

Compiled by Brenda High

**The Bully Police E-Book
Recommended
Books, CD's, DVD's & Videos**

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First Edition November 2008

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NOTE: This e-book is ongoing (never-ending) and I have chosen NOT to number the submissions to this page to make it easier to add to this e-book without constantly making changing to the numbering. To print a speakers' page, look to the bottom left bar of your PDF file to see what page you are on, thus, where to start and where to finish printing your pages.

If you are author, writer, producer, and/or developer, specializing in an anti bullying materials (books, CD's DVD's and/or videos), and would like to be included, email Brenda at Brenda@jaredstory.com. As a rule, the content will be edited to fit a one-page synopsis, or less. Updates will be made periodically.

*The listings of **Recommended Books, CD's DVD's & Videos** in this e-book does not constitute an endorsement, however, I have reviewed most of these materials personally and I believe that these books, CD's, DVD's/Videos can be helpful to students, parents, teachers and administrators as they work to create a civil and safe environment inside our schools. ~Brenda*

Allan Beane

The Bully Free Classroom
Protect Your Child From Bullying

Elizabeth Bennett

**Peer Abuse Know More! Bullying From A Psychological
Perspective**

Joe Bruzzese

**DVD - Confident, Connected, Challenged, The 3 C's to
Thriving During the Middle School Years.**

Michelle Calco

Bullicide in America (Kristina's Story)

Jay Carter

Taking the Bully by the Horns

Rhonda Denny

DVD - Strings of Fear
Strands of Truth

Kevin & Epling Epling

Bullycide in America (Matt's Story)

SuEllen Fried

Bullies and Victims

Bullies, Targets & Witnesses

30 Activities for Getting Better at Getting Along

Joel Haber

Bullyproof Your Child for Life

Brenda High

Bullycide in America (Jared's Story)

The Bully Police E-Book

Margaret M. Holmes

**A Terrible Thing Happened: A Story for Children Who Have
Witnessed Violence or Trauma**

Debbie Johnston

Bullycide in America (Jeffrey's Story)

Lisa Pescara-Kovach

School Shootings and Suicides: Why We Must Stop the Bullies

Judy Kuczynski

Bullicide in America (Shame and Blame)

Deb Landry

**Sticks, Stones and Stumped
Yankee Go Home
The Comfort Zone**

Rande W. Matteson

Bully Beware! How to Fight Back with Florida Law on Your Side

Jay McGraw

Life Strategies for Dealing with Bullies

Cathy Swartwood Mitchell

Bullicide in America (Brandon's Story)

Kathy Noll

Taking the Bully by the Horns

Rick Phillips

**Safe School Ambassadors: Harnessing Student Power To
Stop Bullying And Violence**

Russell Sabella

GuardingKids.com

Frank C. Sacco

**Video - Back Off Bully
Why School Anti-Bullying Programs Don't Work**

Adrianna Sgarlata

Bullicide in America (A Warning about Cyberbullying)

Rochelle Sides

Bullicide in America (Corinne's Story)

Robert J Skye

Mary Finds a Friend

Douglas Stratemeyer

The Truth About Alcohol and Drugs

Robin Todd

Bullicide in America (The Proclamation)

Stuart W. Twemlow

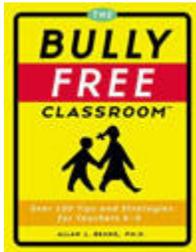
Video - Back Off Bully

Why School Anti-Bullying Programs Don't Work

Allan L. Beane, Ph.D.

Author

Dr. Beane's son was bullied in seventh grade and high school. Bullying contributed to his son's dying at the age of 23. His son's life inspired him to write his first book, *The Bully Free Classroom*TM, and to develop the [Bully FreeTM Program](#). This book won the 2001 Teacher's Choice Award given by Learning Magazine and is available in other languages.

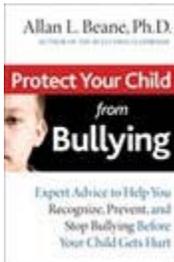


The Bully Free ClassroomTM

Over 100 Tips and Strategies for Teachers K-8

by Allan L. Beane, Ph.D.

\$24.95



Protect Your Child From Bullying: Expert Advice to Help You Recognize, Prevent, and Stop Bullying Before Your Child Gets Hurt

by Allan L. Beane, Ph.D.

\$14.95

From cyberbullying to "mean girls" to school shootings, bullying is a complex and frightening problem confronting parents and children of all ages. This invaluable guide explains the many ways that bullying can present itself, the harm it can do to your child if ignored, and most importantly, what you can do to protect your child.



Elizabeth Bennett, M. Ed.

