us, you have a wonderful opportunity to take steps to ensure that your classroom is welcoming and supportive of all students. The [Gay, Lesbian and Straight Education Network \(GLSEN\)](#) offers educational resources for educators. Among them:

- [Back-to-School Guide for Creating LGBT Inclusive Environments](#)
- [The Educator's Guide to LGBT Pride](#)
- [Safe Space Kit](#)
- [K-12 Curricula and Lesson Plans](#)
- [No Name-Calling Week](#)
- [Day of Silence: Resources for Educators and Families](#)
- [Booklink](#)

GLSEN also offers a training program for educators:

- [Training Workshops for Educators and Community Leaders](#)

Founded in 1991 by the [Southern Poverty Law Center](#), [Teaching Tolerance](#) is dedicated to reducing prejudice, improving intergroup relations and supporting equitable school experiences for our nation's children. Teaching Tolerance provides free educational materials to teachers and other school practitioners in the U.S. and abroad. Bullying activities include:

- [Bullying and LGBT Students](#)
- [A Bullying Quiz](#)
- [A Bullying Survey](#)
- [Allies: A Discussion Activity](#)
- ["Bullied: A Student, A School and a Case that Made History"](#) – A documentary film, complete with a two-part viewer's guide and standards-aligned lesson plans and activities.
- [The National School Climate Center](#) offers several resources, including through [Educator Bully Prevention Guidelines](#).

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school officials

making your school district LGBT-inclusive

The safety and well-being of all students is of the utmost priority for school administrators, faculty and staff. This responsibility extends to anyone and everyone employed by the school district, from principals to bus drivers.

School administrators have a duty to promote a safe and inclusive learning environment. A number of organizations, including the [Gay, Lesbian & Straight Education Network \(GLSEN\)](#); [American Federation of Teachers \(AFT\)](#); and [Teaching Tolerance](#) have devised strategies, guides and lesson plans for creating a more LGBT-inclusive environment in the school district. A list of tools is available here: <http://www.aft.org/yourwork/tools4teachers/bullying/specialpops.cfm>

It's important that auxiliary staff, including bus drivers, custodians and cafeteria workers, also take an active role in ensuring that every student feels safe when at school. While a student might feel safe in the classroom, he or she might also feel especially vulnerable to harassment while at lunch or when travelling on the school bus. School officials can help by calling on every staff member to take action whenever they hear or see anti-LGBT bullying, even if the incident might be perceived as "a joke."

The [American Federation of Teachers \(AFT\)](#) has devised special guidelines and recommendations for bus drivers in disciplining student behavior.

The [Safe Schools Coalition](#) recommends a number of actions school districts can take, including:

- Adopt strong, explicitly protective policies like [the new Washington State model policy and procedure](#). Be sure the school district's bullying policy protects students based on gender identity and real or perceived sexual orientation. The school board's nondiscrimination policy should prohibit discrimination based on real or perceived sexual orientation and gender identity and expression. (To see model policies, [click here](#).)
- Provide training for every single adult in a school, from bus drivers to coaches to teachers' aides and the principal,
 - so that they will all consistently and swiftly enforce the rules and talk with students about why, and
 - so that principals will do proper investigations and levy productive consequences
- Provide supportive social environments for lesbian, gay, bisexual and transgender (LGBT) students – whether they are being harassed or not – like gay-straight alliances (GSAs). Clubs influence not only members' sense of belonging to school, there is even evidence that the presence of a GSA changes bystander behavior and improves connectedness for LGBT students who don't attend meetings.
- Collect data (qualitative & quantitative) to track harassment and to measure each teacher, school and district's progress and then make reducing harassment a part of every team member's performance evaluation. (For help collecting data, [click here](#).)

The Safe Schools Coalition can be reached at 206-451-SAFE (7233), and <http://www.safeschoolscoalition.org>.

The [National School Climate Center](#) offers several resources, including:

- [Educator Bully Prevention Guidelines](#)
- [Breaking the Bully-Victim-Bystander Cycle Tool Kit](#)
- [Partner Schools Program](#)
- [Activities for Promoting Pro-Upstander Behavior](#)

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how can I support my LGBT child?

tips and resources for parents

Learning that your child is lesbian, gay, bisexual or transgender (LGBT) can be a difficult experience for parents. Many parents feel shock or fear. Some blame themselves, some reject their child, others want to be supportive but don't know how. Even parents who consider themselves accepting of LGBT people can react harshly to their own child's coming out.

