

BOOKS ABOUT BULLYING

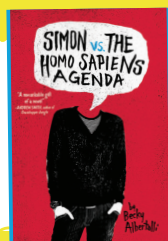
13-17 YEARS



Heartstopper

Alice Oseman

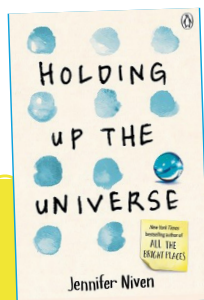
Charlie Spring is in Year 10 at Truham Grammar School for Boys. The past year hasn't been too great, but at least he's not being bullied anymore. Nick Nelson is in Year 11 and on the school rugby team. He's heard a little about Charlie - the kid who was outed last year and bullied for a few months - but he's never had the opportunity to talk to him.



Simon vs the Homo Sapiens Agenda

Becky Albertalli

Sixteen year old, and not so openly gay, Simon Spiers prefers to save his drama for the school musical. But when an email falls into the wrong hands, his secret is at risk of being thrust into the spotlight.



Holding Up the Universe

Jennifer Niven

Holding Up the Universe follows the relationship that grows between Libby Strout and Jack Masselin, two teens who meet because of a vicious bullying "game" that lands them in group counselling. Libby, who became known as "America's Fattest Teen" when she had to be cut out of her home, is returning to school after years away mourning her mother and tending to her own health. Jack is hiding the fact he can't recognize faces, not even his own, so he overcompensates by trying to be the life of the party. To protect himself, he ends up making Libby a target for bullies. But Libby can stand her ground, and her confidence, enthusiasm, and hope make Jack take a long, hard look at his own choices.



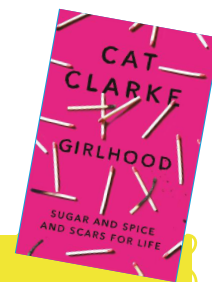
All the Bright Places

Jennifer Niven

Theodore Finch is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him.

Violet Markey lives for the future, counting the days until graduation, when she can escape her Indiana town and her aching grief in the wake of her sister's recent death.

When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the 'natural wonders' of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself - a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink.



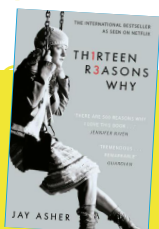
Girlhood

Cat Clarke

Harper has tried to forget the past and fit in at expensive boarding school Duncraggan Academy. Her new group of friends are tight; the kind of girls who Harper knows have her back. But Harper can't escape the guilt of her twin sister's Jenna's death, and her own part in it - and she knows no one else will ever really understand.

But new girl Kirsty seems to get Harper in ways she never expected. She has lost a sister too. Harper finally feels secure. She finally feels...loved. As if she can grow beyond the person she was when Jenna died.

Then Kirsty's behaviour becomes more erratic. Why is her life a perfect mirror of Harper's? And why is she so obsessed with Harper's lost sister? Soon, Harper's closeness with Kirsty begins to threaten her other relationships, and her own sense of identity. How can Harper get back to the person she wants to be, and to the girls who mean the most to her?



Thirteen Reasons Why

Jay Asher

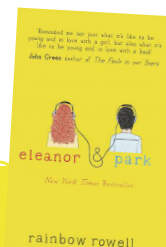
The recordings of a girl named Hannah Baker, who committed suicide, helping her lover, Clay Jensen uncover the story behind her death so that he is able to confront each and every single one of the culprits who led to her suicide...



How to Hang a Witch

Adriana Mather

After Sam's father is hospitalised, she has to move from New York to Salem with her stepmother, Vivian. Unfortunately, Sam is related to Cotton Mather, one of the men responsible for the Salem Witch Trials, and to say she feels unwelcome in Salem is an understatement... She is particularly unnerved by The Descendants, a mysterious and tight-knit group of girls related to those persecuted in the Trials. At the same time, she must deal with Elijah, the handsome but angry ghost who has appeared in her house, and her new neighbour Jaxon, only complicates things further. When a centuries-old curse is rekindled, Sam finds herself at the centre of it. Can she stop history repeating itself?



Eleanor and Park

Rainbow Rowell

Eleanor Douglas and Park Sheridan are two star crossed teens living in 1980s Omaha, trying to get through their own struggles, while figuring out the complicated matter of first love...

Anti-Bullying Reading Activities for 13-17 years

Our Youth Action Group suggested three reading lists for learners up to Age 6, Age 7-12 and Age 13 and over, to help them explore anti-bullying themes and outcomes as well as showing support for our 'Listen Up! (Respect our Rights)' campaign.

You can introduce the learners to the campaign theme and call to action using our **Assembly Video**, available at www.respectme.org.uk/listenup. We also have free learning resources aimed at Early Years, Primary and Secondary ages available for download.

Anti-bullying books:

13-17 years

Books help to develop children and young people's imagination, creativity, empathy and emotional intelligence. They are also a useful way to explore – and even launch discussions about experiences of bullying and the impacts bullying behaviour can have.

You will need

- Access to books on the reading list, via your school or local library
- Pencils/pens
- Paper/coloured paper
- Access to photocopier

Anti-Bullying Week reading challenge

Invite learners to read then write a short review of a book from the list (perhaps on a postcard or small piece of paper). Display reviews on the wall or around the room. Another option is to use leaf shapes for the reviews, creating a reading tree display on the wall.

Extended task options

Writing tasks: Ask learners to select one of the following...

1. Write a diary entry from the perspective of a character in the book – this must not be the main character. Explain what has happened and how they feel about it.
2. Imagine the main character is their friend. Write a short drama script between the two of them, in which the child helps – or talks about a situation with – the main character.
3. Write about a time they have experienced bullying, describing how they felt at the time. This may also include how they resolved or moved on from the situation
4. Write their own short story about bullying. This task may also work as a lesson on writing dialogue.

ANTI-BULLYING WEEK

Monday 13 to Friday 17 November 2023

Anti-Bullying Reading Activities for 13-17 years

Discussion tasks:

Use the books as a launching point to discuss bullying. You could cover:

- the different ways that bullying happens
- how bullying feels
- how learners can help a friend who is being bullied
- what learners can do if they are being bullied.

Use our anti-bullying reading activities as a launch point for use within citizenship studies:

1. Discuss with learners your school or group's anti-bullying culture, and the ways in which that culture could be improved.
2. Invite learners to undertake some research on anti-bullying policy and practice at www.respectme.org.uk
 - Print off the 'Listen Up! (Respect our Rights)' '5 Step Action Plan' and discuss each action point with your group of learners. Work as a group to discuss and agree ways to help improve anti-bullying culture. You can find more information at www.respectme.org.uk/listenup.

Bullying can be an emotive subject that can trigger some difficult feelings. Children and young people should be encouraged to speak to the sponsoring adult if this occurs, or contact Childline Scotland on 0800 1111 to speak to someone anonymously.

Further information

Visit the Book Trust's website for [A teacher's guide to the books that help children being bullied | BookTrust](#)

Share your book reviews with us!

Engage further in the 'Listen Up! (Respect our Rights)' campaign by sharing photos of the finished book review displays on social media. Remember to tag us [@_respectme_](#) on Twitter, and to include **#AntiBullyingWeek** and **#ImListening in** your post.

