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# Help Children Conquer Abuse and Bullying: An Annotated Bibliography

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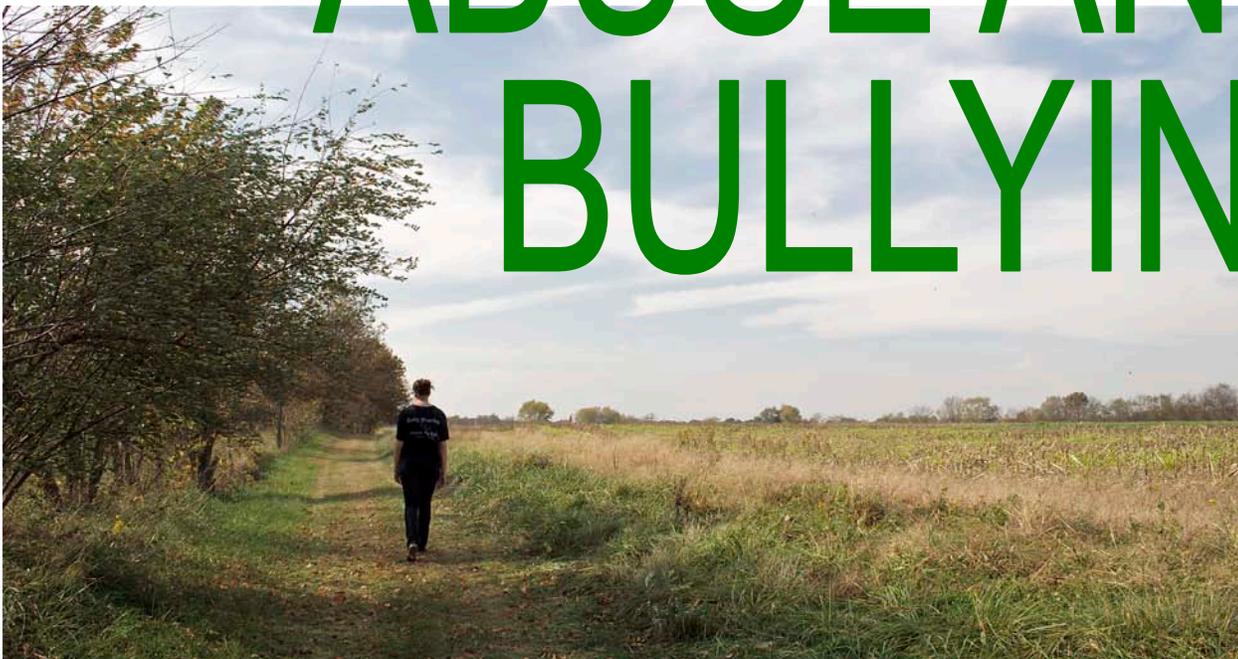
# Help Children Conquer Abuse and Bullying: An Annotated Bibliography

## **Abstract**

The collection of books compiled in this annotated bibliography address bullying and abuse issues for children. The material is targeted at different age ranges and contains both fictional and non-fictional works.

help children  
conquer

# ABUSE AND BULLYING



**Annotated Bibliographies by:  
Cassie Francis**

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Honors Project  
Children's Literature  
Johnson County Community College

Printed in 2011

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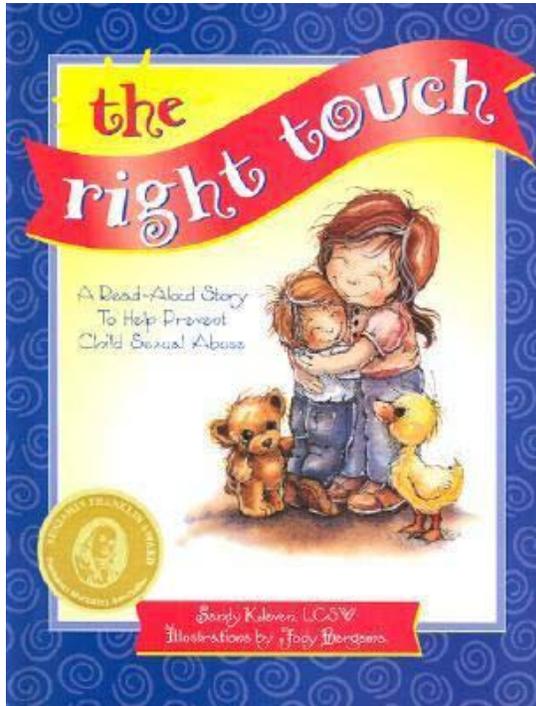
Cover picture taken and edited by  
Cassie Francis

## ABUSE

**Kleven, Sandy. *The Right Touch*. Illus. by Jody Bergsma. Bellevue, Washington: Illumination Arts Publishing Company Inc., 1997. Print.**

**Recommended Age: 3-6 years old**

**Non-Fiction**



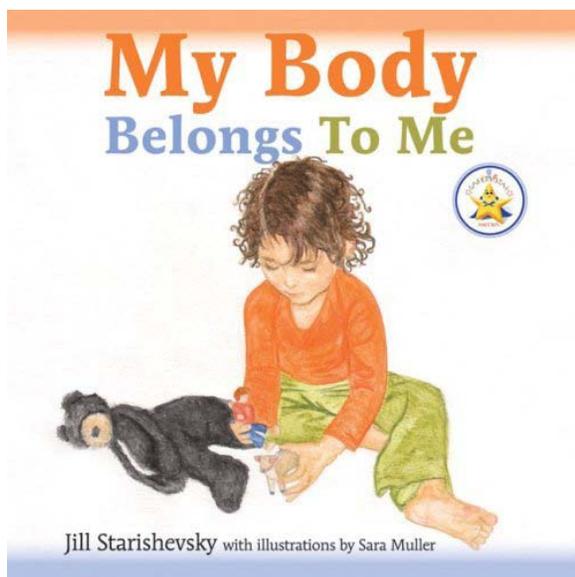
This short picture book is about a mother putting her son to bed one night. She tells him the story of her neighbor's attempt to touch her inappropriately when she was a little girl. She tells him this story so that he knows it is not okay from someone to do that to him. She also encourages him to tell his mom or dad if something like this happens to him.

