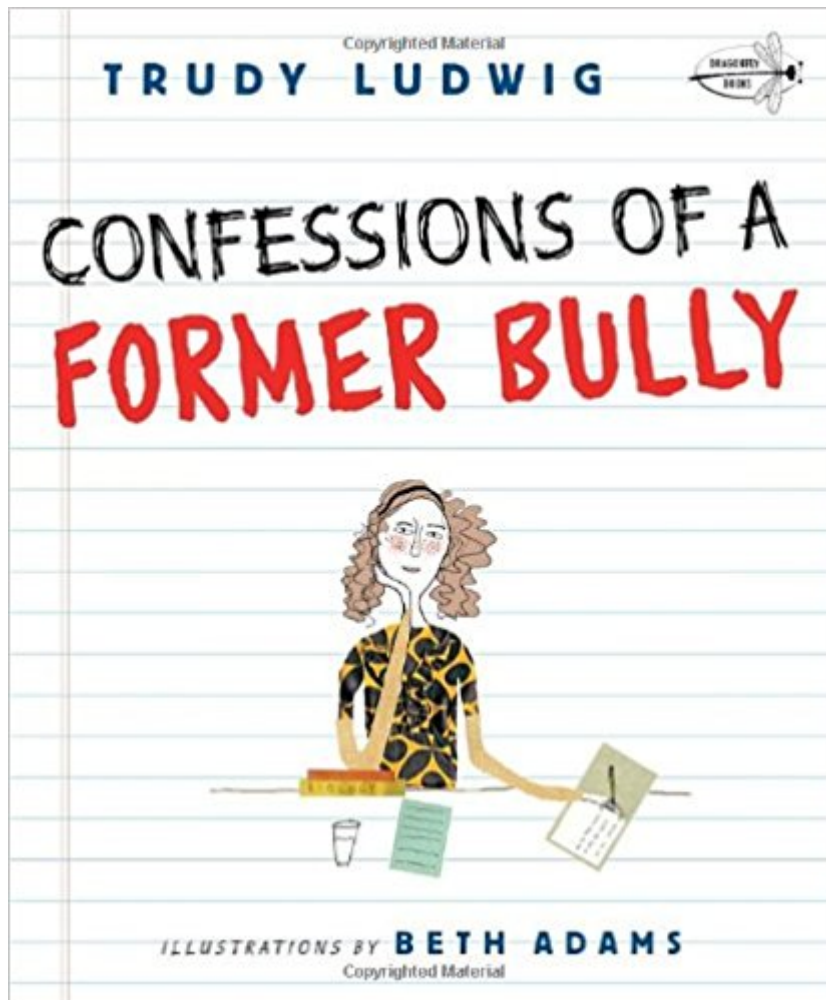


The book was found

Confessions Of A Former Bully



Synopsis

After Katie gets caught teasing a schoolmate, she's told to meet with Mrs. Petrowski, the school counselor, so she can make right her wrong and learn to be a better friend. Bothered at first, it doesn't take long before Katie realizes that bullying has hurt not only the people around her, but her, too. Told from the unusual point of view of the bullier rather than the bullied, *Confessions of a Former Bully* provides kids with real life tools they can use to identify and stop relational aggression. From the Hardcover edition.

Book Information

Lexile Measure: 0810 (What's this?)

Paperback: 48 pages

Publisher: Dragonfly Books; Reprint edition (July 10, 2012)

Language: English

ISBN-10: 0307931137

ISBN-13: 978-0307931139

Product Dimensions: 7.5 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 77 customer reviews

Best Sellers Rank: #61,001 in Books (See Top 100 in Books) #15 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Dysfunctional Relationships](#) #39 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse](#) #146 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Bullies](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Gr 3-6—In a fictional scrapbook, a self-confessed former bully recounts both her own actions as a perpetrator and the steps she took to rectify her behavior. Under the guise of giving an insider's look, Katie provides information about why bullies do what they do and some possible steps that targets and bystanders can take to stand up to them. Meant to offer advice, the insights occasionally feel too adult to be truly accessible to kids, but the language and casual writing style are age appropriate. Despite the moments when Katie's transformation seems too pat and convenient to be believable, the advice is sound and there are specific examples that will be helpful,

even if older readers may feel as though they've heard it all before. Jotted notes, doodles, and related quotes are peppered throughout, adding to the scrapbook format. The illustrations are a mix of collage and drawings; they are fun but not particularly noteworthy. Further reading for children and adults, as well as the websites listed at the end of the book, are useful resources. Jody Kopple, Shady Hill School, Cambridge, MA
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Ten-year-old Katie finds herself where no child wants to be, in the principal's office with both her parents. Caught bullying a friend on the school playground, she must meet with the school counselor once a week and figure out how to atone for her actions. As Katie learns more about herself and her options, she keeps a diary-like notebook of reflections and advice as well as facts about physical, emotional, and cyberbullying; why people bully others; and what tools kids can use when they experience or witness bullying. In a style similar to Marissa Moss's Amelia's Notebook series, Katie's notebook features childlike drawings, and cartoons with digital-collage elements combine with boxed facts and quotes to brighten the pages. Although the story may be a vehicle for information, the many children looking for advice on bullying will find this journal more thought-provoking, practical, and readable than many nonfiction books on the subject. Grades 3-5. --Carolyn Phelan --This text refers to the Library Binding edition.

