

Escape. Connect. Relate.

Bullying & Cyber Bullying

Bullying - There is no legal definition of bullying however it is usually defined as repeated behaviour which is intended to hurt someone emotionally or physically, and is often aimed at certain people because of their race, religion, gender, sexual orientation or any other aspect such as appearance/disability.

Bullying can take many forms including - physical assault, teasing, making threats, name calling, and cyberbullying.

Cyber-bullying - is bullying through a mobile phone or online (e.g. by email or on social media) Cyber-bullying is as serious as any other forms of bullying.





ECR Suggested Reads

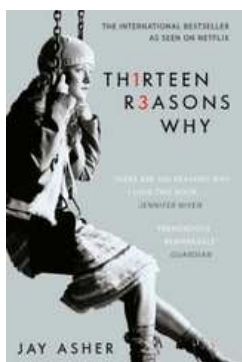
Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



7 Days, by Eve Ainsworth

School should be a safe place for Jess, - but thanks to Kez and her friends, it's everything she dreads. Despite being popular, Kez's life isn't any sweeter. She clings to the fact she is better off than Jess - or so she thinks... Told from the point of view of the bullied and the bully, this is story of two girls locked in battle with each other and themselves, spiralling towards a shocking conclusion.

S3+



Thirteen Reasons Why, by Jay Asher

Clay Jensen returns home from school to find a mysterious box. Inside he discovers 13 cassette tapes recorded by Hannah - who committed suicide two weeks earlier. On tape, Hannah explains that there are thirteen reasons why she did what she did - and Clay is one of them. If he listens, he'll find out how he made the list - and it'll change Clay's life forever.

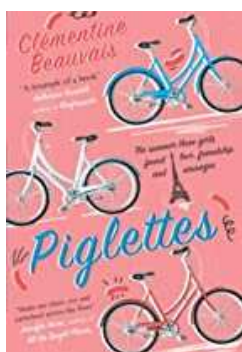
S3+



The Burning, by Laura Bates

There's nothing to trace Anna back to her old life. Nothing to link her to the 'incident'. At least that's what she thinks... until the whispers start up again. As time begins to run out on her secrets, Anna finds herself irresistibly drawn to the tale of Maggie, a local girl accused of witchcraft centuries earlier. A girl whose story has terrifying parallels to Anna's own...

S3



Piglettes, by Clementine Beauvais

Mireille, Astrid and Hakima have been voted the ugliest girls in school by their classmates on Facebook. The friends set off on a roadtrip to Paris. The girls will find fame, friendship and happiness on their journey. Piglettes is a hilarious, beautiful and uplifting story of three girls who are determined not to let online bullying get them down.

S1



You Don't Know Me by Sophia Bennett

What happens if you betray your best friend, on TV in front of millions? The whole world lines up to judge you. When singers Sasha and Rose reach the finals of Killer Act and are told that one of them must go - they make a decision that will change their lives!

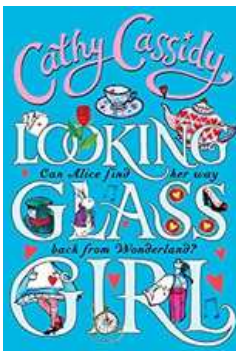
S1+



Last Bus to Everland by Sophie Cameron

Last Bus to Everland is the story of Brody Fair, a gay teen in Edinburgh and the middle child of three, who feels out of place in the world. He's bullied at school, feels like no one cares at home, but then he meets Nico. Nico takes him to Everland, a magical place that opens up every Thursday at 11:21pm.

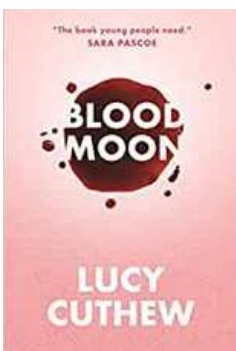
S3+



Looking Glass Girl, by Cathy Cassidy

Alice nearly didn't go to the sleepover. Why would Savvy, queen of the school, invite someone like her? Now Alice is lying unconscious in a hospital bed. Lost in a wonderland of dreams and half-formed memories, she's surrounded by voices. When the accident happened her world vanished - can Alice ever find her way back? A modern-day reimagining of Lewis Carroll's timeless classic.

S1+



Blood Moon by Lucy Cutheo

During Frankie's first sexual experience with lovely Benjamin, she gets her period. It's only blood, they agree. No shame. Then a graphic meme goes viral, turning their fun, intimate afternoon into something mortifying and damaging. As the online shaming takes on a horrifying life of its own, her universe implodes. But can laughter, bravery and the fiercest of friends help Frankie find her way out of the darkness?

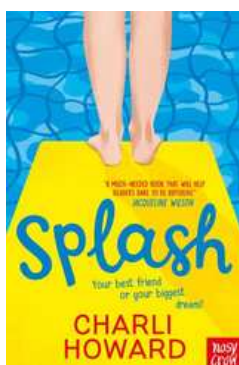
S3+, Verse Novel



Pavee and the Buffer Girl, by Siobhan Dowd

Jim and his family have halted by Dundray and the education people have been round mouthing the law. In school the Traveller kids suffer at the hands of teachers and other pupils alike. The only friendly face is Kit, a settled girl who takes Jim under her wing and teaches him to read. Everyday prejudice and a shocking act of violence see Jim's life uprooted once again.

