Websites

- Stop Bullying.gov | www.stopbullying.gov
  Official government website for bullying awareness, prevention and intervention.
- Education.com | www.education.com/topic/school-bullying-teasing
  Provides a number of articles focused on the prevention of bullying as well as information about how to help a child who is being a bully or a victim of bulling.
- Target Bullying | www.targetbully.com
  Includes information on bullying and interventions.
- Bully Police USA | www.bullypolice.org
  Designed to advocate for bullied children and provide information on state bullying laws.
- Cyberbullying Research Center | www.cyberbullying.us
  Provides information about nature, extent, causes, and consequences of cyber bullying.
- Parenting.org from Boys Town | www.parenting.org
  Provides parents with information to help protect their child from bullying and to recognize when their child is bullying; online expert consultation for parents.
- The Gay, Lesbian and Straight Education Network | www.glsen.org/cgi-bin/iowa/all/antibullying/index.html
  Offers information on how to address bullying and harassment, lesson plans, campaign kits and ideas, research and resources related to bully prevention.
- Youth Violence Project | youthviolence.edscho.virginia.edu
  This website includes research and resources concerning effective methods for youth violence prevention and school safety and a comprehensive list of online support organizations.

Evidenced-Based Programs

Organizations Identifying Evidenced-Based Programs

- Blueprints for Violence Prevention - University of Colorado | www.colorado.edu/cspv/blueprints/index.html
- National Registry of Evidence-based Programs and Practices (NREPP) | www.nrepp.samhsa.gov
- OJJDP Model Programs Guide: www.ojjdp.gov/mpg
- U.S. Department of Education's Safe and Drug-Free Schools' Exemplary and Promising Programs (Archived Information) | www2.ed.gov/admins/lead/safety/exemplary01/panel.html

Bullying Prevention Programs Designated as Evidence-Based

- Steps to Respect: A Bullying Prevention Program | www.cfchildren.org/programs/str/overview
  Aimed at teaching elementary students to recognize, refuse, and report bulling as well as encourage pro-social behaviors such as building friendships and being assertive.
- Olweus Bullying Prevention Program | www.olweus.org/public/index.page
  Universal intervention developed to promote the reduction and prevention of bullying behavior and victimization problems.
- Second Step: Social Emotional Skills for Early Learning | www.cfchildren.org/programs/ssp/overview
  Violence prevention program designed to reduce impulsive and aggressive behavior in children by increasing their social competency skills.
Books

- *And Words can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence.* By James Garbarino and Ellen deLara
- *Girl Wars: 12 Strategies that Will End Female Bullying.* By Cheryl Dellsagea and Charisse Nixon
- *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying.* By Sameer Hinduja and Justin W. Patchin
- *Bullying Prevention: Creating a Positive School Climate and Developing Social Competence.* By Pamela Orpinas and Arthur (Andy) Horne
- *Bullying Prevention and Intervention: Realistic Strategies for Schools.* By Susan Swearer, Dorothy Espelage, and Scott Napolitano
- *Children and Bullying: How Parents and Educators can Reduce Bullying at School.* By Ken Rigby
- *Cyberbullying.* By Robin Kowalski, Susan Limber, and Patricia Agatston
- *Cyberbullying: What Counselors Need to Know.* By Sheri Bauman
- *School Violence: Fears Versus Fact.* By Dewey Cornell
- *The Bully, the Bullied, and the Bystander.* By Barbara Coloroso

Videos

- *Sesame Street Bully Prevention* | [www.sesamestreet.org/parents/topicsandactivities/topics/bullying](http://www.sesamestreet.org/parents/topicsandactivities/topics/bullying)
  The Good Birds Club can be watched with children in preschool and early elementary grades and includes questions to start a discussion. The “Happy to Be Me” series provides additional information for parents, teachers, and caregivers from a panel of experts about exactly what bullying is, how to identify the signs of bullying, and what the role of adults is to prevent or stop bullying.
- *Teaching Tolerance, Bullied: A Documentary* | [www.tolerance.org/bullied](http://www.tolerance.org/bullied)
  40-minute documentary film (DVD) that chronicles a student’s ordeal at the hands of anti-gay bullies and offers a message of hope about fighting harassment; includes two-part viewer’s guide with lesson plans and activities.
- *Stories of Us: Promoting Positive Peer Relationships (P3R)* | [www.storiesofus.com](http://www.storiesofus.com)
  P3R is a Bullying prevention curriculum that engages students in real work that is consistent with ELA and Health Education Standards. It is centered on highly authentic films made with students, for students.
  Includes a video and curriculum guide to allow children to speak about their own experiences with bullying; seeks to promote understanding and prevent prejudice by exploring awareness of a person’s role in society.

Local Resources for Families

- Catholic Charities | (716) 218-1400
- Child & Adolescent Treatment Services Intake | (716) 835-7807
- Child & Family Services | (716) 842-750
- Prevention Focus/Teen Focus | (716) 884-3256
- Erie County Council for the Prevention of Alcohol & Substance Abuse (ECCPASA) | (716) 831-2298
- Mental Health Association of Erie County | (716) 886-1242

Referrals for Students in Crisis

- 1-800-273-TALK (Suicide Lifeline)
- 1-866-4-U-Trevor (LGBTQ Youth Suicide Hotline)
- [www.crisischat.org](http://www.crisischat.org) (Text)
- 716-834-1144 or 1-877-KIDS-400 (Buffalo Crisis Services Hotline)

Compiled by Amanda B. Nickerson, Ph.D.  
Updated 9/22/13