Author

Peer Abuse Know More! Bullying From A Psychological Perspective, takes the problem of bullying to a whole other dimension. The different types of bullying in adults and children are discussed along with stories shared by those

who have lived this nightmare. We learn of the term "Peer Abuse." And, for the first time **ever**, the Adult Survivor Of Peer Abuse is introduced and we learn of what these survivors live with on a daily basis. To learn more about Elizabeth's book, please visit

<http://www.peerabuse.info>.

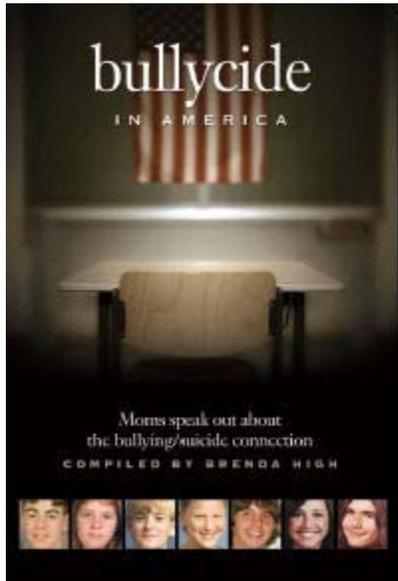
Joe Bruzzese, M.A.

Author & DVD Developer

Joe Bruzzese, MA, is a leading parent expert for the middle school years, author of *A Parent's Guide to the Middle School Years* and co-founder of Thinking-Forward.com, the online resource for middle school parents. Joe has recently produced "*Confident, Connected, Challenged*," *The 3 C's to Thriving During the Middle School Years*. This new **DVD Presentation** has a running time of 58 minutes. Visit http://thinking-forward.typepad.com/my_weblog/dvd-confident-connected-a.html for more information.

Michelle Calco

Writer

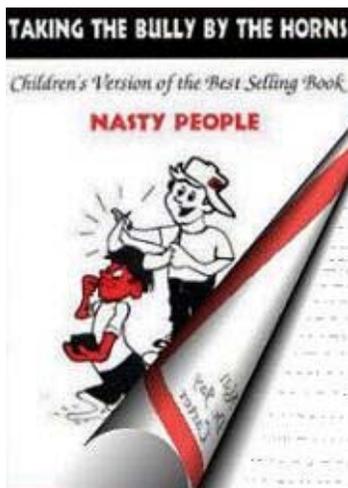


Since that tragic day when Michelle experienced the loss of her eldest daughter, Kristina, on Dec. 4th, 2005, to “bullycide”, she has become actively involved in Suicide and Bullycide Awareness. She has recently written about Kristina in the book, *Bullycide*

in America: Moms speak out about the bullying/suicide connection. Go to www.bullycide.org to order.

Jay Carter, Ph.D.

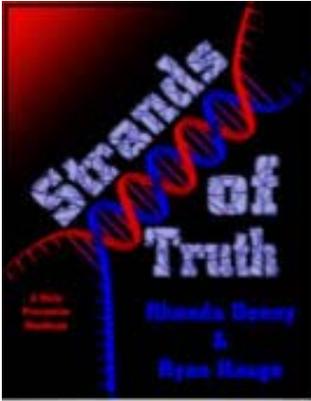
Author



Dr. Carter is the best selling author of "Nasty People," "Nasty Men," "Nasty Women," and "Nasty Bosses," addressing issues of conflict, difficult personalities, and Adult Bullying. He is also the Co-Author, with Kathy Noll, of

"Taking the Bully by the Horns." To order this book go to

<http://kathynoll.com>.

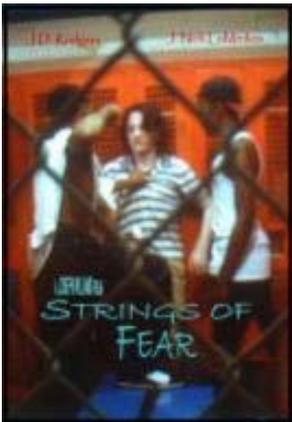


Rhonda Denny, Esq.

Author and DVD Developer

Strands of Truth helps youth and all those who work with them to weave together academics, research, law and the arts to create a tapestry of responsible thinking patterns. This Handbook is best used with High School and Middle School Students.

