

BOOKS RELATED

TO BULLYING BEHAVIOUR



Power of Books



The more that you read, the more things you will know. The more that you learn, the more places you'll go.

This rhyme from [Dr Seuss's I Can Read With My Eyes Shut](#) perfectly encompasses the power that books hold for young people – reading equips young people with knowledge and an increased understanding of who they are and how they fit into the world around them. But more than this, books have the power to change attitudes.

BULLYING BEHAVIOUR AND BOOKS

Here at The Diana Award, we define bullying behaviour as 'repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.'

Bullying behaviour is not exclusive to one group of people and it can happen to anybody.

Perpetrators of bullying behaviour may intentionally target people because of their own prejudice towards aspects of a person's identity, such as their ethnicity, disability, sexual orientation, or religion. Intentionally targeting someone due to protected [characteristics](#) could be considered a '[Hate Crime](#)' and is illegal.

Whilst there is literature that directly speaks about experiences of bullying behaviour, books can also be used to challenge forms of prejudice and intolerance.

WHY REPRESENTATION IN BOOKS IS IMPORTANT

White children's book creators had around twice as many books published compared to creators of colour between the years of 2007 and 2017 [[Book Trust](#)].

In 2017, only **4%** of the children's books published featured Black, Asian, or Minority Ethnic characters and only **1%** had a Black, Asian, or Minority Ethnic main character [[Centre for Literacy in Primary Education](#)].

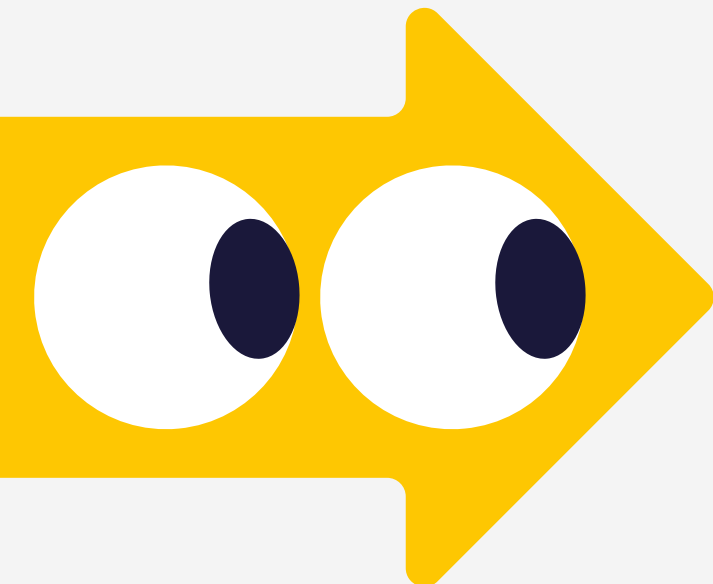
In a 2020 survey, **44.3%** of children who described their gender not as a boy or girl struggled to see themselves in what they read compared to **32.7%** of boys and **32.5%** of girls [[Literacy Trust](#)].

In 1988, [Emily Style](#) suggested that books function as both mirrors and windows. [Donalyn Miller](#) summarised this concept when she said, '**I try to teach my students that books are a mirror, reflecting their own lives, and a window, giving them a peek into someone else's.**'

Like a mirror, a book can help you strengthen your sense of self by reflecting a world you already know. But it can also be like a window and enable you to see a viewpoint that you are unfamiliar with.¹

This is nicely summarized by the following [quotation](#): '**It's important that all children see themselves in books and also recognise the struggles that have been – and continue to be a part of – daily life for many.**'

Young people need to recognise characters like themselves in books so that they can feel positive about who they are. But they also require 'windows' into the experiences of those who are completely different to them and this is the role that a diverse, inclusive reading list can play.



RECOMMENDED READING (KS1 AND KS2)

Here are a sample of the kind of books you could include on your school reading list:

LGBTQ+

- And Tango Makes Three by Justin Richardson and Peter Parnell (Age 3-8)
- Stonewall: A Building, An Uprising, A Revolution by Rob Saunders (Age 5-9)
- Kenny Lives with Erica and Martina by Olly Pike (Age 6+)
- My Princess Boy by Cheryl Kilodavis (Age 6+)
- George by Alex Gino (Age 8-12)

RACE AND RACISM

- Bad Hair Does Not Exist! by Sulma Arzu-Brown (Age 3+)
- I am Brown by Ashok Banker (Age 4-8)
- Sulwe by Lupita Nyong'o (Age 5-7)
- Stories for South Asian Super Girls by Raj Kaur Khaira (Age 5-12)
- Young, Gifted, and Black: Meet 52 Black Heroes from Past and Present by Jamia Wilson (Age 8-11)
- This Book is Anti-Racist: 20 Lessons on how to Wake Up, Take Action, and Do the Work by Tiffany Jewell (Age 10+)

DISABILITY & SEN

- Pablo and the Noisy Party (Age 3-7)
- I am NOT a label: 34 Disabled Artists, Thinkers, Athletes and Activists from Past and Present by Cerrie Burnell (Age 9-11)
- Can you see me? by Libby Scott and Rebecca Westcott (Age 9+)

RELIGIOUS TOLERANCE

- Hats of Faith by Medeia Cohan (Age 2-6)
- The Proudest Blue: A Story of Hijab and Family by Ibtihaj Muhammad and S. K. Ali (Age 6-8)
- Lailah's Lunchbox: A Ramadan Story by Reem Faruqi (Age 5-8)

OTHER RECOMMENDED READING LISTS:

GENERAL

- [Book Trust Book Finder](#)
- [25 Children's Books That Celebrate Differences](#)
- [19 Best Children's Books to help teach kids about diversity](#)

LGBTQ+:

- Book Trust - [LGBT Picture Books](#)
- Read Brightly - [9 Great LGBTQ Books For Kids](#)
- Healthline - [8 Children's Books That Represent Same-Sex Parents](#)

RACE AND RACISM:

- Book Trust - [Black History Month](#)
- Read Brightly - [13 Books for Kids that Celebrate All Things Asian](#)

DISABILITY:

- Book Trust - [Disability and Books](#)

We would also encourage you to develop an inclusive approach to selecting the books you have in school. Here are two useful how-to guides:

- Book Trust – [How to Choose The Best Inclusive Books](#)
- Lee and Low Books – [8 steps to Creating A Diverse Book Collection](#)

You can also access more quotes about the importance of having 'windows and mirrors' [here](#).

WAYS TO ACCESS BOOKS

We know it may be difficult for the school or parents/carers to purchase new books for young people. Here are some websites and organisations that offer free resources or support relating to sourcing books:

- 1_ [Virtual School Library](#)
- 2_ [Libraries Connected](#)
- 3_ [Book Trust](#)
- 4_ [BorrowBox](#)

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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