This book should be used in a one-on-one situation to prevent abuse. The mother in the story talks about the nervous feeling that a child will sometimes get when something bad is about to happen. This is a good tool for a child to learn to recognize and heed warning signs. This book could also be beneficial for children who have already been abused; it can help them realize they can tell a trusted adult and also realize that the situation was not their fault.

**Starishevsky, Jill. *My Body Belongs to Me*. Illus. by Sara Muller. New York: Safety Star Media, 2007. Print.**

**Recommended Age: 3-6 years old**

**Non-Fiction**



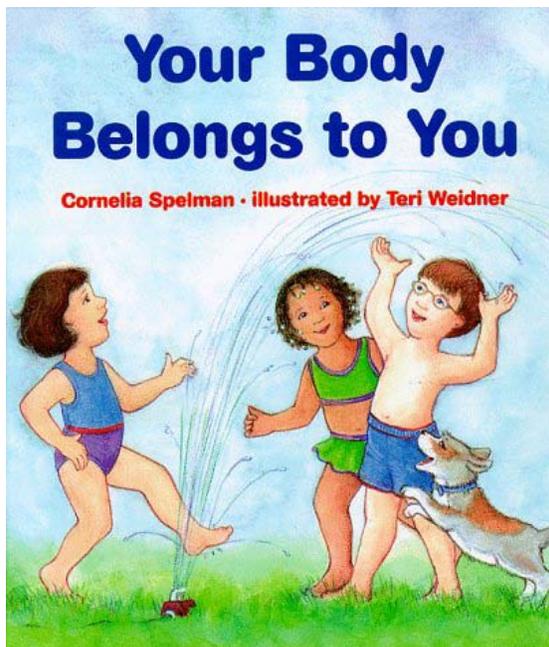
This book is about a child who knows his body belongs to him. One day while at his uncle's home, his uncle's friend sat down next to him, innocently at first, but then he began to touch the child inappropriately. The man tells the child not to tell anyone, but the child knows better. He goes home and tells his parents right away what happened. They kissed his head and told him it was not his fault, and they were glad he told them right away.

This book is intended to be used one-on-one between a parent and a child or a teacher and a child. It creates open communication between the child and the adult. It can prevent abuse if the child realizes that it is not okay for someone to touch his/her private places.

**Spelman, Cornelia. *Your Body Belongs to You*. Illus. by Teri Weidner. Morton Grove, Illinois: Albert Whitman & Company, 1997. Print.**

**Recommended Age: 3-6 years old**

**Non-Fiction**

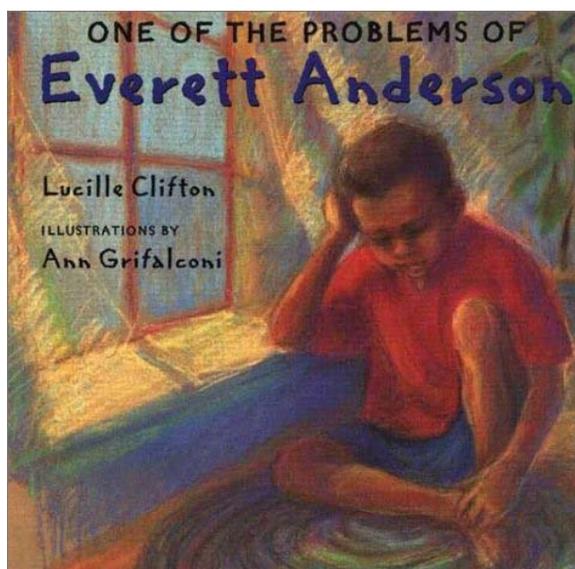


Spelman discusses the difference between okay touching and not okay touching. She says that the child is allowed to say, "No, not right now, please" if he does not want to be touched at that moment. Whether it is a hug or a kiss, it is okay for him to say "No," even if it is someone he loves. She also emphasizes how important it is that the child tells a trusted adult if someone touches him inappropriately.

This book is great for parents to read to young children. It allows children to see that they have control of what happens to their bodies and that no one should touch them when they do not want to be touched. It can also open the door for communication between the parents and the children.

**Clifton, Lucille. *One of the Problems of Everett Anderson*. Illus. by Ann Grifalconi. New York: Henry Holt and Company, 2001. Print.**

**Recommended Age: 3-7 years old**

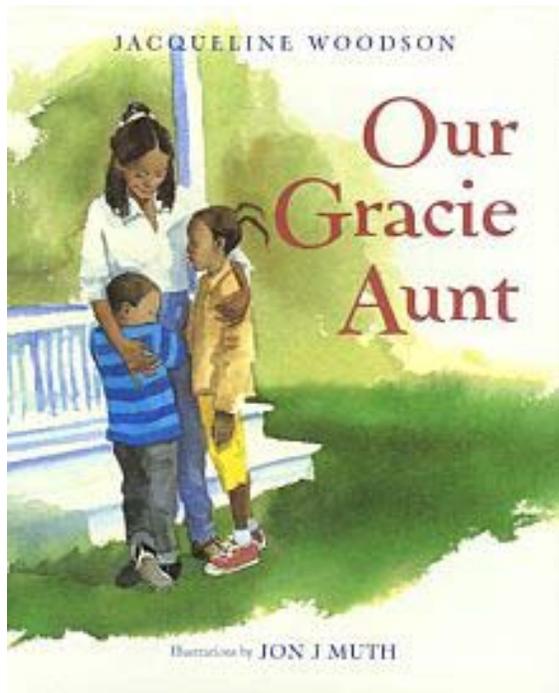


Everett Anderson has seen scars and bruises on his friend Greg's legs. He thinks something bad is happening to him, but he is not sure and does not want anything bad to happen to Greg or his parents if he tells someone about the scars. He then confides in his mother, and she tells him to be there for Greg, hug him and hold on to him. Now that his mother knows, she plans to do something about it.

