



Raising Expectations

Visalia Learning Center



Learning in the 21st Century

5000 W. Cypress Ave. • Visalia, CA 93277-6300 • (559) 730-7349 • FAX(559) 730-7693

Bullying and Racism

Racism is an extreme form of bullying. Both are learned behaviors that can and must be stopped. The resources here are some that are available at the Visalia Learning Center to help students, parents, and teachers cope with these problems. Note: there are many more books of fiction and non-fiction on these subjects that are available here. This is a small selection compiled by George Pilling, District Librarian, October, 2005.

For Children

Books about Race

Davol, Marguerite. *Black, White, Just Right*. A multi-racial girl celebrates her combined heritage. Grades P-2

Lester, Julius. *Let's Talk about Race*. Written in free verse, this new book introduces race as only one of many facts about a person. Grades 4-up

Thomas, Pat. *The Skin I'm In: a First Look at Racism*. Encourages kids to be comfortable with their different skin colors. Grades K-3

Books about Black and Other Ethnic History

Hamanaka, Sheila. *The Journey: Japanese Americans, Racism, and Renewal*. Paintings and text show the racism in America in the 1940s that led to the Japanese resettlement act. Grades 3-8

Hopkinson, Deborah. *Sweet Clara and the Freedom Quilt*. The Freedom Quilt points the way north to escape slavery. Grades 1-4

Stroud, Bettye. *The Patchwork Path: a Quilt Map to Freedom*. A family escapes slavery using clues found in slave quilts. Grades 1-4

VanderZee, Ruth. *Mississippi Morning*. A white boy learns about racism in the 1930s. Grades 3-8

Tobin, Jaqueline. *Hidden in Plain View: the secret story of Quilts and the Underground Railroad*. The fascinating story of how seemingly innocuous quilts made by slaves showed the way to freedom. Grades 8-up.



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For Children (continued)

Books about Bullying

Non-fiction

Cohen-Posey, Kate. *How to Handle Bullies, Teasers, and Other Meanies*. Gives positive actions that children can take to help stop the nastiness they find around them. Chapters on how to handle insults, making decisions, and anti-meanness terms. Grades 5-10

Criswell, Patti Kelly. *A Smart Girl's Guide to Friendship Troubles: Dealing with Fights, Being Left Out, and the Whole Popularity Thing*. A practical guide to improving relations and avoiding bad ones. Gr. 5-10

Kaufman, Gershen, et. al. *Stick Up for Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem*. Gives children tools to help them increase their social skills. should be used with adult help. Grades 4-10

Romain, Trevor. *Bullies are a Pain in the Brain*. Excellent tips that kids can use when confronted by a bully. Grades 4-9

Romain, Trevor. *Cliques, Phonies, & Other Baloney*. Tips for kids on avoiding cliques and other terrors of the 'tween-ages. With cartoon illustrations. Grades 4-8

Thomas, Pat. *Stop Picking on Me: a First Look at Bullying*. Tells how and why kids bully others. Gives ideas for kids to stop bullying. Grades 1-3

Fiction

Carlson, Nancy. *How to Lose All Your Friends*. A humorous look at how being selfish, whining, and being a bully will keep friends away. Grades K-3

Gardner, Graham. *Inventing Elliot*. Entering a new high school, Elliot wants to avoid the cliques that torment. Can he? Grades 9-12

McCain, Becky R. *Nobody Knew What to Do: A story about Bullying*. When bullies pick on a boy at school, a classmate is afraid, but decides that he must do something. Grades 1-4

Mikaelsen, Ben. *Touching Spirit Bear*. A bully goes through a native cleansing ritual that makes him realize his problems. Grades 9-12

Munson, Derek. *Enemy Pie*. A new boy down the street is a problem until neighborly kindness helps change him. Grades K-3

Naylor, Phyllis Reynolds. *King of the Playground*. Kevin's father gives him ideas for handling a selfish bully. Grades K-3

Nickle, John. *The Ant Bully*. Lucas learns a lesson about bullying when he is pulled into the ant hole he has been tormenting. Grades K-3

O'Neill, Alexis. *The Recess Queen*. A new girl stops the playground bully in her tracks. Grades K-4

Paterson, Katherine. *The Field of the Dogs*. Josh faces a bully down the road while his dog faces a dog bully. Grades 4-6

Smith-Mansell, Dana. *Stop Bullying Bobby*. Intervention by teachers and parents plus one child's friendship stops a class from bullying Bobby. Grades 1-4



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For Parents and Teachers

Books about Racism in Schools

- Adams, Mauriane, ed. *Readings for Diversity and Social Justice.*
- Carnes, Jim. *Responding to hate at school : a guide for teachers, counselors and administrators.*
- Mathias, Barbara. *40 Ways to Raise a Non-racist Child.*
- Stern-Larosa, Caryl. *Hate Hurts: How Children Learn and Unlearn Racism*
- Tatum, Beverly. *Why Are All the Black Kids Sitting Together in the Cafeteria?*

Books about Bullying and other social problems

- Beane, Allan L. *The Bully Free Classroom: Over 100 tips and Strategies for Teachers K-8.*
- Bott, C.J. *The Bully in the Book and in the Classroom.*
- Coloroso, Barbara. *The Bully, the Bullied, and the Bystander: From Pre-school to High School How Parents and Teachers Can Help Break the Cycle of Violence.*
- Duvall, Lynn. *Respecting our Differences: A Guide to Getting Along in a Changing World.*
- Freedman, Judy S. *Easing the Teasing: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying.*
- Garabino, James. *And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence.*
- Henkin, Roxanne. *Confronting bullying: Literacy as a Tool for Character Education.*
- Hoover, John H. *Bullying Prevention Handbook: a Guide for Principals, Teachers, and Counselors.*
- Olweus, Dan. *Bullying at School.*
- Thompson, Michael. *Mom, They're Teasing Me: Helping Your Child Solve Social Problems.*



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Videos/CDs

About Black History

America's Civil Rights Movement. Contains Book and video. Excellent resource for this important period in American History.

The Children's March. Video of the 1963 Children's March against injustice in Birmingham Alabama, with a booklet of lesson plans.

Mighty Times: the Legacy of Rosa Parks. Award winning video about civil rights pioneer Parks.

A Place at the Table: Struggles for Equality in America. Video and book of lesson plans show history and Identity through the eyes of today's youth.

About Racism

I will be your friend ; songs and activities for young peacemakers. Cd and book of songs for children.

The Shadow of Hate: a History of Intolerance in America. Video and book of lesson plans.

Starting Small: Teaching Tolerance in Preschool and the Early Grades. Kit consists of a video and book.

About Bullying

Set Straight on Bullies. National School Safety Center.

Groark Learns about Bullying. J. Randall McGee and his dragon puppet Groark bring a lesson about bullies to grades K-5.

Many other excellent resources are available at the Visalia Learning Center. If you have any questions or suggestions for inclusion to this list, please contact George Pilling at 559-730-7349 or gpilling@visalia.k12.ca.us