Everything you need all woven into ONE BOOK and includes enough lessons for one class meeting every week for a year. Also, Activities, Role-plays and Handouts

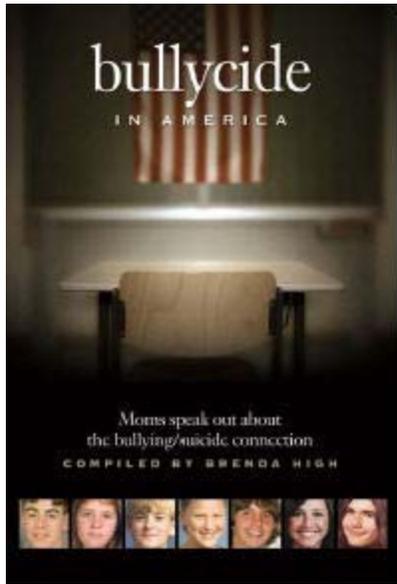


Strings of Fear is a narrative feature film which focuses on bystanders and the choices they make in school bullying situations. Popular and athletic, Scott and his henchmen seem to control the school. They manipulate their way out of any situation and get away with terrorizing provocative Dan and passive Josh...until a surprising twist occurs. Realistic but also filled with symbolism, the movie raises many questions about power and bullying for both youth and adults to consider. Although the plot and characters are completely fictional, the incidents are based on real situations in schools.

To purchase the book and/or DVD visit www.StrandsofTruth.com.

Tammy & Kevin Epling

Writers

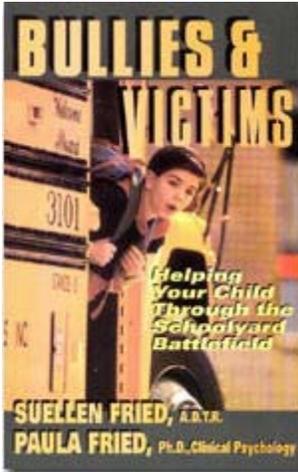


The loss of their son Matthew in the summer of 2002, forty days after a hazing incident has charged Kevin and Tammy with making sure other children are safe from bullying, hazing and harassment in Michigan's schools. Tammy has recently written about Matt in the book, *Bullycide in*

America: Moms speak out about the bullying/suicide connection. Go to www.bullycide.org to order.

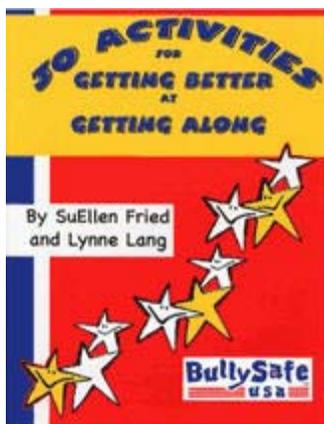
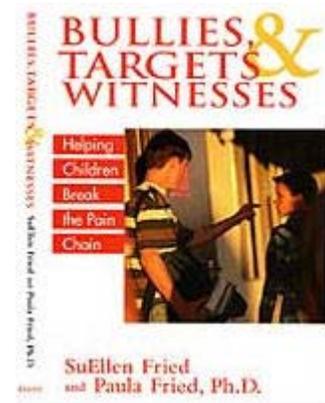
SuEllen Fried

Author



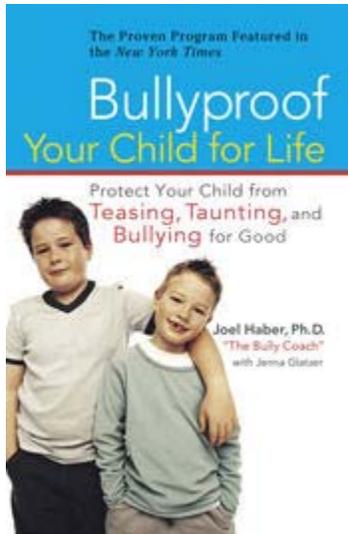
"**Bullies and Victims**", co-authored with her daughter, Paula Fried, Ph.D., is a basic handbook about bullying prevention and intervention. The book delves into the four kinds of bullying, strategies for adults and children and outlines challenges for prevention.

"**Bullies, Targets & Witnesses**" charts the course of bullying following the tragic multiple school shootings in the late 90's. The book examines the impact of bullying on truancy, suicides, homicides, academic achievement and teacher shortages.



"**30 Activities for Getting Better at Getting Along**", co-authored with Lynne Lang, is an interactive, timely, adaptable workbook to deal with bullying issues. The workbook consisting of 86 pages has been designed for students in grades 4-8.

SuEllen's books are available through major book retailers and online booksellers, or on her website at <http://www.bullysafeusa.com>.



Joel Haber Ph.D.

Author

This just-published book, *Bullyproof Your Child for Life*, from the nationally-renowned "Bully Coach" is one of the first books of its kind to help parents and educators deal with the ever growing problem of bullying among kids.

