Bibliotherapy for Middle and High School Students

**Middle School**

**Carlos is Gonna Get It by Kevin Emerson**

"The jungle of middle-school peer pressure is the setting of this gripping story...perfectly captures the classroom power struggles of friends and enemies, as well as the terror of being an outsider if you don't go along with the group. The dialogue is right on, as is the hurt of betrayal and the guilt that cannot be resolved.

**Poison Ivy, by Amy Goldman Koss**

In a government class at school, a group of girls goes on "trial" for their bullying of a classmate they call "Poison Ivy". You will hear eight different perceptions on the same event as you go into the mind of each girl. It’s interesting and enlightening to learn how our individual human nature can see the same things differently. Marco believes if someone gets on your nerves, it is justifiable to be mean to them, it is a reality. Get into the minds of these characters and see just how our schools societies really are.

**Bullying Under Attack: True Stories Written by Teen Victims, Bullies & Bystanders**

Helps explain the subtleties of harassment, helping readers understand that there is more to unkind words and behavior than "just joking around." These teens’ essays are both empowering and inspiring. Readers will discover that the bullies are often times incorrectly labeled as bad kids, but many are simply trying to fit in, despite their own insecurities and fears. Bullies, Targets and Bystanders share their experiences and insights hoping to help and empower others. The section voiced by The Bystander shares tales of those who have regretfully watched and those who have stepped up to help others in hopes to inspire others! Targets will tell their stories and how they learned to find their own voice to break the cycle.

**High School**

**Please Stop Laughing at Me, by Jodee Blanco**

This is an autobiographical account of one girl’s experience at the hands of a vicious bully. In her poignant work, Jodee Blanco tells how school became a frightening and painful place, where threats, humiliation, and assault were as much a part of her daily experience as bubblegum and lip-gloss were for others. It is an unflinching look at what it means to be an outcast, how even the most loving parents can get it wrong, why schools fail, and how bullying is both misunderstood and mishandled.

**Thirteen reasons why, by Jay Asher**

Fay Prairie...Speaker...Counselor...www.fayprairie.com...fay@fayprairie.com...507-829-0181
A high school student receives a box of audio tapes from a classmate who recently committed suicide in which she explains why she did it and what influenced her decision. It makes you think about how much one little thing you say or do to someone can affect them. It may have been something big, somewhat small, or something seemingly innocent. But it all leads up to Hannah not being able to cope by herself even when she reaches out for help. If anyone can read this and see themselves in it and make changes - or even better see someone else and reach out in compassion, this book will have a huge effect.

**I Wrote on All Four Walls: Teens Speak Out on Violence, Fran Fernly**

*I Wrote on All Four Walls* collects the harrowing stories of nine teenagers who have witnessed, been the victim of, or instigated acts of violence... sometimes all three. In their own words, these teens offer thoughtful testimony on how such experiences have impacted on their lives, and their choices in dealing with those repercussions. Each experience is as unique and complex as the teens themselves. But one common element is clear: violence builds walls, and these teens want to speak up and break out

**Speak, by Laurie Halse Anderson**

Melinda Sordino, a student with good grades and great friends, has made some mistakes. At the end of a summer party she calls the cops, yet when they arrive she doesn't tell them anything. Back at school the next year, her friends won't speak to her, and people she doesn't even know hate her as the fink who wrecked everybody's party, and her grades start dropping. Her relationship with her parents deteriorates quickly. She becomes sullen, and withdrawn. However this picture is not the whole story.

Her parents know something is wrong but cannot get her to open up. Her only hope is her art teacher; he realizes something is very wrong and through the assignments he gives her tries to draw her out.

This is a story of a girl who is abused, and who doesn't know how to talk about it, but in keeping it inside she is self-destructing. Can Melinda find her voice and speak of her sorrow, or will her silence destroy her?

**Bullying in Schools, What you Need to Know, Paul Langan**

- To order: 800-772-9410 or [www.townsendpress.com](http://www.townsendpress.com)

Includes real life scenarios and discussion questions to use with students at the end of each chapter.

Bullying in Schools is a powerful and practical resource for students, parents, and educators. Respectful and empathetic, the book examines the problem of bullying and works to combat it