This story could be used one-on-one with a child. It could allow the child to see that change can come though telling an adult. It can also show the child that comforting a friend that is going through something like abuse can be beneficial.

**Woodson, Jacqueline. *Our Gracie Aunt*. Illus. by Jon J. Muth. New York: Hyperion Books for Children, 2002. Print.**

**Recommended Age: 4-8 years old**

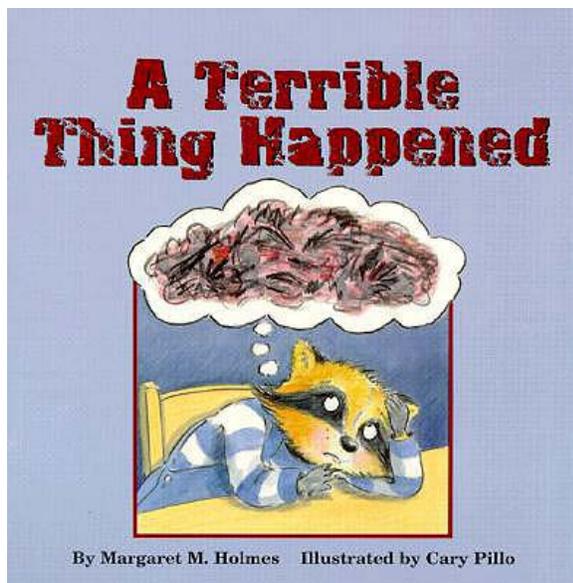


Beebee and Johnson, two young children, are left home alone often. Their mother leaves for many days at a time, and sometimes she leaves the children with little or no food and no hint at when she will return. Miss Roy, a social worker, comes by to talk to their mother, who has been gone for a couple days already; Miss Roy ends up taking them with her to their Aunt Gracie's home. While there, they miss their mother and wonder when she will be back to get them, but then after talking with their mother, they realize they would rather stay with their aunt and be taken care of.

This book would be good for one-on-one reading with a child who has been neglected. It can show the reader that he is not alone and that there are people out there that will be able to take care of him. It has the ability to give a child hope.

**Holmes, Margaret M. *A Terrible Thing Happened*. Illus. by Cary Pillo. Washington, DC: Magination Press, 2000. Print.**

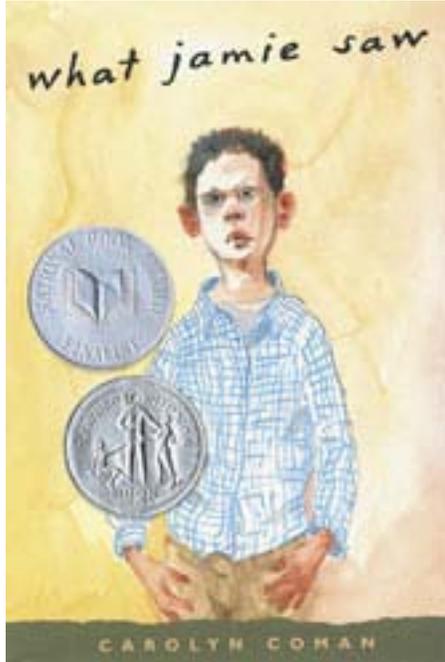
**Recommended Age: 4-8 years old**



Sherman Smith sees a terrible thing happen. At first he just tries to forget about it because it makes him so sad, but when he tries that, his insides start feeling bad; he doesn't eat, can't sleep, doesn't feel well, and starts being mean. Because he does not understand the feelings he is having, he goes to visit Ms. Maple. They play together as he talks; he colors pictures of his feelings and draws the terrible thing. Ms. Maple tells him it was not his fault, so he feels better.

This book is intended to help children who have witnessed a large variety of terrible events, such things as accidents, assault, school violence, domestic violence, situations of abuse, and many others. It could be read in a one-on-one situation with the child. It can help them understand it was not their fault and also encourage them to talk to someone about their feelings.

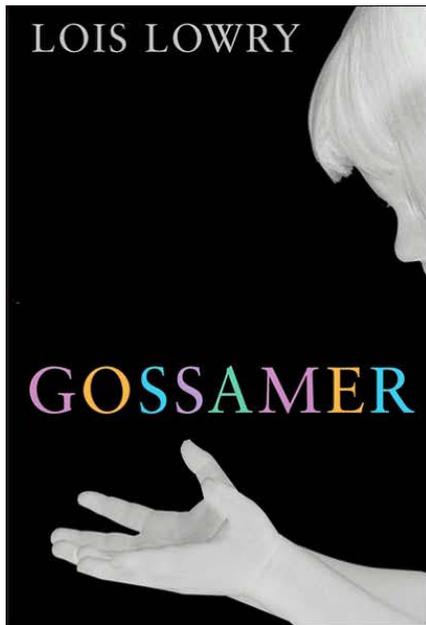
**Coman, Carolyn. *What Jamie Saw*. Arden, North Carolina: Front Street, 1995. Print.  
Recommended Age: 9-11 years old**



Jamie sees his four-month-old sister's father throw her across the room; luckily, their mother, Patty, catches Nin and saves her from hitting the wall. Patty, Nin, and Jamie leave that night and go to one of Patty's friend's apartment to stay until he lets them move into his small trailer in the middle of nowhere. Jamie doesn't go back to school until his teacher makes a visit to the trailer and talks with Patty. The family lives in fear of Nin's father because of what he did and must learn to deal with it together.

