

High School Bullying Prevention & Intervention Resources

Book List

Fiction

Alt Ed by Catherine Atkins

Susan has struggled her whole life with her weight and gaining acceptance. Susan has a crush on a nice boy at school but another boy picks on her. As a result of events, she and Kale must attend detention and develop some understanding.

Bullyville Francine Prose

Bart's dad died in 9/11. Bart then wins a scholarship to a prep school where a bully is cruel to him in the aftermath of Bart's loss.

Burn by Suzanne Phillips

Bullied constantly during his freshman year in high school, Cameron's anger and isolation grows, leading to deadly consequences.

Bystander by James Preller

Eric has a hard time ignoring a bully while trying to fit in.

Chill by Colin Frizzell

The way that Chill has dealt with his disability as well as art have helped him survive high school. A new teacher tries to crush his spirit, so Chill must fight back.

Defying the Diva by D. Anne Love

A novel about what happens to the victims of bullying.

Devil's Toenail by Sally Prue

A victim of bullying is lured into revenge.

Diary of a Witness by Catherine Ryan Hyde

Ernie is an overweight teen and the target of school jocks. He spends his days trying to stay out of their way. His friend Will seems to go out of his way to antagonize the bullies. When Will's brother dies, partially because of Will's actions, Ernie is caught in the middle.

Down Sand Mountain by Steve Watkins

In a small town, set in 1966, 12 year old Dewey faces one worst-day-ever after another but over time comes to know that his issues with bullies, girls, race, and identity are part of the adult world.

Egghead by Caroline Pignat

Delves into how bullying can affect the victim, the bully, and also the bystanders.

End Game by Nancy Garden

A boy who shoots several classmates is stopped from killing himself. He then recounts the events that led up to his rampage.

Exposure by Patricia Murdoch

Julie has been bullied for years. She gets her hands on pictures of her main bully and decides to use them for revenge. But then everything goes wrong.

Fade to Black by Jaime Adoff

An HIV positive student is attacked, a person who has bullied the victim in the past is seen in the area, and the only witness is a girl with Down's syndrome.

Fancy White Trash by Marjetta Geerling

Fifteen-year-old Abby struggles with her highly dysfunctional family while her best friend Cody deals with the challenges of coming out to himself and his friends.

Freak by Marcella F. Pixley

Miriam is smart, poetic, and quirky. She is considered a freak by the popular girls. Eventually, she explodes in response to their bullying, revealing an inner strength she didn't even know she had.

Freak Show by James St. James

Outrageously over-the-top teen drag queen Billy Bloom, a new student at the very conservative Dwight D. Eisenhower Academy, finds that life is not easy for him among the rich white students with their brutal homophobia.

Geography Club by Brent Hartinger

Russel thinks he is the only gay kid in school. Then he finds out his online chat buddy is the star of the school's baseball team. Then Russel meets other gay kids at school and they decide to form a club without drawing too much attention to themselves.

Hate List by Jennifer Brown

Valerie's boyfriend, Nick brings a gun to school and killed many students, including himself. Many people believe she was involved, but she had no idea. After spending weeks in the hospital recovering from a gunshot wound to the leg, Valerie is moved to the psychiatric ward for observation. Later, during therapy, she thinks back on her relationship with Nick and the events which led to the terrible act that changed her community.

Hello, Groin by Beth Goobie

Wanting to be normal, 16-year-old Dylan Kowolski tries to hide her lesbianism and develop sexual feelings for her boyfriend at the same time she has a passionate crush on her best female friend.

Jumped by Rita Williams-Garcia

Three female teens connect and learn about how choices have consequences, sometimes dire.

King Dork by Frank Portman

Tom is too young for his grade and too small for his age. Tom tells his story like it is in a funny way.

Life in the Fat Lane by Cherie Bennett

Details the inner turmoil of a prom queen who gains weight.

Lord of the Flies by William Golding

A small group of boys become stranded on an island and must maintain order when ordinary standards of behavior collapse.

Men of Stone by Gayle Friesen

What causes a boy to be a man?

