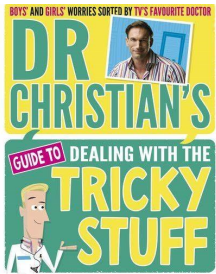


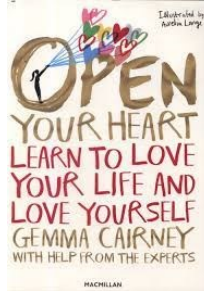
Books for Teens



Dr Christian's guide to dealing with the tricky stuff

Christian Jessen

Teens non-fiction
61206 JES

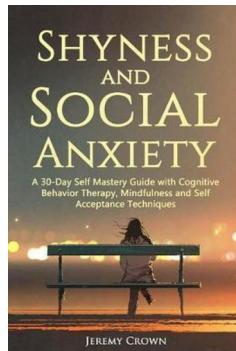


Open your heart

Gemma Cairney

From heartbreak and heartache to body image and everything in between, this book will help you learn to love your body, your friends and your family.

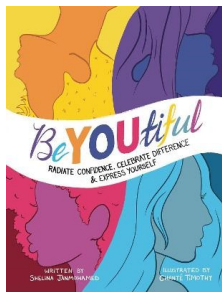
Teens non-fiction 158.1 CAL



Shyness and social anxiety: a 30-day self mastery guide with cognitive behavioural therapy, mindfulness and self acceptance techniques

Jeremy Crown

Teens non-fiction 158.2 CRO



BeYOUtiful: radiate confidence, celebrate difference, & express yourself

Shelina Zahra Janmohamed

Teens non-fiction 158.1 JAN

Find more in the Teen's collection by the computer suite on the first floor

Useful websites

Bullyingfree.nz: www.bullyingfree.nz

Bullying at school:

parents.education.govt.nz/primary-school/wellbeing/bullying

Bullying in the workplace:

www.employment.govt.nz/resolving-problems/types-of-problems/bullying-harassment-and-discrimination/bullying/

HealthEd: www.healthed.govt.nz

Health Navigator: www.healthnavigator.org.nz

Netsafe Cyberbullying: Information and advice about cyberbullying for young people, parents and teachers.

www.netsafe.org.nz

Keeping your kids safe online: Information for parents on creating a safe learning and social environment for your children at home.

www.netsafe.org.nz

 1127 Haupapa Street, Rotorua

 www.rotorualibrary.govt.nz

 library@rotorualc.nz

 www.facebook.com/rotorualibrary

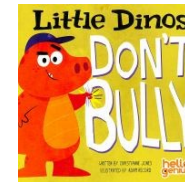
 (07) 348 4177

Anti-bullying



a Library Pathfinder

Children's Books



Little Dinos don't bully

Brad Marshall

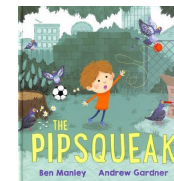
Little Dino works on positive behaviours and always tries to be her best self in this encouraging board book. *Board Book*



Lunch from home

Joshua David Stein

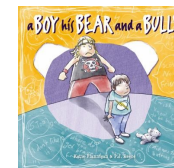
This book addresses multiculturalism and accepting different cultural backgrounds. *Children's Picture Books S*



The Pipsqueak

Ben Manley

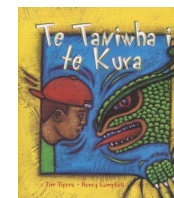
You don't need super powers to be a hero... or to make enemies into friends. In Hero's gang, everyone has a special skill. *Children's Picture Books M*



A boy, his bear and a bully

Katie Flannigan

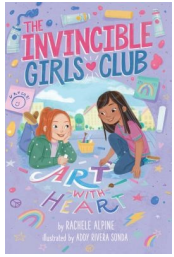
Scott takes Buttons to school with him every day to help him feel brave. He has to, because every day, Duncan is mean to him. *Children's Picture Books F*



Te taniwha i te kura

Tim Tipene

With the help and support from his family, Tama finds a way to tame the bully at school who then becomes his friend. *Children's Māori Collection T*

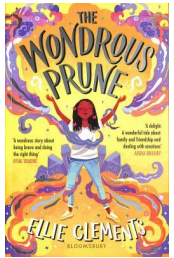


Art with heart

Rachel Alpine

Emelyn and her three best friends use positive words and art to fight back against bullying at school.