This book would be great for individual reading. It could show a child that after an incident like this, it is possible to move on. There is more life out there, and with love and family, relationships can recover.

**Lowry, Lois. *Gossamer*. New York: Walter Lorraine Books, 2006. Print.  
Recommended Age: 9-13 years old**



In *Gossamer*, dream-makers go to homes of humans and give them dreams while they sleep. A young dream-maker, Littlest One, and her teacher, Thin Elderly, encounter a young boy who is being haunted by his past. The nightmare makers, also known as the Sinisteed, give the young boy bad dreams and Littlest One must help him fight against the bad dreams.

This book can give hope to children who have been abused. The boy pulled through in the end. His mother became more responsible and the boy's father, who abused both his mother and him, left. This book could be given to a child who has dealt with abuse to read on his/her own.

**Kwasney, Michelle D. *Itch*. New York: Henry Holt and Company, 2008. Print.  
Recommended Age: 10-14 years old**



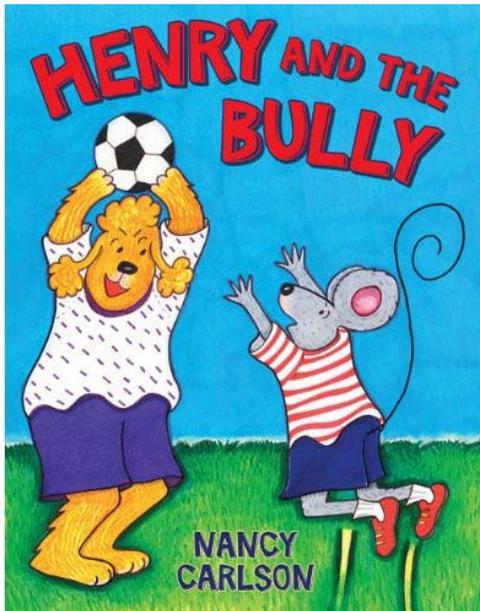
Eleven-year old Delores, better known as Itch, must deal with the loss of her grandfather as well as having to move from Florida to Ohio with her grandmother. After moving there she makes a few new friends. Gwendolyn, one of Itch's new friends, is being physically abused by her mother. Itch must help her deal with it and eventually helps her have the courage to tell her father what has been going on.

For children who have friends who are being abused, this book could come in handy. It can give them the courage to stand up for what they believe in. It can give them the courage to help their friend through a tough situation. This book can also give knowledge to the person being abused and give them courage to stand up to their abuser.

## BULLYING

**Carlson, Nancy. *Henry and the Bullies*. New York: Viking, 2010. Print.**

**Recommended Age: 5-8 years old**

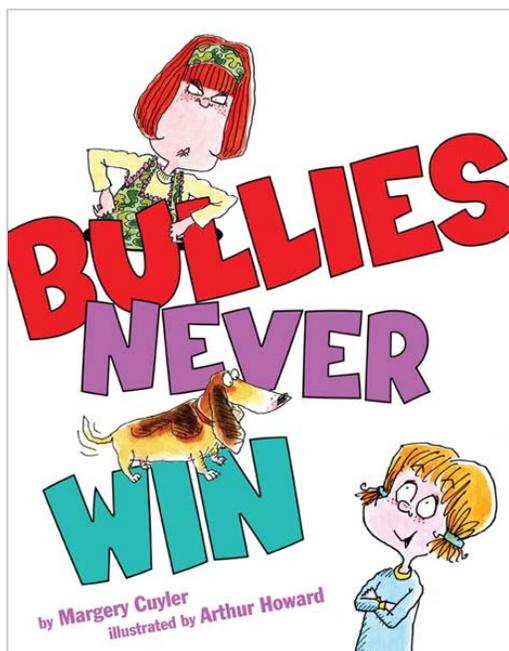


Henry must deal with a bully named Sam. She kicks the soccer ball away from Henry and his friends during recess everyday. Henry doesn't know what to do about the bully; he talks to his teacher and thinks on his own about what he can do. Then one day he sees Sam at the mall trying on dresses, and he notices she is really embarrassed being caught in a dress. The next day at school Sam tells Henry not to tell anyone about the dress, and Henry tells her he wouldn't because he saw how embarrassed she had been. From then on they played nicely together at recess.

This book could be read to many children at one time. It encourages children to see they all have areas in their life they are uncomfortable with and like to avoid. It can illustrate that respecting a person's feelings can make a huge difference in a relationship.