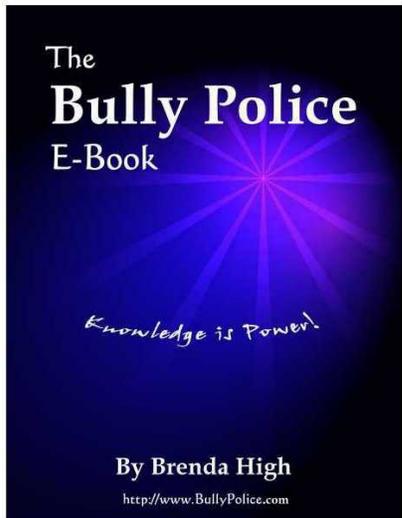
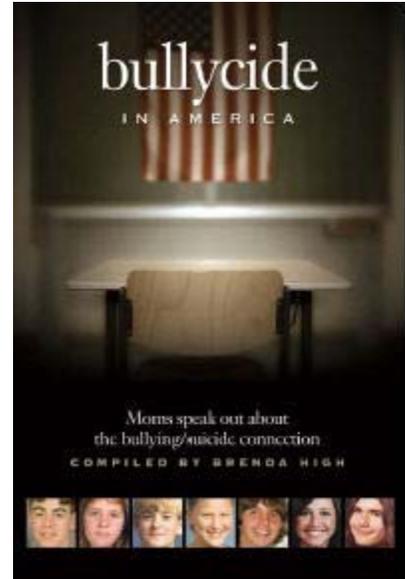
Bullying isn't just happening in the playground; There's instant messaging, online communities, *and* cell phones, all creating new outlets for childhood aggressors. How can you stay on top of bullying and prevent it? Go to <http://www.bullyproofchild.com>, to find out more.

Brenda High

Writer & Author

Brenda High is a passionate crusader, a mom on a mission, to stop school bullying in school. After her son Jared High died by “bullycide”, a suicide attributed to the effects of bullying, she found other parents who had also lost children to bullycide.

After a year of gathering stories she was able to compile “*Bullycide in America: Moms speak out about the bullying/suicide connection.*” Go to www.bullycide.org to order.

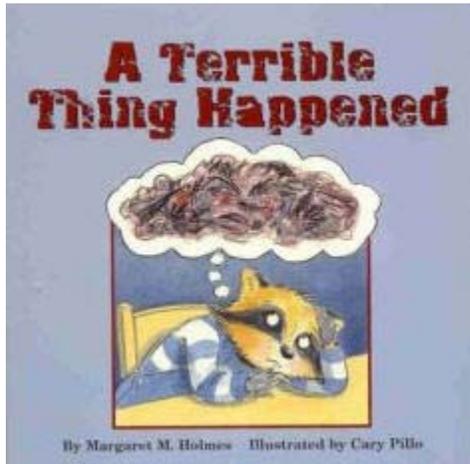


This E-Book

The Bully Police E-Book

Knowledge is Power!

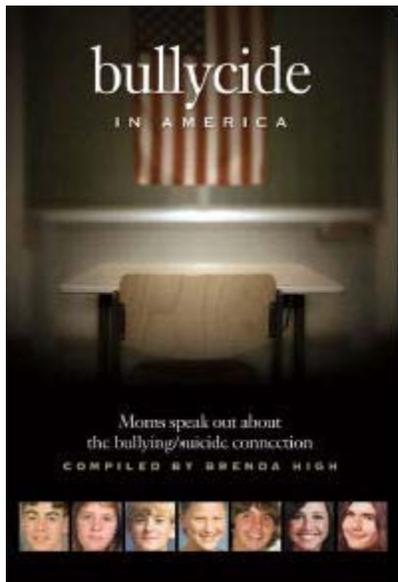
www.Bullypolice.com



Margaret M. Holmes

Cary Pillo (Illustrator)

A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma - - Magination Press - Early Childhood/Elementary



Debbie Johnston

Writer

After the bullycide of her son, Jeffrey Johnston, Debbie worked with Governor Jeb Bush and Representative Ellyn Bogdanoff to create the “Jeffrey Johnston Stand Up For All Students Act”. After several years of hard work and dedication to Florida’s children, the law passed in 2008. Go to www.bullycide.org to order “*Bullycide in America: Moms speak out about the bullying/suicide connection*” with Jeffrey’s story.

Lisa Pescara-Kovach, Ph.D.