Children's Fiction ALP



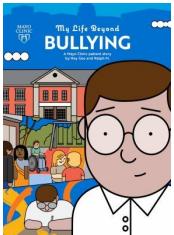
The wondrous Prune

Ellie Clements

Eleven-year-old Prune Robinson is trying to settle in a new town. She figures she can't burden her hard-working mother with the fact she's being bullied.

Children's Fiction CLE

In Nurturing Children's Collection



My life beyond bullying

Hey Gee and Raphy M.

When some kids at Alex's new school start bullying him, he just wants to escape.

Nurturing Children 302.34 HEY

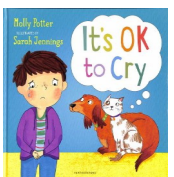


Leo and the octopus

Isabelle Marinov and Chris Nixon

A stylish, sensitive picture book focusing on Asperger's Syndrome in a unique and humorous way.

Nurturing Children 616.85 MAR

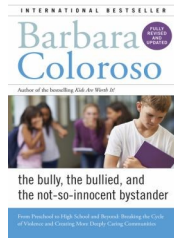


It's OK to cry

Molly Potter and Sarah Jennings

A picture book to help children talk about their feelings.

Nurturing Children 152.4 POT

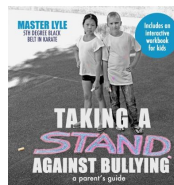


The bully, the bullied and the not-so-innocent bystander

Barbara Coloroso

A guide for parents and educators offering advice on recognising bullying behaviour while making suggestions on how to appropriately discipline bullies, protect children, and formulate constructive school and community practices.

Nurturing Children 371.782 COL



Taking a stand against bullying

Master Lyle

From recognising when bullying is occurring to discerning whether or not your child is the bully themselves, this comprehensive book lays out, in simple, clear language, the root of bullying and how to talk to kids about it.

Nurturing Children 302.343 COL



Stop picking on me: a first look at bullying

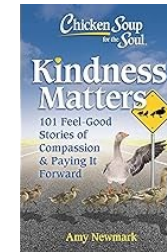
Christianne C. Jones

"Stop Picking On Me looks at the causes and the effects of both physical and verbal bullying and encourages communication of fears and worries to those that can help.

Nurturing Children 371.58 THO

www.rotorualibrary.govt.nz

Adult Non-Fiction Books

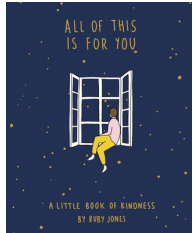


Chicken soup for the soul: kindness matters

Amy Newmark, compiler

101 feel-good stories.

Adult non-fiction 177.7 CHI



All of this for you: A little book of kindness

Ruby Jones

Adult non-fiction 158.1 JON NZ



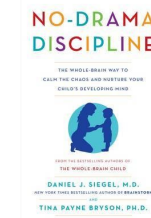
Easy target: taming the black dog

Adam Blum

An inspirational story of a young man's journey from being the victim of bullying to forging fortitude and resilience to battle his perpetrators.

Adult non-fiction 616.8527 BLU

eBooks



No drama discipline

Daniel J. Siegel

The whole-brain way to calm the chaos and nurture your child's developing mind.

In Wheelers ePlatform



Anxious kids

Michael Grose & Dr Jodi Richardson

Learn how to reduce the impact of anxiety, enabling children of all ages to live their lives in full colour.

In Wheelers ePlatform

How children can turn their anxiety into resilience
Reading parenting author
Michael Grose
& Dr Jodi Richardson