**Cuyler, Margery. *Bullies Never Win*. Illus. by Arthur Howard. New York: Simon & Schuster Books for Young Readers, 2009. Print.**

**Recommended Age: 5-9 years old**

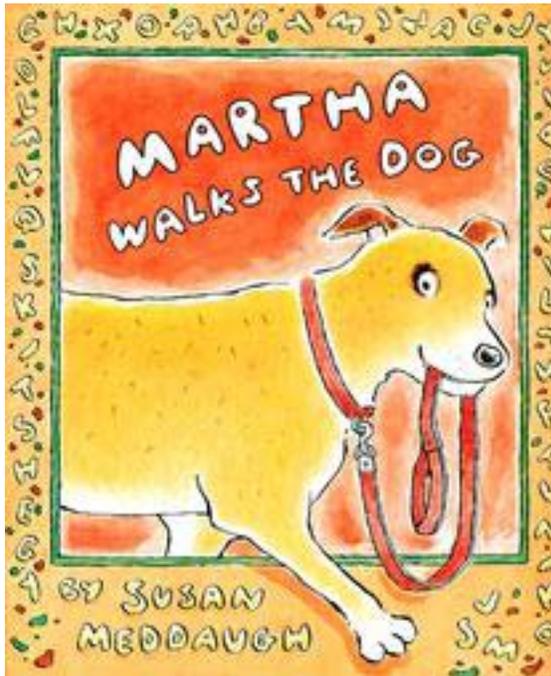


Jessica encounters a bully named Brenda each day. Brenda calls Jessica toothpick, makes fun of her skirts, says she cheats, doesn't let Jessica sit at her lunch table, and makes fun of her lunch box. Jessica doesn't know what to do, so she talks to her mother who advises her to tell Brenda how Brenda's comments make her feel. The next day Brenda makes fun of Jessica again, and Jessica decides enough is enough and stands up to Brenda.

This book could be read one-on-one, in a classroom setting, or individually. It has the ability to bring attention to bullying as well as give children the courage to stand up to bullying. This book also shows the many different actions that are considered bullying. When put together, name-calling, picking on traits or characteristics a person has, and making fun of a person's belonging are all forms of bullying.

**Meddaugh, Susan. *Martha Walks the Dog*. New York: Houghton Mifflin Company, 1998. Print.**

**Recommended Age: 5-8 years old**

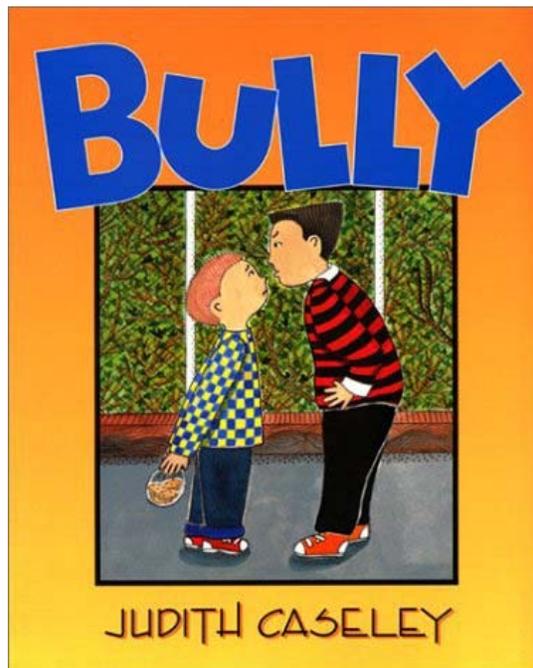


Martha, a talking dog, meets Bob, the new dog on the block, who seems really mean. Whenever he starts to bark, his owner yells at him and tells him he is a bad dog. One day Bob starts barking at and chasing one of Martha's friends. Martha distracts Bob by calling him a bad dog, and then he starts chasing her. Martha stops by the window of a home where there is a parrot. Then the parrot, whom Martha had taught to speak, says, "Good dog" and Bob stops barking. Martha realizes that all Bob wanted was for someone to be nice to him and accept him.

This book could be used for individual or classroom reading. It lets the reader know that sometimes just being kind to a person can make a huge difference. Bullies may want attention, or they may not know how to make friends.

**Caseley, Judith. *Bully*. New York: Greenwillow Books, 2001. Print.**

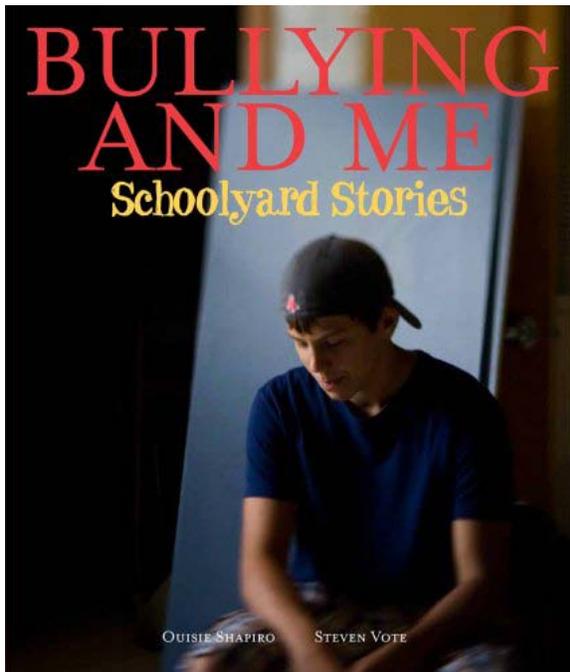
**Recommended Age: 7-9 years old**



In *Bully*, Jack bullies a boy named Mickey. The two boys used to be friends. Jack takes Mickey's cookies at lunch, breaks his pencil in half, trips him at lunch, and takes his baseball cap. Mickey asks his dad, mom, and sister for advice and they all give him different answers. His dad tells him to use his brave words; his mom tells him to be nice to Jack; his sister tells him to give Jack his cookies. In the end, Mickey is nice to Jack and makes him laugh; they become friends again.

This book would be good for a child to read alone or with an adult. It gives good advice on how to deal with a bully. It can also give them the courage to be nice to the bully to try to change the bully's attitude.