Author

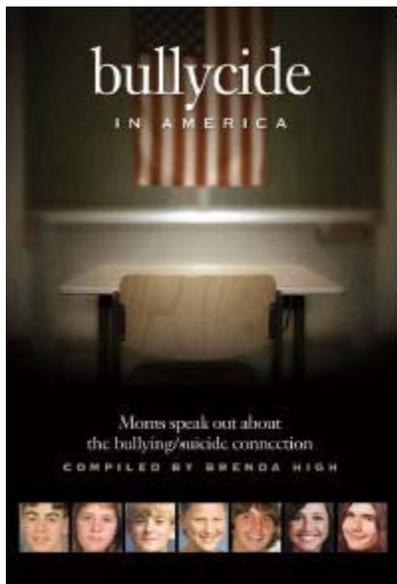
Dr. Lisa Pescara-Kovach has recently written a book, *School Shootings and Suicides: Why We Must Stop the Bullies*.

To order the book go to:

http://utnews.utoledo.edu/publish/Research_12/Stopping_bullies_is_subject_of_new_book_2334.shtml.



Dr. Lisa Kovach posed for a photo with her new book, *School Shootings and Suicides: Why We Must Stop the Bullies*, with Dr. Dale Snauwaert, who co-wrote a chapter.



Judy Kuczynski M. Ed

Writer

Judy's youngest child, Tina, was a victim of severe harassment in middle and high school. After a bomb exploded in the family mailbox, Tina agreed to start over in a new school. A year later she died in a car accident. Soon afterwards Judy agreed to become the President of Bully Police USA.

She wrote the Foreword, and a chapter, "*Shame and Blame*", in *Bullycide in America: Moms speak out about the Bullying/Suicide Connection*. To order the book go to www.bullycide.org.

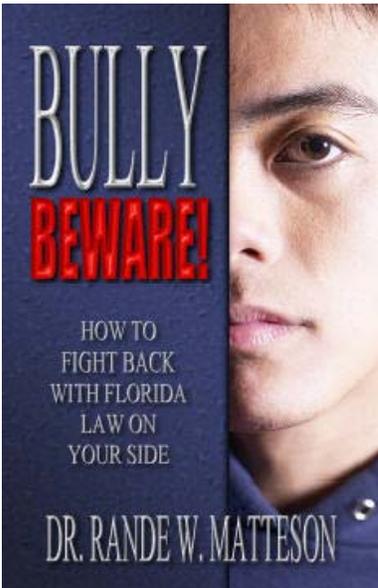


Deb Landry

Author



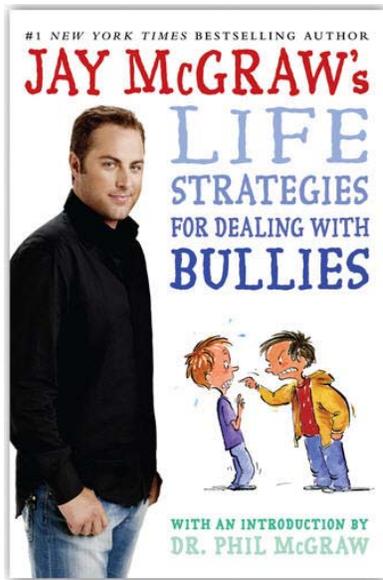
Deb Landry is the author of the best selling children's book, **Sticks, Stones and Stumped**, **Yankee Go Home**, and the co author of **The Comfort Zone** with Meline Kevorkian Ed.D., and Robin D'Antona, Ed.D. She has also authored several interactive children's mentoring plays on character education, social awareness, and bullying prevention. To Learn more about Deb's books and plays go to www.deblandry.com



Rande W. Matteson, Ph.D.

Author

Dr. Matteson has recently published a book titled *Bully Beware! How to Fight Back with Florida Law on Your Side* that focuses upon using criminal and civil laws as tools to prevent and deal with bullies. For additional information on Dr. Matteson's book go to www.bullybeware.us



Jay McGraw

Author

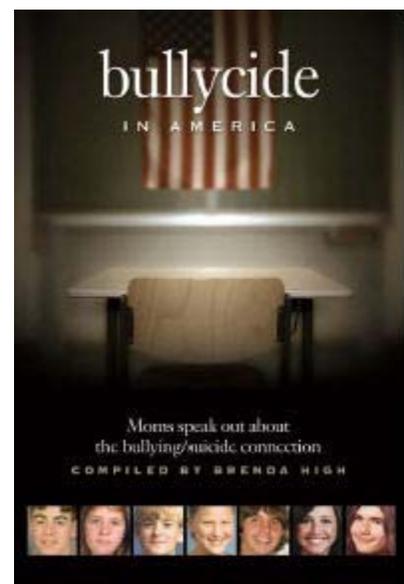
Jay McGraw's, "*Life Strategies for Dealing with Bullies*," helps kids identify potentially harmful situations and deal with bullies through tips, techniques, and examples that apply to real-life situations. Jay doesn't just speak about the bullies -- he also speaks to the bullies themselves to help them change their ways. Jay takes a no-nonsense approach to bullying and the ways readers can handle it. This timely and much-needed book will be the tool kids across the country can use to stop being victims -- and take back the power in their lives. For more information visit