Names Will Never Hurt Me by Jaime Adoff

All characters grow in maturity. Contains profanity and violence.

Shattering Glass by Gail Giles

The class loser turns into Mr. Popularity.

Sisters of Misery by Megan Kelly Hall

The Sisters of Misery are a nasty group of high school girls who live in the affluent seaside community of Hawthorne, Massachusetts. This exclusive click is run by Kate, who is out to ridicule, demoralize, control, and destroy anyone who doesn't fit.

Sleeping Freshman Never Lie by David Lubar

Scott is struggling with high school, so he begins to write down tips for his younger siblings.

Speak by Laurie Halse Anderson

Melinda is a high school student who is a victim of bullying. Through this story she finds her voice.

The Beckoners by Carrie Mac

Zoe is forced to move to a new town and must deal with bullies at her new school.

The Boyfriend List by E. Lockhart

A Seattle fifteen-year-old explains some of the reasons for her recent panic attacks, including breaking up with her boyfriend, losing all her girlfriends, and tensions between her performance-artist mother and her father.

The Bully (The Bluford High Series Book 5) by Paul Langan and Anne Schraff

Darrell must deal with a new home, new school, and new bully.

The Chocolate War by Robert Cormier

A high school freshman discovers the devastating consequences of refusing to join in the school's annual fund raising drive and arousing the wrath of the school bullies.

The Dark Days of Hamburger Halpin by Josh Berk

When Will Halpin transfers from his all-deaf school into a mainstream Pennsylvania high school, he faces discrimination and bullying, but still manages to solve a mystery surrounding the death of a football player in his class.

The Hate List by Jennifer Brown

Sixteen-year-old Valerie, whose boyfriend Nick committed a school shooting at the end of their junior year, struggles to cope with integrating herself back into high school life, unsure herself whether she was a hero or a villain.

The Lottery by Beth Goobie

Discusses teen social issues, conflicts, drama, and the things teachers don't know about.

The Revealers by Doug Wilhelm

Russell, Catalina, and Elliot are all victims of different kinds of bullying. Together, they decide to take a stand and stop the bullying.

The Sweetheart of Prosper County by Jill Alexander

In a small East Texas town largely ruled by prejudices and bullies, Austin sets out to win a ride in the next parade and, in the process, grows in her understanding of friendship and helps her widowed mother through her mourning.

The Vast Fields of Ordinary by Nick Burd

During his last summer before college, Dade juggles his divorcing parents and dysfunctional-closeted boyfriend until he meets Alex and gains the courage to declare his sexuality.

This Is What I Did by Ann Lee Ellis

Bullied because of an incident in his past, eighth-grader Logan is unhappy at his new school and has difficulty relating to others until he meets a quirky girl and a counselor who believe in him.

Twisted by Laurie Halse Anderson

After finally getting noticed by someone other than the school bullies, Tyler enjoys his tough new reputation until life gets bad again.

Whale Talk by Chris Crutcher

A group of misfits, led by T.J., form a swim team. T.J. decides to change the idea of what an athlete is. His goal for the season is to have every person on the swim team earn a letter.

What Happened to Cass McBride? by Gail Giles

Cass has a strange upbringing. Kyle has the type of childhood you wouldn't wish upon anyone. Ben, a police detective, has a story to tell. We don't get to hear David's story, as he is dead, but we learn about a boy who never even had a chance.

Word Nerd by Susin Nielson

Ambrose is a positive kind of guy. However, when the school bullies knowingly put a peanut into his sandwich when he is allergic, he is pulled out of school. His mother decides to homeschool him instead. Ambrose then pesters and befriends Cosmo, the older guy who just moved in upstairs, straight out of jail.

Non-Fiction

A Smart Kid's Guide to Online Bullying by D. J. Jakubiak

Allows students to critically think and reflect on how they use technology.

And Words Can Hurt Forever: How to Protect Adolescents from Bullying Harassment and Emotional Violence by James Garbarino

This book uncovers the staggering amount of hostility and cruelty in high schools, despite schools and parents best efforts.

