

Resources for Parents and Educators

Websites

- ❖ [Stop Bullying.gov](http://StopBullying.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 bullying.
- ❖ [Target Bullying](http://TargetBullying.com) | www.targetbully.com
Includes information on bullying and interventions.
- ❖ [Bully Police USA](http://BullyPoliceUSA.com) | www.bullypolice.org
Designed to advocate for bullied children and provide information on state bullying laws.
- ❖ [Cyberbullying Research Center](http://CyberbullyingResearchCenter.com) | 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](http://TheGayLesbianandStraightEducationNetwork.com) | 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](http://YouthViolenceProject.org) | 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](http://BlueprintsforViolencePrevention.org) - University of Colorado | www.colorado.edu/cspv/blueprints/index.html
- ❖ [National Registry of Evidence-based Programs and Practices \(NREPP\)](http://NationalRegistryofEvidencebasedProgramsandPractices.org) | www.nrepp.samhsa.gov
- ❖ [OJJDP Model Programs Guide](http://OJJDPModelProgramsGuide.org): www.ojjdp.gov/mpg
- ❖ [U.S. Department of Education's Safe and Drug-Free Schools' Exemplary and Promising Programs \(Archived Information\)](http://U.S.DepartmentofEducation.com) | www2.ed.gov/admins/lead/safety/exemplary01/panel.html

Bullying Prevention Programs Designated as Evidence-Based

- ❖ [Steps to Respect: A Bullying Prevention Program](http://StepsToRespect.org) | www.cfchildren.org/programs/str/overview
Aimed at teaching elementary students to recognize, refuse, and report bullying as well as encourage pro-social behaviors such as building friendships and being assertive.
- ❖ [Olweus Bullying Prevention Program](http://OlweusBullyingPreventionProgram.org) | 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](http://SecondStep.org) | 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
- ❖ *A Parent's Guide to Understanding and Responding to Bullying: The Bully Busters Approach.* By Arthur Horne, Jennifer Lind Whitford, and Christopher Bell
- ❖ *Girl Wars: 12 Strategies that Will End Female Bullying.* By Cheryl Dellasega 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
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
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
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.
- ❖ Let's Get Real | groundspark.org/our-films-and-campaigns/lets-get-real
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 (Text)
716-834-1144 or 1-877-KIDS-400 (Buffalo Crisis Services Hotline)

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