If your child comes out to you, you may feel like you've lost the person you love. However, it is important to remember that this is the same person you loved just minutes before he or she told you. The very fact that your child felt comfortable enough to tell you speaks volumes about the relationship you share.

If you have a negative, knee-jerk reaction, do not be ashamed of this; try to accept the fact that you have had a shock for which few parents are prepared. Give yourself time to absorb the news, but do not take your anger or confusion out on your child. Though there is no "right" way to act when your child comes out, understand that now is a time to talk, to ask questions and, most of all, to show your child that you love them.

resources:

Parents, Families and Friends of Lesbians and Gays (PFLAG) offers information and support to help you through the process of accepting your LGBT family member, including:

- **Our Daughters and Sons: Questions and Answers for Parents of Gay, Lesbian, and Bisexual People**
- **Faith in Our Families: Parents, Families and Friends Talk About Religion and Homosexuality**

PFLAG also offers the **Families of Color Network**, a resource for family, friends and LGBT people of color.

Sometimes rejection and peer pressure in combination with other factors may lead to thoughts of suicide. **The Trevor Project** offers a 24-hour helpline for gay and questioning teens: toll free (866) 488-7386.

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sports

tips for student journalists and newspaper staff

School and community sports are a key area where lesbian, gay, bisexual and transgender (LGBT) youth have been excluded, discriminated against and/or harassed. Anti-LGBT attitudes are still far too prevalent in the world of sports, but that is changing for the better every day. Athletes like Kye Allums, Britney Griner, Michael Sam, Jason Collins, and Darren Young are examples of how much LGBT players can accomplish. GLAAD, alongside GLSEN and other organizations, have launched campaigns to promote LGBT inclusion in professional, amateur as well as K-12 sports.

GLSEN's Game Plan: Changing the Game project aims to foster an athletic and physical education environment based on principles of respect, safety and equal access for all, regardless of sexual orientation or gender identity/expression. Respect for all teammates cultivates camaraderie and a healthy environment to focus on the game.

Among GLSEN's tips for athletic directors and coaches are:

- Be a visible and active role model of respect and fairness for your team
- At the beginning of your sport season, make clear your expectations of respect for diversity among all members of athletic teams, including LGBT coaches and athletes
- Communicate to athletes and coaches that anti-LGBT actions or language will not be tolerated
- Use language that is inclusive of LGBT athletes and coaches
- Treat all athletes and coaches fairly and respectfully regardless of their sexual orientation or gender identity/expression
- Do not make anti-LGBT slurs, jokes or other comments
- Schedule an educational program on LGBT issues in athletics for your team
- Expect the same standards of behavior from all athletes regardless of their sexual orientation or gender identity/expression
- Let LGBT athletes or colleagues know that you are an ally and that you support them
- Help promote enthusiastic but respectful sports fan behavior at athletic events

GLAAD's Sports Media Program works with LGBT athletes – both amateur and professional – and sports media outlets from ESPN to Sports Illustrated to elevate LGBT-affirming voices, stories and accomplishments from the world of sports. GLAAD also works to address the persistent problem of homophobia in locker rooms and on the stands by encouraging media outlets to investigate these issues and generate a conversation that helps change hearts and minds. The program also works to raise the profile of openly LGBT athletes through support of LGBT-focused sporting events such as the Gay Games.

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promoting transgender equality

things you can do for transgender equality

Transgender people often face discrimination and hostility from their families, friends and coworkers. These harsh reactions usually stem from fear and a basic misunderstanding of the transgender community. By being an ally and showing your support of transgender people, you are doing your part to help end ignorance surrounding transgender issues.

