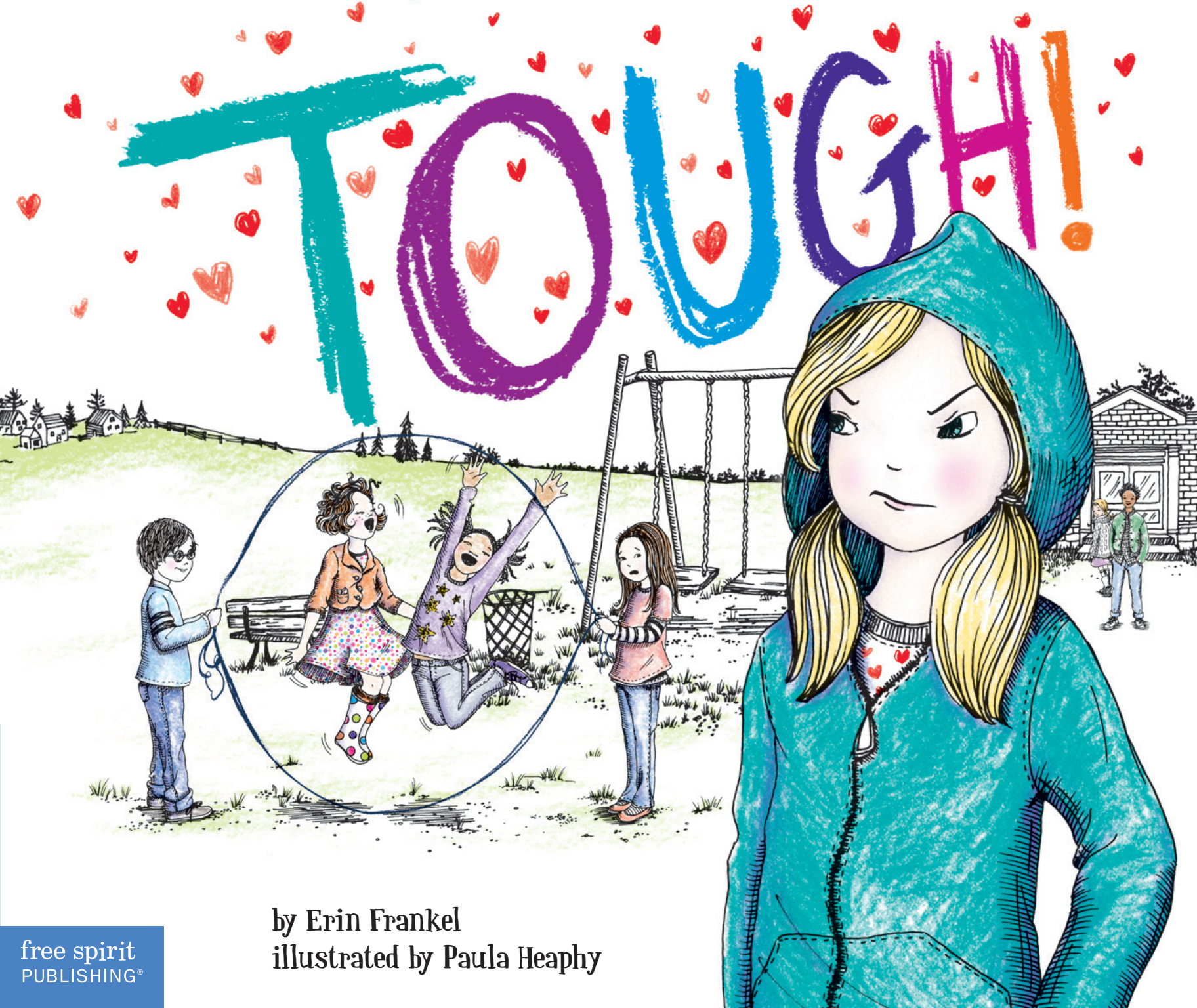


TOUGH!



by Erin Frankel
illustrated by Paula Heaphy

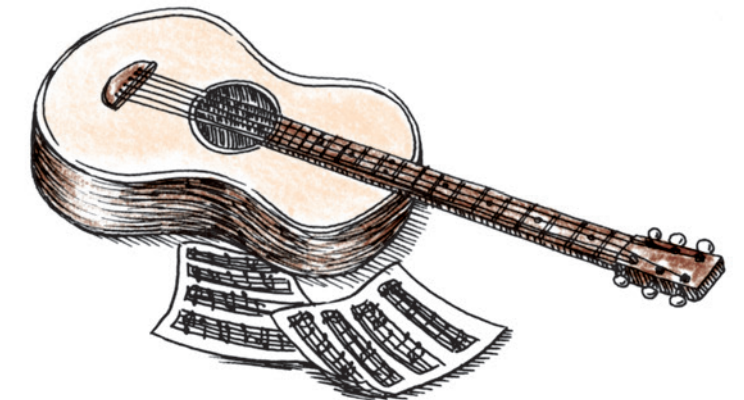
TOUGH!