My daughter is a bully. I've talked to her. Done different exercises to try to show her what she is doing. Yet she keeps doing it. So I decided to give this book a try. I really liked the way it was formatted and super relatable for a 2nd grader. "Mom looked like she sucked a lemon. Dad looked like steam was coming out of his ear." If that doesn't depict my husband and myself I don't know what will? It was written like a journal with pictures and facts through out the book to keep the interest. One Saturday while I went to work, I left this book for my daughter and printed out a book report template. I told her I wanted her to read this book and write a book report for me. She comes to me when I get home and shows me it. Impromptu I asked her to help me write down all the things she realized she does as a bully. She of course was "Mama I don't do those things!", after I told her she was in a "safe zone" we started to work together to write down all the things she has done as a bully using the book to help. My goal was to fill the whole page up but I didn't tell her this. After we filled the page, I made a point to have her see how we filled the whole page with all of her actions. From there I went through each bullying moment and asked her how she would feel if someone did

this to her? Four things repeated themselves over and over 1. Emotionally Hurt 2. Physically Hurt 3. Lose friends 4. No Trust I truly felt like it was a great learning moment for us.

Great book, written from the point of view of the BULLY, not the victims of the bully, which is a refreshing change. What I do wish, however, is that there had been this passage "One day, at the science fair, Lucy had made a beautiful model of the planets of the solar system. Jessie and Sharron saw it and were so jealous that they did something dreadful. Jessie knocked the model off the table and both she and Sharron stomped on it, despite Lucy's tearful pleas for them to stop and Mark's grabbing their shoulders and saying "Stop it, that's not cool." When they finally stopped the model was completely ruined and poor Lucy was left to pick up the pieces; she was crying bitterly. A teacher came up just then and asked what was wrong and she said "Jessie and Sharron wrecked my model and Katie let them." "Right" said Mrs Attwood "you, Jessie, Sharron and Katie can make a new model for Lucy." "Why should I have to?" I asked "I didn't do anything.", but then I stopped and thought. My "I didn't do anything" had two sides to it. I didn't stomp on the model, but I didn't try to stop Jessie and Sharron, so maybe I was just as bad and deserved to have to help Lucy repair her model just as much.", and when I told Mrs Attwood that, she agreed. We finally had the model almost as good as new again and Lucy won a prize, which was a bar of chocolate which she wanted to share with us, but we wouldn't let her; it wouldn't be fair. A few weeks later, I saw a boy who was at least two years older than I was holding tightly onto Emma's arms and Emma was crying and begging him to let go and I went over and said "Stop that; you're hurting Emma." "Huh" he said "what's it to you, you little pipsqueak?" I tried to prise Emma's arms out of his hands, but he pushed me over into a puddle of mud which made me really angry, but I knew that if I lost my temper and hit him, that would just put me in the wrong; and it would make me as bad as Bruce so I said "I'll go and tell a teacher, then", and just then Miss Harris turned up and said "Bruce, let Emma go", and he did so. She then told him his behaviour was totally unacceptable and as a consequence he would have to spend the remaining Fridays of that term on detention. She then turned to me and said "Well, I'm glad to see you've learnt your lesson from what happened with Lucy's model. You were being an active bystander, and that's the best kind of bystander to be."

It recently came to my attention that my daughter's behaviour at school wasn't nice. In fact, she was being mean to some girls. I started looking for resources. I didn't want the perspective of the person being bullied; I wanted to hear from the mean girl. I started reading this book, and then told my daughter about it. I told her she wasn't a bully, but that her behaviour was moving in that direction. (It's so important to talk about how a child acts rather than how they are. Bullying behaviour is more easily changed than the identity of a bully.) She read it and was open to talking about it. I think she has a better sense now of where bullying comes from, and I think it will continue to give us a place to talk from.

As an elementary school counselor I'm always looking for books to help me with classroom lessons. This book has a TON of great information and is interesting to read, plus my 5th graders really liked it (and the activities I added to the book). Here is my breakdown of the pros and cons for me. Pros: The book is easy to read and listen to. It gives examples of mean behaviors that aren't physical that can be bullying. It gives facts about bullying and has some great quotes that lead to interesting discussions with the students. The book explains that bullying is something that you choose to do, and that you can choose to stop. My favorite part is the Empowering Tools, which shows students things they can do when someone says something mean to them. I made this into an activity and had my 5th graders act out the empowering tools. They liked it and it helped them see the tools in action. Cons: The book does not talk about how bullying is mean behaviors that are REPEATED. So one mean thing that someone says once is not bullying. While I like this book it is very long to read, approximately 40-45 minutes. This is a long chunk of time to take away from teachers. Plus, because it's so long there's no way I can read this book with my younger students. There are very little pictures, mostly just words so they'd get bored. Overall it's a great book with great info. But it is not long and in my opinion geared towards older students.

This is a great book to discuss bullying with your children, friends, students (if a teacher this is an amazing resource to plan a 5 week lesson plan on bullying, discussing alternatives, enlightening for future knowledge, and more.), and any where kids may encounter a bully. Everyone can learn what is bullying, how to redirect it, and how to make healthy choices.

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