S1+, Dyslexia Friendly



Splash by Charli Howard

Molly is in her final year of primary school, with secret dreams of becoming an Olympic swimmer. Having always lived in the shadow of her manipulative friend, Chloe, Molly finally has the chance to compete in a regional swimming contest and define herself on her own terms. But with the pressure of fitting in, and the sudden arrival of her mysterious mum, will she give up on her dreams for a shot at popularity?

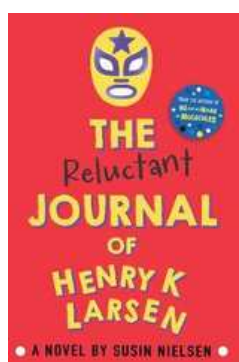
S1+



Between the Lies, by Cathy MacPhail

Judith Tremayne is missing. She just seems to have vanished, until Abbie, a school nobody, receives a message: 'I want to come home'. Why would popular Jude contact loner Abbie? Will she stay missing?

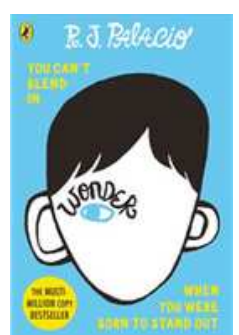
S1+



The Reluctant Journal of Henry K Larsen by Susin Nielsen

Thirteen-year-old wrestling fanatic Henry used to have a normal life. Now, his therapist wants him to keep a journal so he can express his feelings about what happened. He has moved to a new city and lives off a diet of pizza, whilst hiding from the comically overbearing neighbours and avoiding being an obvious target for bullies at his new school. But then he meets Farley and Alberta, social misfits who refuse to let him be alone. And bit by bit, the past begins to come out.

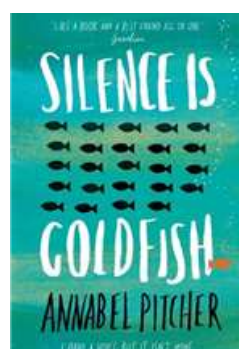
S1+



Wonder, by R J Palacio

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

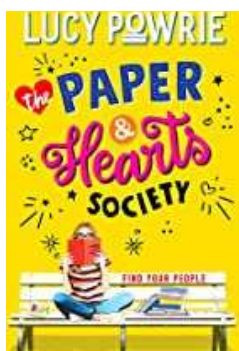
S1+, Series



Silence is Goldfish by Annabel Pitcher

'Fifteen-year-old Tess doesn't mean to become mute. At first, she's just too shocked to speak. And who wouldn't be? Discovering your whole life has been a lie because your dad isn't your real father is a pretty big deal. Tess sets out to find the truth of her identity, and uncovers a secret that could ruin multiple lives. But can she ask for help when she's forgotten how to use her voice?

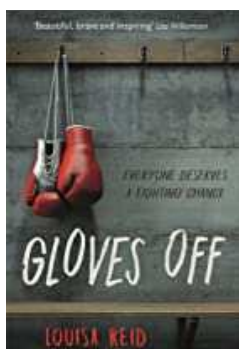
S3+



Paper and Hearts Society, by Lucy Powrie

Tabby Brown is tired of trying to fit in. She doesn't want to go to parties - in fact, she would much rather snuggle up on the sofa with her favourite book. It's like she hasn't found her people ...Then Tabby joins a club that promises to celebrate books. What could go wrong? EVERYTHING - especially when making new friends brings out an AWKWARD BUZZING feeling all over her body.

S1+, Series



Gloves Off, by Louisa Reid

After a particularly terrible bullying incident, Lily's dad determines to give his daughter the tools to fight back. Introducing her to boxing, he encourages Lily to find her own worth. It is both difficult and challenging but in confronting her own fears she finds a way through that illuminates her life and friendships.

S3+, Verse Novel



Stargirl, by Jerry Spinelli

She's as magical as the desert sky. As mysterious as her own name. Nobody knows who she is or where she's from. But everyone loves her for being different. And she captures Leo's heart with just one smile.

S3+, Series



Girl Online, by Zoe Sugg

Under the alias Girl Online, Penny blogs her hidden feelings about friendship, boys, high school drama, her crazy family, and the panic attacks that have begun to take over her life. When her family whisks her away to New York, she meets Noah. Penny is falling in love - and capturing every moment of it on her blog. But Noah has a secret, too, one that threatens to ruin Penny's cover - and her closest friendship - forever.

S1+, Series



Picture books and Graphic Novels



Thornhill, by Pam Smy

As she unpacks in her new bedroom, Ella is drawn to the big old house that she can see out of her window. Surrounded by overgrown gardens, barbed wire fences and 'keep out' signs, it looks derelict. The house has a story to tell. She is sure of it. Enter Thornhill, Institute for Children, and discover the dark secrets that lie within. But once inside, will you ever leave?

S1+



Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

Breathing Space is a free confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

<https://breathingspace.scot>

The Mix-is for those aged under 25, this website provides information guides on a range of issues.

www.themix.org.uk/mental-health

Respect Me - Scotland's Anti-Bullying Service. Practical advice about bullying for adults, children and young people.

<https://respectme.org.uk/>

Autism information, resources, support and community.

<https://www.autism.org.uk>

ADHD - Young Minds. Find out more about ADHD and how to get help.

<https://youngminds.org.uk/find-help/conditions/adhd-and-mental-health/>

Tourette's - Teens (13-19) - Tourette Association of America.

<https://tourette.org/about-tourette/overview/living-tourette-syndrome/teens-13-19/>