The [National Center for Transgender Equality \(NCTE\)](#) has a [list of 52 Things You Can Do For Transgender Equality](#). Here are some ideas for students that can help build equality:

1. If you know transgender students in your school, community, or in your after-school activities, make an effort to get to know them.
2. Ask your local or school library to carry books that deal positively with transgender people and youth.
3. Make sure that transgender people are welcome to join your sports teams, after-school activities, and clubs. ([For help, click here.](#))
4. Hold a fundraiser, like a bake sale or a walk, and donate proceeds to an organization that provides support for transgender people.
5. Find out if your town or state has transgender-inclusive non-discrimination ordinances and share what you find out with your friends and family. About 43% of U.S. population lives in a jurisdiction with explicit laws that ban employment discrimination based on gender identity and expression.
6. Advocate for school policy that supports and protects transgender students. ([To see a model non-discrimination policy, click here.](#))
7. Submit a story idea to your local paper or school about the transgender community. This is an effective way to express opinions and distribute information on transgender issues from a variety of voices.
8. Plan or attend a Day of Remembrance Event every November 20. This is a yearly opportunity to remember those lost to hate-motivated violence directed towards the transgender community, and also a time to encourage people to take action to make the world safer.
9. Start or attend a transgender support or education group at your school or local community center. These groups are often a vital way that transgender people connect with one another.
10. Start a conversation about gender-related books or gender issues that are important to you.
11. Encourage fair, accurate and inclusive media coverage of transgender issues in your school newspaper. Many people learn about transgender people from watching television or reading stories in the newspaper. GLAAD encourages journalists to use its Media Reference Guide when writing about transgender issues. If you see transgender people being misrepresented in the media, contact us at [glaad.org](#)

resources

The [National Center for Transgender Equality](#) is a national social justice organization devoted to ending discrimination and violence against transgender people through education and advocacy on national issues of importance to transgender people.

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coping with teen suicide

Suicide is now the second leading major cause of death among high school and college students. Studies in the United States have shown that lesbian, gay and bisexual (LGB) adolescents and adults have two to six times higher rates of reported suicide attempts, compared to straight adolescents and adults.

Though it's not always evident when someone you know might be at risk of suicide, warning signs are often present. Suicide can be prevented by recognizing warning signs and responding effectively.

Warning signs of suicide include:

- Observable signs of serious depression:
- Unrelenting low mood
- Pessimism
- Hopelessness
- Desperation
- Anxiety, distress and inner tension
- Withdrawal
- Sleep problems
- Increased alcohol and/or other drug use
- Recent impulsiveness and taking unnecessary risks
- Threatening suicide or expressing a strong wish to die
- Making a plan:
- Giving away prized possessions
- Sudden or impulsive purchase of a firearm
- Obtaining other means of killing oneself such as poisons or medications
- Unexpected rage or anger

Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often it is rather expressed as a loss of pleasure or withdrawal from activities that had once been enjoyable.

5 key warning signs for depression in teens:

1. Feelings of sadness or hopelessness, often accompanied by anxiety.
2. Declining school performance.
3. Loss of pleasure/interest in social and sports activities.
4. Sleeping too much or too little.
5. Changes in weight or appetite.

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responding to warning signs

- **Take it Seriously** - 50 to 75 percent of all suicide victims give some warning of their intentions to a friend or family member. Imminent signs must be taken seriously.
- **Be Willing to Listen** - Start by telling the person you are concerned and give him/her examples. If he/she is depressed, don't be afraid to ask whether he/she is considering suicide, or if he/she has a particular plan or method in mind. Ask if they have a therapist and are taking medication. Do not attempt to argue someone out of suicide. Rather, let the person know you care, that he/she is not alone, that suicidal feelings are temporary and that depression can be treated. Avoid the temptation to say, "You have so much to live for," or "Your suicide will hurt your family."
- **Seek Professional Help** - Be actively involved in encouraging the person to see a physician or mental health professional immediately. Help the person find a knowledgeable mental health professional or a reputable treatment facility, and take them to the treatment.
- **Follow-up on Treatment** - Suicidal individuals are often hesitant to seek help and may need your continuing support to pursue treatment after an initial contact. If medication is prescribed, make sure your friend or loved one is taking it exactly as prescribed. Be aware of possible side effects and be sure to notify the physician if the person seems to be getting worse. Usually, alternative medications can be prescribed. Frequently the first medication doesn't work. It takes time and persistence to find the right medication(s) and therapist for the individual person.

resources for schools

Suicide in a school community is tremendously sad and often unexpected. Faced with students struggling to cope and a community struggling to respond, schools need reliable information, practical tools and pragmatic guidance.