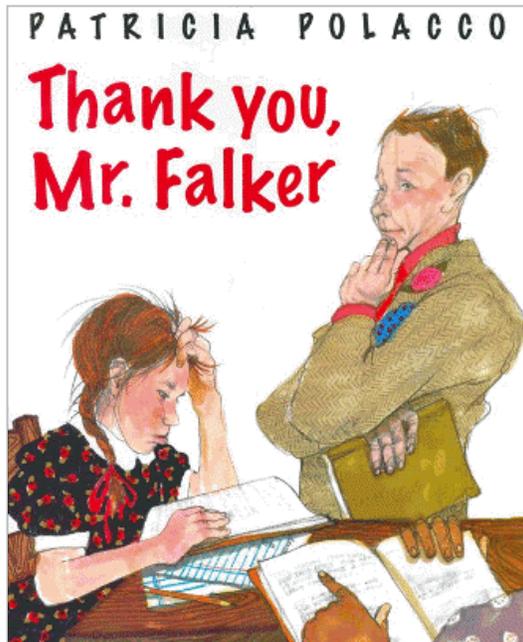
**Shapiro, Ouisie. *Bullying and Me: Schoolyard Stories*. Photographs by Steven Vote. Chicago, Illinois: Albert Whitman & Company, 2010. Print.**  
**Recommended Age: 7-12 years old**  
**Non-Fiction**



In *Bullying and Me: Schoolyard Stories*, many different kids are given the chance to tell their stories about being bullied. This book has both girls and boys, has many kids with different ethnic backgrounds and races, and has kids of many different ages. The kids tell their stories: some were successful in defeating fears of their bullies, and others had the courage to tell adults about their situations.

This book is great for kids who have been bullied. It could be read in a classroom or individually. It shows children that they are not alone. It can give children the courage to seek help or stand up to their bullies.

**Polacco, Patricia. *Thank You, Mr. Falker*. New York: Philomel Books, 1998. Print.**  
**Recommended Age: 8-10 years old**

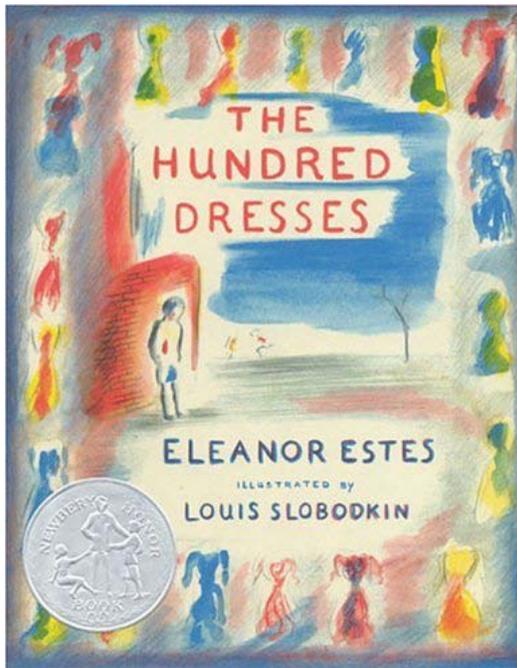


In *Thank You, Mr. Falker*, a little girl named Trisha cannot read. She has always loved books, but when she gets to kindergarten and all the other children start reading, she cannot. All the way through school, until fifth grade, Trish is made fun of because she cannot read. Then her fifth grade teacher, Mr. Falker, realizes she is having troubles, and he and the school reading teacher spend extra time with Trish until she can read on her own.

Trish wrote this book thirty years after this book took place. Because of this, the book has a lot of meaning. It truly has the ability to give children hope that things can change. This book could be read individually or one-on-one. It could also be read to a class to encourage support of others' strengths rather than making fun of others' weaknesses. It can help students find their own strengths.

**Estes, Eleanor. *The Hundred Dresses*. Illus. by Louis Slobodkin. Orlando: Harcourt, Inc., 1944 and 1972. Print.**

**Recommended Age: 8-11 years old**



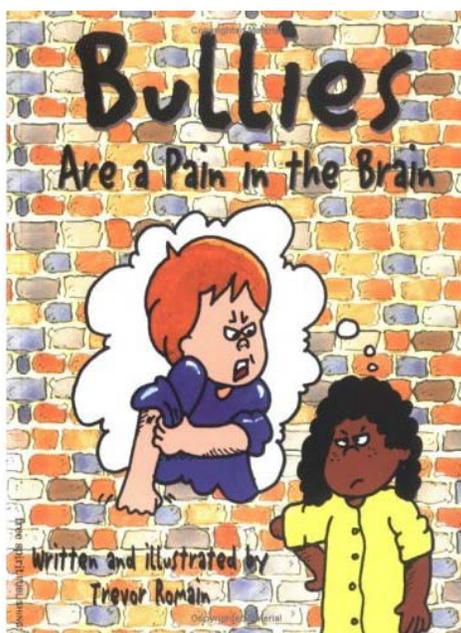
Wanda Petronski gets made fun of because she wears the same dress to school every day and because her last name is so different. One day she tells some of the girls in her class that she has one hundred dresses at home lined up in her closet. They tease her about her dresses every day and wonder why she never wears those ones to school. One week Wanda stops showing up for school. That same week the results of the dress drawing contest come out and Wanda wins because she has drawn one hundred beautiful dresses, some of which are drawn on her classmates. The class also receives a letter from Wanda's father, in which he says they have moved to a big city.

This book is good for individual reading. It can help the reader realize that their words and actions have an effect on other people. It can also help illustrate the importance of forgiveness and being kind.