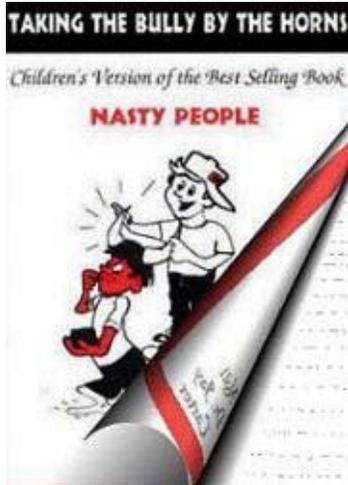
www.simonsays.com/extras/html/JayMcGraw/JayMcGraw.html?&CID=BAC-DrPhilDealingwithBullies.

Cathy Swartwood Mitchell

Writer

Cathy has found her place in the anti bullying movement through telling Brandon's Story and bringing awareness. Her son's story can be found in the new book, "*Bullycide in America*" at www.bullycide.org.

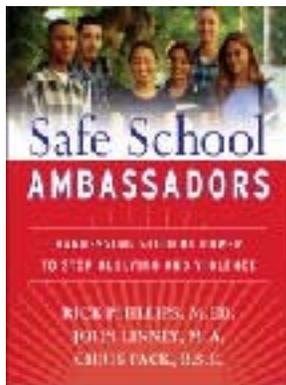




Kathy Noll

Author

Kathy has spoken on various radio and television shows discussing the topics of school violence and self-esteem, including an appearance with Dr. Jay Carter (“Nasty People”) on the Montel Williams show where they talked to kids about bullying, and promoted their book, "*Taking the Bully by the Horns.*" To order Kathy’s books go to <http://Kathynoll.com>.



Rick Phillips

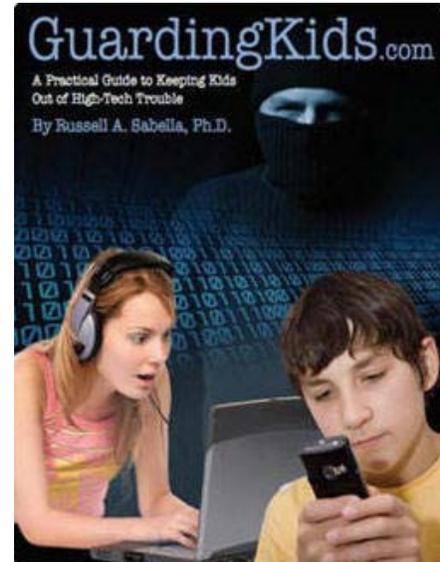
Author

Rick Phillips is the Executive Director and founder of *Community Matters*, a nonprofit organization that provides training, facilitation, and consultation in the areas of violence prevention, youth development, strengthening and sustaining school and community partnerships. Rick has co-authored, with John Linney and Chris Pack, *Safe School Ambassadors: Harnessing Student Power To Stop Bullying And Violence*. For more information visit www.community-matters.org.

Russell A. Sabella, Ph.D.

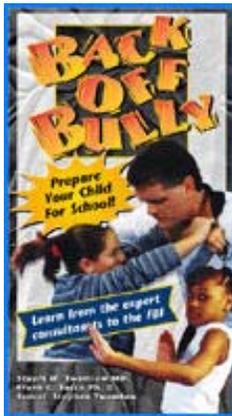
Author

Dr. Sabella's new book, "*GuardingKids.com*" (www.GuardingKids.com) empowers parents, educators, and other care takers to better understand the electronic terrain. Readers will be better able to help children safely and securely navigate a minefield of inappropriate and risky situations.

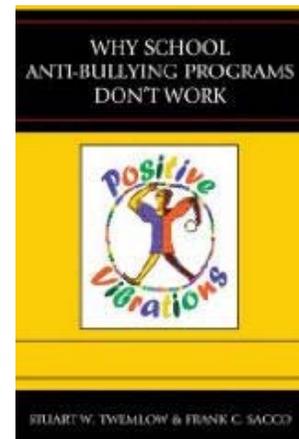


Frank C. Sacco, Ph.D

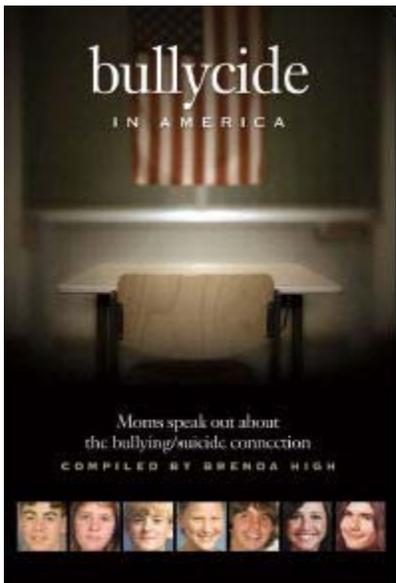
Video Writer/Producer



Dr. Sacco pioneered the use of home-based interventions with hard-to-reach, often violent and resistant families. He has published