- **The American Foundation for Suicide Prevention's After a Suicide: A Toolkit for Schools** includes general guidelines for action, do's and don'ts, templates and sample materials, and covers topics such as Crisis Response Helping Students Cope, Working with the Community, Memorialization, Social Media, Suicide Contagion and Bringing in Outside Help.
- In any situation that appears to be an emergency, call 911, **the National Suicide Prevention Lifeline** at 1-800-273-TALK (8255), or **The Trevor Project Lifeline** at (866) 4-U-Trevor. Trained volunteer counselors are ready to speak with you 24-hours a day.

The American Foundation for Suicide Prevention. AFSP has launched an **LGBT Initiative**, with research and data on focused on suicide rates and attempts among the LGBT population. The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. <http://www.afsp.org>.

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anti-bullying reading list

Children's/ Picture Books

"Trouble Talk"

By Trudy Ludwig

This book highlights the harm that can result from spreading rumors. The story follows Bailey, a new girl in school who befriends a girl named Maya. Bailey soon turns on Maya and spreads a rumor that Maya's parents are getting divorced. Through the help of the school counselor, Bailey learns a lesson on how to pick friends and stay above the fray. Bailey eventually learns to reform her behavior. The book is for children ages 4 to 8.

"Confessions of a Former Bully"

By Trudy Ludwig (Author) and Beth Adams (Illustrator)

This work of fiction is told from the perspective of a 10-year-old bully. After finding herself in the principal's office for harassing other students, Katie reflects on her actions through a journal. The writings, in scrap-book form, give insights on physical, emotional, and cyber harassment. The book is geared for grades 3 to 6.

"Nobody Knew What to Do" (2001)

By Becky Ray McCain (Author) and Todd

Leonardo (Illustrations)

This picture book tells the story of Ray, a new kid at school who is targeted by bullies. The story is told from the perspective of a bystander, who finally decides to tell a teacher what is going on after Ray stops coming to school.ⁱ The school then takes actions to resolve the issue, and Ray and the Narrator become friends.ⁱⁱ The book is geared towards young children, and reveals the steps that should be taken if bullying is witnessed.

"Say Something" (2004)

By Peggy Moss (Author) and Lea Lyon (Illustrator)

"Say Something" looks at bullying from a bystander's perspective, and highlights the importance of speaking up. The protagonist stays silent when she witnesses the bullying of classmates, but begins to identify with them when she is teased. She responds by reaching out to another girl who is often harassed. The book is useful for identifying different types of bullying and generating discussion on how to stop the behavior. The book includes illustrations and is geared for young elementary school students.

"Just Kidding"

By Trudy Ludwig (Author) and Adam

Gustavson (Illustrator)

"Just Kidding" tells the fictional story of D.J., a new kid at school whose feelings are hurt by Vince, a boy who taunts him. Vince plays down the teasing by claiming he is "just kidding." Hurt and confused, D.J. turns to his father, who comes up with defensive strategies. When these fail, D.J.'s teacher gets involved to stop the behavior. This picture book is geared towards elementary school students. ⁱⁱⁱ

"My Secret Bully"

By Trudy Ludwig (Author) and Abigail Marble (Illustrator)

This book, written for elementary students, touches on this issue of friends who bully. The fictional story focuses on Monica, who is increasingly teased and excluded by her best friend Katie. The book highlights the subtle bullying that takes place among females and is often overlooked. Monica eventually overcomes her issues with Katie with the help and support of her mother.^{iv}

"Sorry!"