**Romain, Trevor. *Bullies Are a Pain in the Brain*. Minneapolis, Minnesota: Free Spirit Publishing Inc., 1997. Print.**

**Recommended Age: 8-12 years old**

**Non-Fiction**



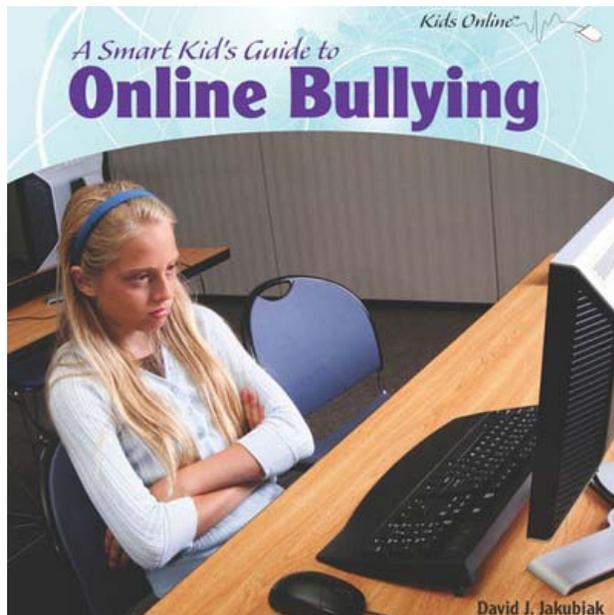
In *Bullies Are a Pain in the Brain*, Romain informs the reader about bullying. He says why bullies become the way they do, how children who are being bullied can stand up for themselves, and what not to do when dealing with bullies. He is also sure to include how bullies can change, so that if a child who is a bully reads the book, he/she can see how to change.

This book could be read individually. It could also be read in a classroom to help prevent bullying from starting. It has great advice on how to deal with bullies and what to do. It also has a section for parents and teachers. This is a great resource for children who need to find the courage to stand up for themselves. Romain also uses humor to make the subject seem a little less intimidating and more relatable for children.

**Jakubiak, David J. *A Smart Kid's Guide to Online Bullying*. New York: Power Kids Press, 2010. Print.**

**Recommended Age: 8-12 years old**

**Non-Fiction**

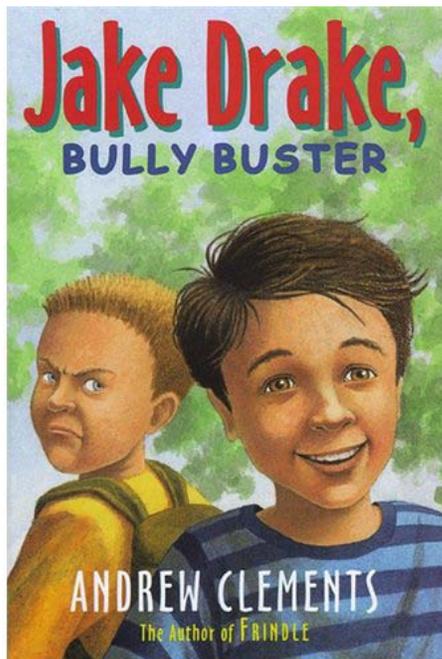


*A Smart Kid's Guide to Online Bullying* has a lot of information about cyber bullying. It discusses what a cyber bully is, how cyber bullies bully (text messages, emails, posting mean messages or pictures on personal websites, etc.), and why they bully the way they do. The author also discusses ways to “build evidence” against the bullies and how to get help. He gives pointers on how to be safe while online and how to not become a cyber bully.

This book can be a very useful tool for informing students about bullying. I think it would be a great resource for children in school. It could be used individually or a teacher could use it in a lesson.

**Clements, Andrew. *Jake Drake, Bully Buster*. Illus. by Amanda Harvey. Simon & Schuster Books for Young Readers: New York, 2001. Print.**

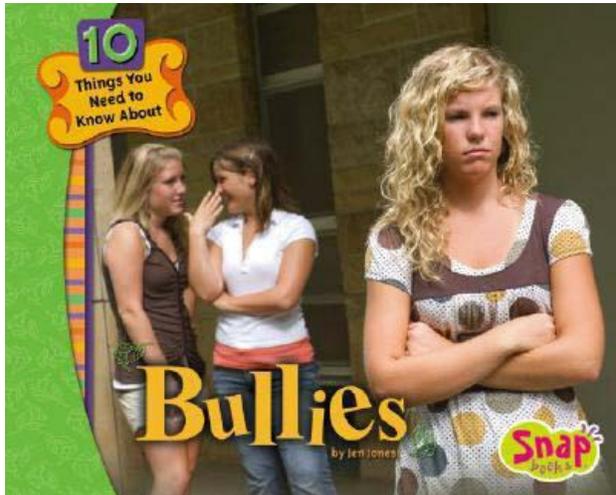
**Recommended Age: 9-11 years old**



Jake Drake has been bullied since he first started school at the age of three. Each year he has had a different bully, and during this book he recounts his second grade year and his bully named Link Baxter. Link called Jake names, broke his pens, made fun of Jake when he got water on his pants, and many other things. The boys' teacher assigned a project, and the two boys had to work on it together. One day, they worked on the project at Link's home, and Jake realized the reason why Link was a bully; his older sister treated Link just like Link treated Jake. Because Jake saw what cause a part of Link's behavior, Jake was nice to Link when he needed it the most.

This book would be good to read as a class or individually. It can make children see the depth in each other and realize that things are not always just how they look on the surface. It can also illustrate how being kind can make a difference.

