

Confessions of a Former Bully

Ludwig, T., 2010

Project Prevent and Address Bullying (PPAB)

for students with disabilities

BOOK
REVIEW

Northern Illinois University | School Psychology Program

COST: \$5.99 – \$7.99 on Amazon

PUBLISHER: Dragonfly Books, New York, 2010

Description of content:

After elementary school student Katie gets into trouble for bullying a peer on the playground, she faces three consequences — spending three lunch periods in the principal's office thinking about what she did wrong and what she could do better next time, having weekly meetings with the school counselor, and figuring out how she can make it up to the peers she bullied. When the school counselor discovers Katie's journal documenting what she learned about bullying, Katie decides to right her wrongs by turning her journal into a book for kids about bullying so that others could learn from her mistakes and how to intervene when they are a victim or bystander.

Strengths:

- Developmentally appropriate and engaging for an elementary school-aged child.
- Parents, teachers, and counselors could read this book with their children.
- Teaches terminology regarding bullying and highlights examples of physical, verbal, and relational aggression as well as cyberbullying.
- Describes one exhibiting bully-role behaviors as wearing “the bully hat” versus a static role as a bully.
- Provides examples using a “tool belt” for what to do when being bullied, and suggests that not all tools may work for all kids.
- Includes resources about bullying such as organizations, websites, and book recommendations in the back of the book for parents, teachers, and counselors.

Limitations:

- The book is more appropriate for older elementary-aged students, but can be utilized with younger students with the assistance of an adult.

Audience:

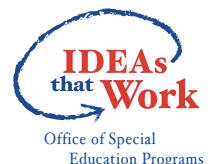
- Elementary school children.



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