By Trudy Ludwig (Author) and Maurie J. Manning (Illustrator)

"Sorry!" explores the problem of bullying and the insincere apology. The story follows Charlie, who is a popular boy who causes

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anti-bullying reading list

trouble but gets away with things by saying "Sorry." After destroying a classmate's science project, he learns from his teacher that his behavior is unacceptable and that empty words cannot undo his pranks. The book is for elementary students, and includes an afterword by apology expert Dr. Aaron Lazare and discussion questions.v

Books for Teens and Pre-Teens

"Please Don't Cry, Cheyenne"

By Candy J. Beard

The book follows Cheyenne, a junior high student who is bullied for her family's poor financial status and her plain looks. She suffers humiliation at the hands of a "rich clique." The story illustrates Cheyenne's journey towards inner strength.

"Speak" (1999)

By Laurie Halse Anderson

Laurie Halse's "Speak" was named a 2000 Printz Honor Book, and has earned about a dozen additional accolades. It tells the story of the fictional Melinda Sordino, a high school freshman who becomes an outcast after calling the cops on a summer party. The book follows Melinda as she loses her friends, interests, and spirals into depression. Her only solace is art class, where she receives the support of her art

teacher. It is eventually revealed that Melinda was the victim of a brutal rape at the party, which prompts her peers to express sympathy and support.vi

"Letters to a Bullied Girl: Messages of Healing and Hope"

By Olivia Gardner, Emily Buder, and Sarah Buder

After Olivia Gardner, a 14-year-old Californian was severely taunted and cyberbullied, teens from a neighboring town decided to take action. They initiated a letter-writing campaign to lift her spirits that become the basis for this book. It contains letters from bullying victims, remorseful bullies, bystanders and advice from expert Barbara Coloroso (The Bully, the bullied, and the Bystander).

"Breathing Underwater" (2001)

By Alex Flinn

"Breathing Underwater" tells the fictional story of Nick Andreas, an abusive boyfriend, through his journal. The book reveals Nick's thoughts through his turbulent relationship with his girlfriend, Caitlin, his abuse, subsequent restraining order, and his journey through rehabilitation in a court-ordered family violence class. The book is unique in that it looks at teen violence through the eyes of the

aggressor.

"Breaking Point"

By Alex Flinn

IN her second novel, Flinn focuses on why teens commit violence. The protagonist, Paul, is targeted by bullies when he moves from home-schooling to a wealthy prep school. He is harassed because he is the son of a poor single mom and only has one friend. He is soon manipulated by Charlie, a popular boy, who convinces him to hack into the school's computers. Things take a turn for the worse when another bullied student commits suicide. Eventually, Paul becomes so enamored with Charlie that he considers planting a bomb in the school to gain his acceptance. The book follows Charlie as he learns about himself and his relationships.

"Hate List"

By Jennifer Brown

Valarie and her boyfriend were bullied and create a "Hate List" in retaliation. Valarie finds herself in turmoil after her boyfriend opens fire at their high school. After her boyfriend kills 6 students and a teacher and takes his own life, Valarie must deal with the guilt from making the list. The book follows her healing process and highlights the complicated dynamics of teenage relationships. It is geared toward high

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anti-bullying reading list

school students.vii

"The Hive"

By Kelley Powell Barcelona

Barcelona, a former middle school teacher, sheds light on the inner workings of female cliques. The book follows members of "the hive," a group of four popular girls who torment other students. It is eventually revealed that Brook Stevens, the hive's leader, displays aggressive behavior due to a turbulent home life. The book is meant to explore possible motivations for bullying, provide support for victims, and expose the pain caused by bullying.

"Tornado Warning: A Memoir of Teen Dating Violence and Its Effect on a Woman's Life"

By Elin Stebbins Waldal

Elin Stebbins Waldal presents a personal account of her involvement in an abusive relationship as a teenager. She recounts her experiences with her abusive ex-boyfriend, who damaged her both emotionally and physically. She talks about how she healed from the ordeal, and how she prevents her own teenage children from facing a similar fate. The book has been honored with a Mom's Choice Award. (NOTE: this book is relevant for teens and parents)

Self-Help for Children

"Stand Up for Yourself and Your Friends: Dealing With Bullies and Bossiness and Finding a Better Way"

By Patti Kelley Criswell (Author) and Angela Martini (Illustrator)

This book provides defense strategies for bully victims, specifically females. It includes quizzes, quotes, and scenarios to help readers gain confidence, learn how to stick up to a bully, and determine when to ask for help from adults.