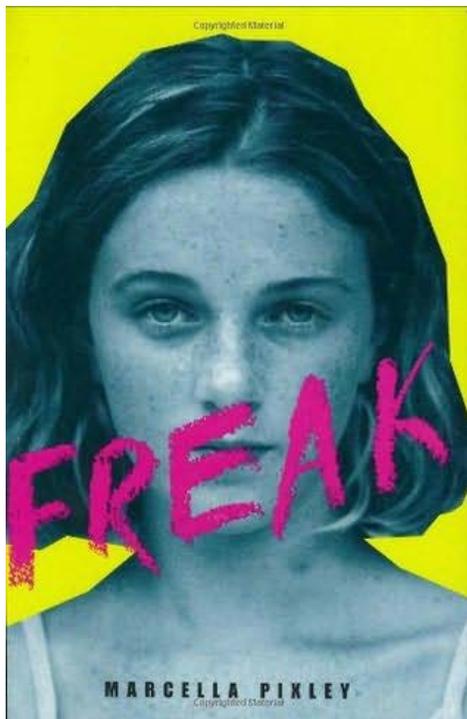
**Jones, Jen. *10 Things You Need to Know About Bullies*. Mankato, Minnesota: Capstone Press, 2008. Print.**  
**Recommended Age: 9-13 years old**  
**Non-Fiction**



In *10 Things You Need to Know About Bullies*, Jones makes observations about bullies. She helps comfort children who are being bullied, addresses different types of bullies, addresses reasons why children bully, and suggests ways to “take back your power” if you’re being bullied. She helps give hope to victims by showing that students taking action can stop bullying.

This book can be read individually or possibly in a classroom setting. It is very informative and can be a wake-up call for some children. It can encourage children to be more aware of others feelings as well as give courage to those being bullied.

**Pixley, Marcella. *Freak*. New York: Melanie Kroupa Books, 2007. Print.**  
**Recommended Age: 10-13 years old**



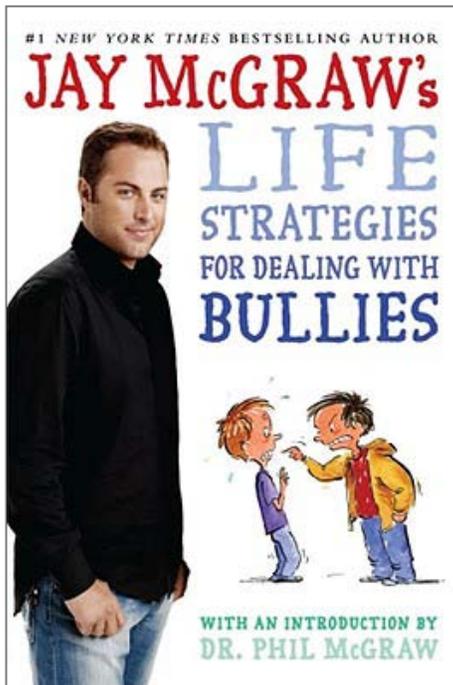
Seventh grade Miriam, who writes poetry and reads the dictionary for fun, must learn to be courageous when it comes to dealing with the bullies who mock her appearance and intellect. Her older sister Deborah, who used to be one of Miriam’s best friends, has changed a lot in the last year and become part of the “in-crowd” at the high school. Artie, the boy whom Miriam has been in love with for years, moves in with her family when his own family moves during his senior year. He starts dating Deborah. Miriam stands up for herself against a girl bully, but later she saves this girl from abuse at a party.

This book would be good for individual reading. It could be good for someone who is being bullied or someone who bullies. Because it is told in first person and deals with common high school issues, it allows the reader to empathize with Miriam.

**McGraw, Jay. *Life Strategies for Dealing With Bullies*. Illus. by Steve Bjorkman. New York: Aladdin, 2008. Print.**

**Recommended Age: 10-17 years old**

**Non- Fiction**



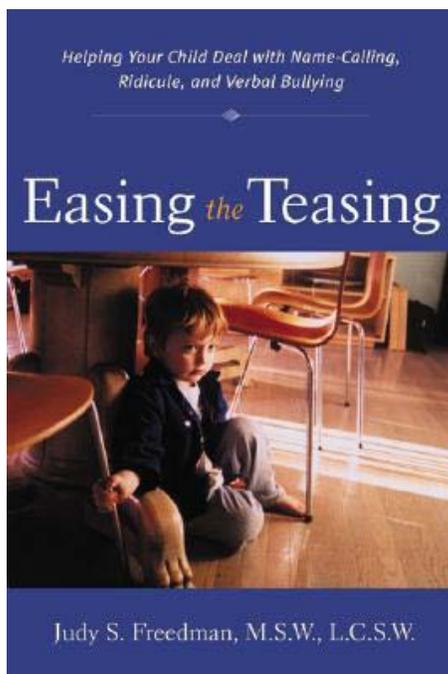
McGraw writes this book to children. He discusses what bullying is, different kinds of Internet bullying, and why kids bully other. He also goes into detail about what damage bullying can cause, how you know you are being bullied, and how you know if you are a bully. He gives kids who do bully suggestions on how to stop bullying and be aware of their actions and thought processes. He also provides journal exercises that can help children work through the way they think. McGraw then goes on to discuss ways that children can take on bullying.

This book is great for both the children being bullied and the children who are bullying. It gives the point of view of both sides and allows children to see how their actions affect others. It could also be a good resource for parents to use to help their children work through these kind of issues.

**Freedman, Judy S. *Easing the Teasing*. Chicago: Contemporary Books, 2002. Print.**

**Recommended Age: Adults**

**Non-Fiction**



Freedman discusses the differences between teasing and bullying. She gives parents suggestions on how to teach their children to cope with teasing. She gives parents methods to investigate situations they have not witnessed to help them assess the severity of the situation. Freedman gives many useful tips to adults, both parents and teachers. She gives parents tools to teach their children, so the children have the ability to stand up for themselves.

Because Freedman worked with elementary school students for many years, she knows how children deal with situations like teasing. She has also helped counsel children who have been teased throughout their lives and works with them on coping with it correctly. This book is a great tool for parents and teachers who have children who are being teased.