Bullies by J. Jones

Students are presented with 10 points to think about when dealing with bullies.

Bullies and Victims: Helping Your Child Survive the Schoolyard Battlefield by SuEllen Fried

This book provides concrete information about the problem of bullying and offers practical solutions.

Bullying and Me: Schoolyard Stories by Shapiro and Vot

Presents real stories about the effects of bullying. Presents the reader with good lessons to live by.

Bullies Are a Pain in the Brain by Trevor Roman

Explains how bullies can bring out dangerous reactions from their victims.

Easing the Teasing: Helping Your Child Cope With Name-calling, Ridicule, and Verbal Bullying
by Judy S. Freeman
A parent guide to bullying.

Girls Against Girls: Why We Are Mean To Each Other and How We Can Change by Bonnie Burton
Explains why girls can sometimes be mean to each other, what victims of bullies can do, and the importance of treating other girls with respect.

Girl Wars: Twelve Strategies That Will End Female Bullying by Cheryl Dellasega
Helps middle and high school girls deal with bullying.

Good Bye Bully Machine by A. L. Beane and D. Fox
Helps pre-adolescent and adolescent students see how bullying starts and grows. Additionally, gives advice on how to make bullying stop.

I Wrote On All Four Walls: Teens Speak Out on Violence by Fran Fernly
Nine teenagers speak on their experiences with bullying as bullies, victims, and bystanders.

It's Complicated: The Social Lives of Networked Teens by danah boyd
Major myths of teen's use of social media are uncovered.

Letters to a Bullied Girl: Messages of Healing and Hope by Olivia Gardner
Includes one bullied girl, two sisters who cared, and thousands who opened up their hearts.

Making Smart Choices about Violence, Gangs, and Bullying by Matthew Monteverde
This book looks at teens and violence, covers the reasons teens choose violence, how to avoid violent situations, the outcomes of choosing violence, and living with the outcomes of your choices.

My Thirteenth Winter: A Memoir by Samantha Abeel
Samantha lived through the events in this story, which will open your eyes to the struggles that people with learning disabilities go through.

Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy by Rachel Simmons
Letters, essays, and poems come from girls across North America. Includes advice and help for the future.

Please Stop Laughing at Me: One Woman's Inspirational Story by Jodee Blanco
Gives an unflinching account of what life is like as an outcast from elementary to high school.

Stop Picking on Me: A First Look at Bullying by Pat Thomas
Explores bullying in simple terms.

Surviving Gangs and Bullying by M. Miller
Students are exposed to bullying stories from adolescents around the world.

The Bully, the Bullied, and the Bystander by Barbara Coloroso
Describes the different kinds of bullying and how to work with both victims and perpetrators of bullying.

The Bully Free Classroom by Allan Beane

Includes more than 100 prevention and intervention strategies to deal with bullying, includes handouts.

The Bully in the Book and in the Classroom by C. J. Bott

Addresses the problem of bullying in the halls, offices, and classrooms in schools of all ages. Informs parents, teachers, and school staff what to look for and how to react to bullying.

The Memoirs of a Beautiful Boy by Robert Leleux

Hilarious stories of a comically dysfunctional family who describe growing up gay in Texas.

The Wounded Spirit by Frank Peretti

Peretti tells his own story of growing up with a medical condition which left him disfigured and small for his age.

We Want You to Know by Deborah Ellis

People aged 9-19 talk about their experiences with bullying.

When I Knew edited by Robert Trachtenberg and illustrated by Tom Bachtell

More than 80 contributors briefly describe their self-discovery “eureka moment” regarding their sexual orientation in a fun book with a magazine style.

Why Are You Picking on Me by J. Burstein

A basic book that overviews all aspects of bullying.

Words Wound: Delete Cyberbullying and Make Kindness Go Viral by Justin Patchin

Written specifically for teenagers, this book provides practical strategies for those who are being cyberbullied, witnessing cyberbullying, or want to do something to make their school a safer place. Includes dozens of real-life stories.