over a dozen papers and books chapters on family therapy and community violence. Besides, "*Back Off Bully*," Dr. Sacco has written with Dr. Twemlow, "*Why School Anti bullying Programs Don't Work*". To learn more about Dr. Sacco's books and videos, visit <http://www.backoffbully.com>.



Adrianna Sgarlata

Writer

At 9 years old, Adrianna felt the pain of bullying and it almost cost her life. It hurt her self confidence, taking years to regain it. *"I don't want to ever forget those feelings, but I want to use them to help others"*,

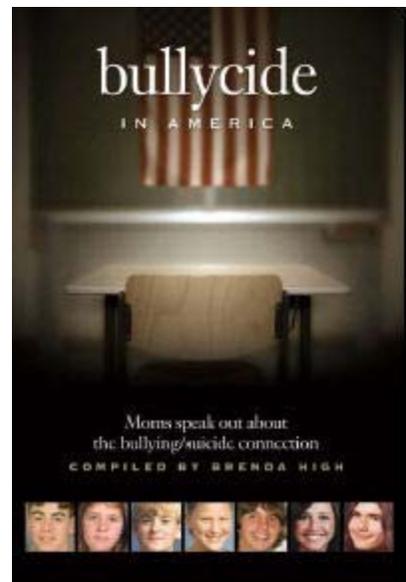
Adrianna says. When asked to write a chapter on cyberbullying for the *Bullycide in*

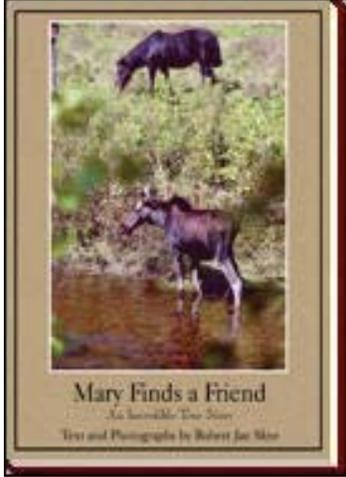
America book, Adrianna jumped to the challenge and wrote a well researched article that will help families fight online bullying. Her chapter can be found at www.bullycide.org.

Rochelle Sides

Writer

When Rochelle's daughter Corinne took her life on October 6th, 2004 after being bullied, Rochelle began her fight against bullies and the lack of education and programs that protect them. Corinne's story can be found in the new book, *"Bullycide in America"* at www.bullycide.org.

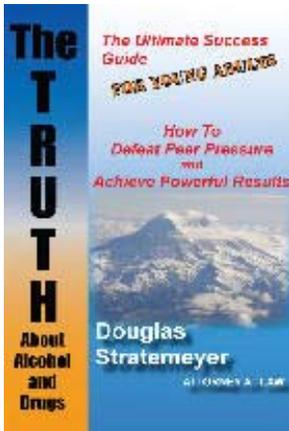




Robert J Skye

Author

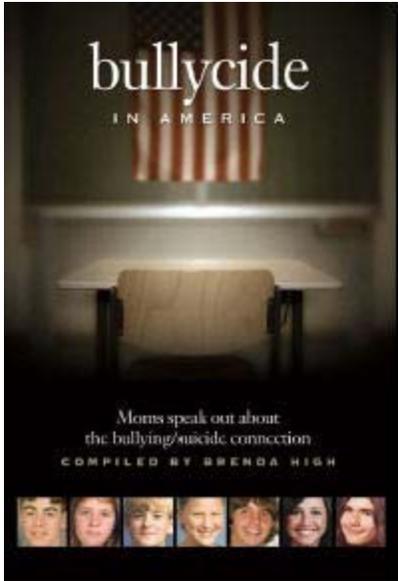
Mary Finds a Friend – A wonderful teaching aid that is making a difference at the elementary school level. The experts agree that this is the opportune time to reverse the bullying mentality before it worsens with age. The book can be found at www.maryfindsafriend.com.