"Stick Up for Yourself! Every Kids Guide to Personal Power & Positive Self-Esteem"

By Gershen Kaufman, Lev Raphael, and Pamela Espeland

This self-help book promotes positive thinking and high self-esteem. It includes situational anecdotes and exercises for exploring one's feelings and finding happiness. The School Library Journal says the book can be used independently, but is "most effective within the classroom, family, or guidance group."

"Bullies are a Pain in the Brain"

By Trevor Romain

This self-help book targets children ages 8 to 13. The book uses illustrations and is easy to read. Romain gives advice on how to stand up to bullies and when to get help from an adult. It can be read on its own, or used as part of Romain's "Bullies are a Pain in the Brain" curriculum set, geared for grades 5 and 6.viii The Trevor Romain Company also provides curriculums for grades 1-2 and 3-4.ix

Other books by Romain on the topic.

"Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, Stop Teasing, and Feel Good About Yourself"

By Scott Cooper

This book offers 21 strategies for expressing feelings, building relationships, conflict mediation, and dealing with bullying. Each technique is illustrated with examples. The book can be used by children who want to learn and adults who want to promote these types of skills.

"Please Stop Laughing at Me"

By Jodee Blanco

In this New York Times best-selling memoir,

you are not alone.

If someone you know displays thoughts of suicide or other self-harm, notify a teacher or administrator right away and call the **Trevor Project Lifeline** at: **866-4-U-TREVOR (866-488-7386)** to speak with a trained volunteer counselor.

anti-bullying reading list

Blanco describes her experiences as a target of harassment from 5th grade through high school. Blanco was tormented for reporting bullying incidents to her teachers, and also for a medical condition that caused her breasts to grow at different rates. In the book, Blanco laments years of therapy and medication while her tormentors remained unscathed. She now travels the nation to tell her story and raise awareness about the dangers of bullying. Blanco followed up this book with a sequel, "Please Stop Laughing at Us," in which she tells the stories of other children who have been bullied and offers her own advice.x (NOTE: This book is geared for parents or teens.)

Guides for Adults

"Odd Girl Out: The Hidden Culture of Aggression in Girls," (2003)

By Rachel Simmons

Rachel Simmons is a Rhodes Scholar, former teacher, and director of the Girls Leadership Institute, an organization that offers camps and workshops to instill confidence in girls and promote healthy relationships.xi Simmons bases this book on the accounts of over 300 girls at 30 schools, and sheds light on a "hidden culture of silent and indirect

aggression."xii She highlights the less obvious forms of bullying, such as dirty looks, gossip, rumors, and relational aggression that girls often suffer from. Simmons offers advice for parents, teachers, and girls for how to end these destructive patterns. xiiiThe book was the inspiration of a Lifetime movie entitled "Odd Girl Out." Simmons followed this work with "Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy," (2004) a compilation of anecdotes, poems, and letters from Simmons' school visits.xiv

"The Bully, the Bullied, and the Bystander: From Preschool to High School--How Parents and Teachers Can Help Break the Cycle"

By Barbara Coloroso

This book is geared toward helping parents and teachers deal with bullying situations among children. Coloroso defines the roles of the bully, bullied, and bystander and analyzes ways to alter their behavior. Coloroso also provides insight on cliques, hazing, taunting and sexual bullying.

"Girl Wars: 12 Strategies that Will End Female Bullying"

By Cheryl Dellesega and Charisse Nixon

This guide to confronting bullying is aimed

at adults, specifically parents. It presents strategies for preventing bullying among preteen and teenage girls and how to handle situations. Its promotes helping the bully deal with her issues; providing supportive role models; teaching communication skills; stressing assertiveness, not aggressiveness; learning conflict resolution skills; and identifying alternatives to bullying behavior. LGBT

"It Gets Better: Coming Out, Overcoming Bullying and Creating a Life Worth Living" (2011)

By Dan Savage and Terry Miller

This book spurred from the "It Gets Better" project, a movement involving YouTube videos by celebrities, activists, organizations, and public figures. The videos conveyed messages of solidarity and encouragement for LGBT youth who are victims of bullying and harassment.xv The book version includes transcripts of these messages along with new accounts.xvi