

Teasing and Bullying



McMaster
Children's Hospital



Books for Parents

1. **The Bully, the Bullied, and the Bystander: From Preschool to High School, How Parents and Teachers Can Help Break the Cycle of Violence**
by Barbara Coloroso, HarperResource (2004) **ISBN: 006001430X**
2. **And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment and Emotional Violence**
by James Garbarino, Free Press (2003) **ISBN: 0743228995**
3. **Your Child: Bully or Victim? Understanding and Ending Schoolyard Tyranny**
by Peter Sheras, Fireside (2002) **ISBN: 0743229231**
4. **Dealing With Teasing**
by Lisa K. Adams, Powerkids Press (2003) **ISBN: 0823950700**
5. **Girl Wars: 12 Strategies That Will End Female Bullying**
by Cheryl Dellasega & Charisse Nixon, Fireside (2003) **ISBN: 0743249879**
6. **Mom, They're Teasing Me: Helping Your Child Solve Social Problems**
by Michael Thompson, Ballantine Books (2004) **ISBN: 0345450116**
7. **Easing the Teasing: Helping Your Child Cope With Name-Calling, Ridicule, and Verbal Bullying**
by Judy S. Freedman, McGraw-Hill Books (2002) **ISBN: 0071381759**

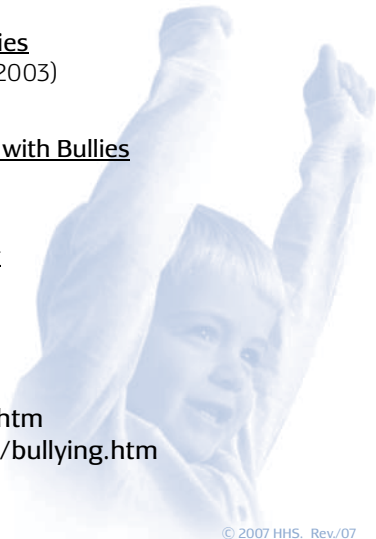
Books for Children

8. **Bye-Bye Bully: A Kid's Guide For Dealing With Bullies**
by J.S. Jackson & Robert W. Alley, One Caring Place (2003)
ISBN: 0870293699
9. **Blue Cheese Breath and Stinky Feet: How to Deal with Bullies**
by Catherine Depino, Magination (2004)
ISBN: 1591471125
10. **Nobody Knew What to Do: A Story About Bullying**
by Becky Ray McCain, Albert Whitman & Co. (2001)
ISBN: 0807557110

Websites

<http://www.aacap.org/publications/factsfam/80.htm>

<http://www.caringforkids.cps.ca/keepingkidssafe/bullying.htm>



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord



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FOR CHILD
STUDIES