A Story About How to
Stop Bullying in Schools

by Erin Frankel

illustrated by Paula Heaphy

free spirit
PUBLISHING® 



Acknowledgments

Heartfelt thanks to Judy Galbraith, Meg Bratsch, Steven Hauge, Michelle Lee Lagerroos, and Margie Lisovskis at Free Spirit for their expertise, support, and dedication to making the world a better place for children. Special gratitude to Kelsey, Sofia, and Gabriela for their enthusiasm and ideas during the creation of this book. Appreciation to Naomi Drew for her helpful comments. Thanks also to Alvaro, Thomas, Ann, Paul, Ros, Beth, and all our family and friends for their creative insight and encouragement.

Copyright © 2012 by Erin Frankel and Paula Heaphy

All rights reserved under International and Pan-American Copyright Conventions. Unless otherwise noted, no part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, or otherwise, without express written permission of the publisher, except for brief quotations or critical reviews. For more information, go to freespirit.com/permissions.

Free Spirit, Free Spirit Publishing, and associated logos are trademarks and/or registered trademarks of Teacher Created Materials. A complete listing of our logos and trademarks is available at freespirit.com.

Library of Congress Cataloging-in-Publication Data

Frankel, Erin.

Tough! / by Erin Frankel ; illustrated by Paula Heaphy.

p. cm. — (Weird series ; bk. 3)

ISBN 978-1-57542-400-2 (Hardcover)

1. Bullying—Juvenile literature. 2. Bullying in schools—Juvenile literature. 3. Aggressiveness in children—Juvenile literature. I. Heaphy, Paula. II. Title.

BF637.B85F728 2012

302.34'3—dc23

2012006160

ISBN: 978-1-57542-438-5

Free Spirit Publishing does not have control over or assume responsibility for author or third-party websites and their content.

Edited by Meg Bratsch

Cover and interior design by Michelle Lee Lagerroos

Photo of Erin Frankel by Gabriela Cadahia; photo of Paula Heaphy by Travis Huggett