Douglas Stratemeyer

Author

A criminal defense lawyer for over 16 years and former Judge, Doug is the Author of the highly acclaimed book, “*The Truth About Alcohol and Drugs; The Ultimate Success Guide for Young Adults: How To Defeat Peer Pressure and Achieve Powerful Results*”. To find out more about Doug’s book as well as his other books go to www.DougStratemeyer.com.



Robin Todd

Writer

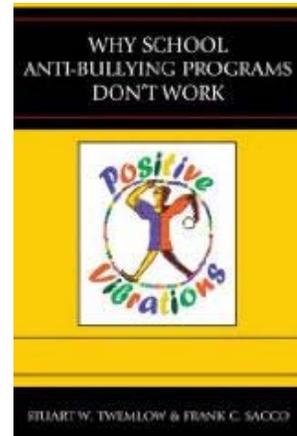
Robin Todd is the mother of a child who was bullied. Her mission is to raise awareness on the serious issue of bullying that goes on in our nation's schools; and to educate about the importance of a bully prevention program. Most recently, Robin has served as an advisor and contributor for the book –

Bullycide in America: Moms speak out about the bullying/suicide connection, www.bullycide.org.

Stuart W. Twemlow, MD.

Author & Video Producer

Stuart W. Twemlow, MD has published numerous scientific articles, books, and book chapters, including many on social and psychological aspects of individual and community violence. He is the Editor-In Chief of The International Journal of Applied Psychoanalytic Studies. Dr. Twemlow has an equally absorbing commitment to the martial and meditative arts. Besides, *“Back Off Bully,”* Dr. Twemlow has written with Dr. Sacco, *“Why School Anti bullying Programs Don’t Work”*. To order these books and videos go to <http://www.backoffbully.com>.



Miscellaneous Links to Reports, Initiatives, etc.

http://www.alfred.edu/hs_hazing/ - The full report of the *Alfred University survey*

Threat Assessment in Schools: a guide to managing threatening situations and to creating safe school climates - United State Secret Service and United States Department of Education 2002 -

http://www.ustreas.gov/usss/ntac_ssi.shtml

http://www.ustreas.gov/usss/ntac/ntac_ssi_report.pdf -
(PDF) *Safe School Initiative: An Interim Report on the Prevention of Targeted Violence in Schools*

http://www.ustreas.gov/usss/ntac/ntac_threat_postpress.pdf
- (PDF) *Evaluating Risk for Targeted Violence in Schools: Comparing Risk Assessment, Threat Assessment, and Other Approaches*

A Bully Grows Up, Erik Meets The Wizard - A Powerful Therapeutic Tool in the form of a Children's Fantasy Story for Dealing with Bullies - Caryn Sabes Hacker - www.carynsolutions.com - Parents, Teachers, Counselors, and Therapists

Bullies, Targets, and Witnesses: Helping Children Break the Pain Chain - Bullies & Victims: Helping Your Children Through the Schoolyard Battlefield - 30 Activities for Getting Better at Getting Along - SuEllen Fried - M. Evans and Company, Inc.,
http://www.bullysafeusa.com/suellen_fried/ - For Parents, Teachers, Counselors, and Therapists - Possibly the best book ever written for teaching empathy.

Coloroso, B. (2003). *The bully, the bullied, and the bystander*. New York: HarperCollins.

Ross, D. (2001). National bullying awareness campaign. *National Education Association*. Retrieved from the World Wide Web:

<http://www.nea.org/series/safescho/bullying>

Safe Schools (2003). Web Site for *National Alliance for Safe Schools*.

Retrieved from the World Wide Web September 10, 2003 at

<http://www.safeschools.org>.

Simmons, R. (2002). *Odd girl out: the hidden culture of aggression in girls*. New York: Harcourt, Inc.

Sprague, J. & Walker, H. (2002, September). *Guide 1: Creating schoolwide prevention and intervention strategies*. Portland, OR: Northwest Regional Educational Laboratory.

Dancing in the Wings by Debbie Allen. It is about an African American little girl with long legs and big feet who wants to be a dancer.

A study done by Illinois Wesleyan University - Shows that relational aggression in America affects 1 in every 20 boys and 1 in every 4 girls, <http://www.iwu.edu/iwunews/newsrlse/jgh94.html>

www.schwablearning.org - An excellent site that offers tons of information on a variety of topics related to children. A search can be done through the site to find bullying, harassment, and school related topics/articles.

[*Bullies & Victims: Helping Your Children through the Schoolyard*](#)

[*Battlefield*](#) by Suellen Fried - This book offers intervention & advice for parents, children, school personnel, educators and therapists.

www.TeenHelp.org - Support and advice site for anyone with a problem or questions.

Stop It Now! 1-800-773-8368 - Help or answer questions for victims, family members, friends, anyone noticing problems around them about child sexual abuse.