



Books

- **“The Bully, the Bullied and the Bystander,”** Coloroso, Barbara. Harper Collins, 2003.
- **“Odd Girl Out: The Hidden Culture of Aggression in Girls,”** Simmons, Rachel. Harcourt Books, 2002.
- **“The Bully Free Classroom,”** Beane, Allan L., PhD. Free Spirit Publishing, Inc., 1999.
- **“The Bullying Prevention Handbook: A Guide for Principals, Teachers and Counselors,”** Hoover, John H. and Oliver, Ronald. National Education Service, 1996.

Web sites

- No Name-Calling Week, www.nonamecallingweek.org
- U.S. Department of Health and Human Services, www.stopbullyingnow.hrsa.gov
- Committee for Children, www.cfchildren.org

Bullying

Suggested CHEC-out activities

1 Dear Abby

Write Dear Abby letters to the students about a bullying situation. Have each student write a letter back with advice on how to handle the bullying-related problem.

2 Anti-bullying campaign

Have students create anti-bullying posters. Hang them up in the classroom or around the school. Students can also write short anti-bullying public service announcements to share with the class or school.

3 No bullying in the classroom

Set up an anti-bullying contract. Post the rules in the classroom and ask students to read the rules. Require students and their parents to sign the contract. Create a safe way students can report bullying incidents within the classrooms or throughout the school.

4 Students mentoring students

Pair your students with younger children in the school. The older students will become mentors. Set up activities for the pairs to participate in throughout the school year. This buddy system builds community in the school and helps your students see themselves as role models. Mentoring can give younger students someone to turn to if they feel bullied.