Free Spirit Publishing

An imprint of Teacher Created Materials

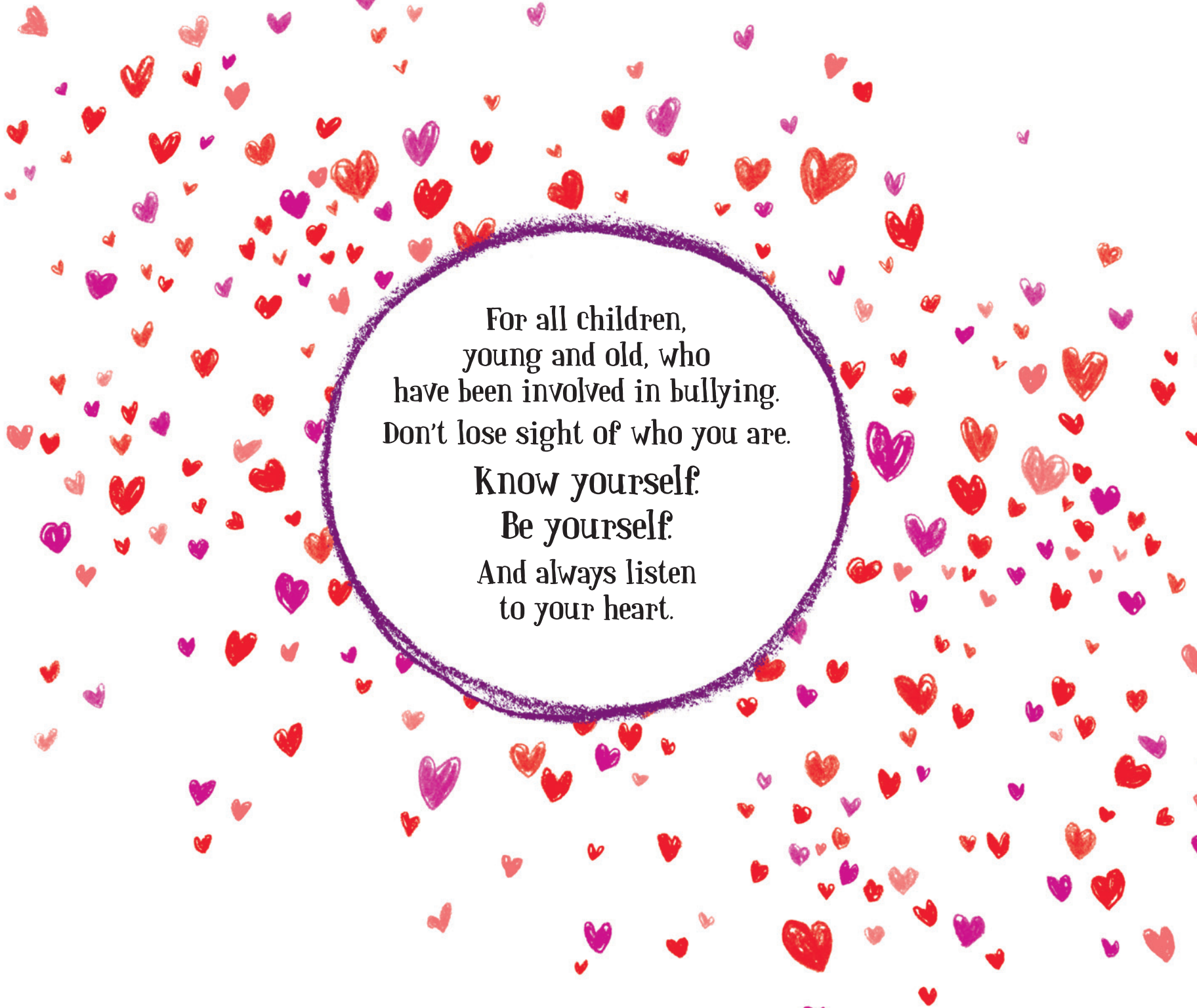
9850 51st Avenue North, Suite 100

Minneapolis, MN 55442

(612) 338-2068

help4kids@freespirit.com

freespirit.com



For all children,
young and old, who
have been involved in bullying.
Don't lose sight of who you are.

Know yourself.
Be yourself.
And always listen
to your heart.



What are you staring at?
I'm not the weird one.
My name is Sam and I'm

TOUGH!

That's Luisa. She's weird.
She dresses weird.

SAM
EMILY
JAYLA
LUIZA
THOMAS



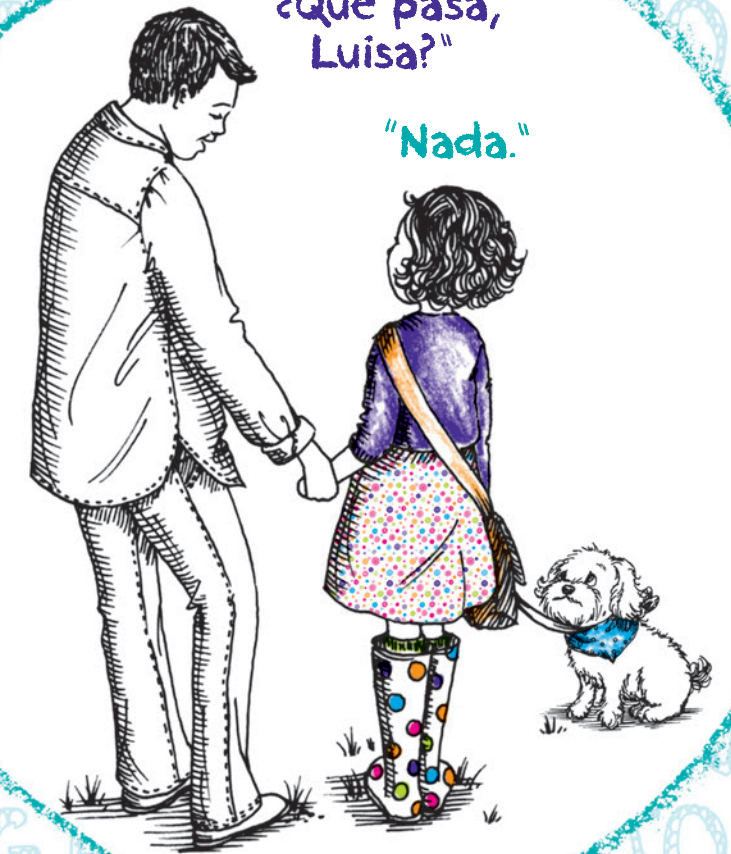
She acts weird.



She talks weird.

"¿Qué pasa,
Luisa?"

"Nada."



