



## Tips for Selecting Materials from the Resource List

The National Bullying Prevention Campaign issued a Call-for-Resources in an effort to develop a comprehensive list of existing resources and programs on bullying and bullying prevention. Be sure to check back periodically for new resources that may be submitted to the Web site. Authors, program developers, and publishers who wish to include additional materials should visit **[www.bullyingresources.org](http://www.bullyingresources.org)** for information on submitting a resource.

### Submitted materials have been included if they

- Focus on bullying, and
- Are appropriate for children and youth age 9 through 13 or teens or adults who shape their lives.

Inclusion of materials and programs on this Web site does not signify an endorsement by the Campaign, the United States Government/ Department of Health and Human Services, or any of the Campaign's partners or sponsors.

In helping visitors select programs and materials that will be most useful for them, we have included, wherever possible, detailed information about the resources. In addition, we have provided tips for selecting resources such as books for children, youth, and adults; videos; CD-ROMs; and brochures, as well as tips about selecting bullying prevention programs.

### Tips for selecting appropriate bullying prevention resources

*1. Be sure that the books, videos, and other resources selected for children and youth are developmentally and age-appropriate.* A description of the intended age group or grade levels usually is provided. If not, review the abstract or storyline and consider the ages of the main characters.

*2. Look for materials that are ethnically and culturally diverse and that avoid stereotypes.*

*3. Look for materials that explain and illustrate the many forms that bullying can take.* Although bullying includes physical attacks (such as hitting, kicking, and shoving), bullying can also involve teasing or name-calling, rumor-spreading, social isolation, and cyberbullying.

*4. Select materials that show boys AND girls involved in bullying.* Bullying isn't just a problem for boys. Both boys and girls bully others, and both boys and girls experience bullying.

*5. Look for materials that suggest or show appropriate and realistic solutions to bullying problems.* Look for stories that depict adults as positive role models who are capable of dealing with bullying without humiliating the children who bully or embarrassing or blaming children who are bullied. Identify stories that describe or depict appropriate ways for children and adults to stop bullying when they see it and offer support to those who are bullied. Avoid resources that suggest that bullying can easily be dealt with alone or without support from others.

*6. Look for materials that have won awards or received positive reviews by professionals, parents, children, or youth.*

### Warning signs of questionable resources

*Beware of resources that inaccurately "stereotype" children who bully or children who are bullied. For example, beware of resources that show*

- Children who bully are always boys.
- Children who bully are always unpopular misfits.
- Children who are bullied always look "different"

from other kids, for example, they are overweight, disabled, or wear funny clothes.

*Beware of resources that portray simplistic, unrealistic, or harmful solutions to bullying, such as:*

- A child who bullies others is publicly humiliated or injured.
- A child who is bullied physically retaliates against the children who bully him or her.
- Peer mediation or conflict resolution strategies are used to resolve bullying.
- A child who is bullied becomes good friends with his or her tormentor. (Although this can happen, it usually isn't realistic to expect these children to be good friends.)
- A simple "one size fits all" approach is recommended.

*Beware of resources that downplay or minimize the effects of bullying on children.* Bullying is a very serious issue and should not be dealt with lightly. Bullying can be extremely harmful to children who are bullied. Bullying behavior also can be a sign of other serious antisocial and violent behavior.

**NOTE:** *Sometimes, resources with troublesome messages or depictions can still be used effectively as a starting-point for discussion. For example, if a children's book depicts an overly simplistic resolution to a bullying problem, an effective teacher may decide to share the book with students but then discuss with them, "Was this ending realistic? Was it safe? What might be a better way to deal with bullying?"*