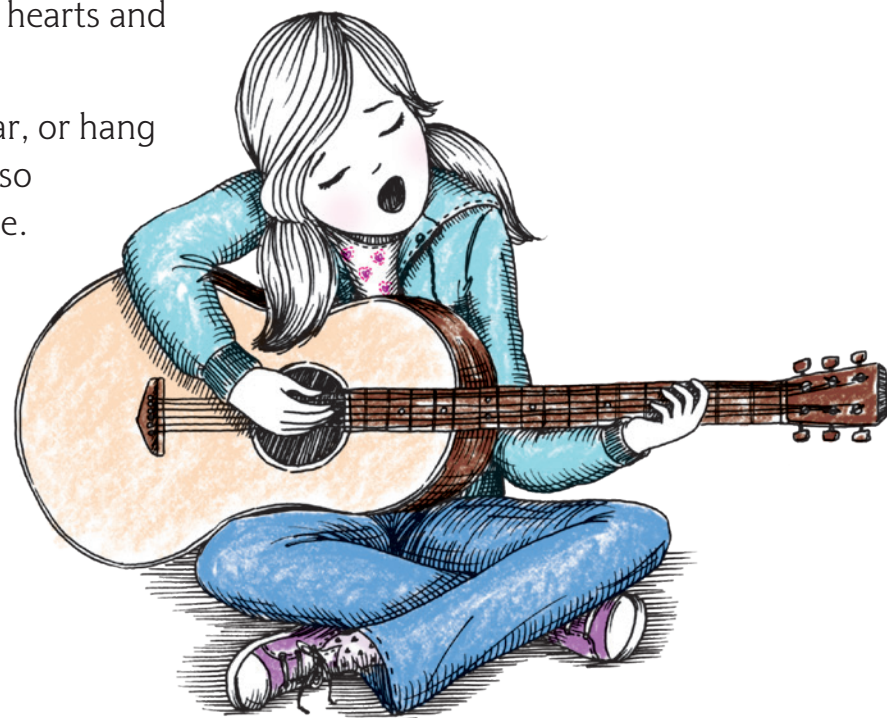
Someone has
to tell her,
so I do.

Kindness Club: Sticking to Caring

I figured no one cared about my feelings, so I chose not to care about others' feelings. But then I found out that people *do* care, and I want to be one of those people. I'm done with being tough and I'm sticking to caring! Want to help me decorate a guitar with stickers?

1. Cut out a large guitar shape from a piece of cardboard. Tape six pieces of string on the cardboard—these are your guitar strings.
2. Cut out heart shapes from a sheet of paper. These are your stickers.
3. In the center of each heart, write words to describe what happens when you stick to caring. *Examples:* I am respectful. I feel happy. I make friends. I'm not lonely.
4. Place tape on the back of your hearts and stick them to your guitar.
5. Pretend to play your new guitar, or hang it in your bedroom. You can also teach a friend how to make one.

Can you think of more activities to do in our Kindness Club? Share them with your classmates and friends. Someone who's kind is *tough* to resist!



A Note to Parents, Teachers, and Other Caring Adults

Every day, millions of children are subjected to bullying in the form of name-calling, threats, insults, belittling, taunting, rumors, and racist slurs—and still more are witnesses to it. Verbal bullying, which can begin as early as preschool, accounts for 70 percent of reported bullying and is often a stepping stone to other types of aggression, including physical, relational, and online bullying. As caring adults, how can we help children feel safe, respected, and confident in who they are? How can we help children who initiate bullying make choices they can feel proud of and end the cycle of violence?

We can start by holding children who bully others accountable for their behavior, while modeling and encouraging positive choices. We can provide kids who are targets of bullying with practical coping tools for positive thinking and confidence building. We can help bystanders

explore safe and effective ways to stand up for those who are being bullied. And through stories such as *Tough!*, we can help children develop awareness and perspective-taking skills to help prevent and change bullying behavior. We can help children like Sam understand that by hurting others they are also hurting themselves, and that kindness breeds kindness. We can explore practical strategies to help children act on what they know is right, while providing a trusting environment to support their efforts.

Reflection Questions for *Tough!*

The story told in *Tough!* illustrates a fictional situation, but it is one that many kids will likely relate to even if their experiences have been different. Following are some questions and activities to encourage reflection and dialogue as you read *Tough!* Referring to the main characters by name will help children make connections: *Sam*

Important: Online bullying (called *cyberbullying*) is a real threat among elementary-age children, given the increased use of smartphones and computers in school and at home. It's also the most difficult type of bullying to stop, because it's less apparent to onlookers. Be sure to include cyberbullying in all of your discussions about bullying with kids.