

# Bully Bust 2009: Resources

Use these resources to learn more about bullying and start making a difference. **Students** will find information about how to recognize and respond to bullying, and opportunities to connect with others. **Educators** will find resources to reduce bullying and engage students in prevention efforts, and **parents** will find more information about supporting safe and healthy homes. Also check out links to specific bullying **programs**, **cyberbullying sites** and **personal stories** from those who have suffered or triumphed over bullying.

If you or a friend are being bullied and need immediate help, please consult these useful hotlines:

## [Hopeline](#)

24-hour national suicide hotline that is private and confidential

## [The Trevor Project](#)

24-hour crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth

## [Boystown](#)

24-hour crisis hotline for prevention, depression, and school issues

## Students

### [Stop Bullying Now](#)

Government-backed website with learning modules and tips for kids.

### [Suicide.org](#)

Articles and resources about bullying and help for at-risk youth

### [Bullying UK](#)

Largest anti-bullying resource on the Web: tips for students, adults and parents

### [Bully Police.org](#)

Learn about your state's bully laws and learn about what makes an effective bully law

### [Club Ophelia](#)

Join this girl club to learn about bullying and relate with others

### [Cybermentors](#)

Chat online with other kids about cyberbullying

### [Empowered Gal](#)

Resources and programs designed to improve girl support and reduce girl-on-girl bullying

The Center for Social and Emotional Education

[www.schoolclimate.org](http://www.schoolclimate.org) [www.bullybust.org](http://www.bullybust.org)

[Girls Health.gov](http://GirlsHealth.gov)

Resources to help you understand why girls bully and how to protect yourself

[National Mental Health Information Center: Student Information](#)

Provides information about what to do if you are being bullied

[McGruff](#)

Games, stories and videos for younger children

[PBS Kids: Friends and Bullies](#)

Information across many bullying-related topics

[Unite Against Bullying](#)

Worldwide campaign for students to unite against bullying

## Educators

[Bullying Powerpoints](#)

Free PowerPoint presentations on bullying

[Elementary School Bullying: Recommended Resources](#)

Literature designed to engage younger children in discussions about bullying

[National Mental Health Information Center: Educators, Administrators and Counselors](#)

Tools and resources to help prevent bullying and improve social support

[Penn State University: Guide for Educators](#)

Guide on how to reduce bullying

[Stop Bulling: Guidelines for Teachers](#)

Provides steps to deal with bullying dealing and to create bully-free schools

[Teaching Tolerance](#)

Free curricular kits, educational materials to teachers and practitioners nationwide

[Education: Bullying Information Center](#)

Extensive articles and information for parents and school-leaders

[National Violence Prevention Center](#)

Resources helping you plan, develop, implement and evaluate youth violence prevent efforts

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## Parents

### [Creating a Safe and Caring Home](#)

Guidelines for supporting positive environments for your children's learning

### [Empowering Parents](#)

Parenting tips on bullying and bad behavior

### [National Mental Health Information Center: Parents](#)

Provides resources to help parents and caregivers recognize bully behavior.

### [Prevent Child Abuse](#)

Resources and research about abuse and neglect

### [Relational Bullying](#)

Information about relational bullying for parents and caregivers

## Cyberbullying

### [Cyberbullying Research Center](#)

Research, dialogue, presentations, publications, newsletters all dedicated to cyberbullying

### [National Crime Prevention Council: Cyberbullying](#)

Supports for parents

### [Stop Cyberbullying.org](#)

Information for educators, caregivers and kids across different age groups

### [Childnet](#)

Non-profit organization focusing on making the Internet a safe haven for kids

### [Online-bully.com](#)

Videos and software for home or school use

### [Wired Safety](#)

Cyberbullying toolkit, support group, blog and information on cybercrime

### [Digizen.org](#)

Downloadable lesson plans, cyberbullying guide and videos for educators

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## Cyberbullying

[Breaking the Bully-Victim-Bystander Cycle: Strategies to Reduce Bullying and Support Caring, Connected and Responsible School Communities](#)

Supports your school or district in developing a comprehensive (individual, classroom-based, school-wide and school-home-community) effort to promote safe and civil schools

[Workshop: Recognizing and Working with Students who have been Traumatized](#)

Helps your school or district support educators to recognize and deal with trauma in students

[PACER Bully Prevention Project](#)

Activities and programs to promote bullying awareness and spur student response

[National Crime Prevention Council Programs](#)

Provides campaigns designed to improve safety and prevent crime

[Steps to Respect](#)

Bullying prevention program designed by Committee for Children

[Olweus Bullying Prevention Program](#)

School-based programs designed to reduce bullying

## Personal Stories

[Megan Meier Foundation](#)

[Jared's Story](#)

[Beatbullying on YouTube](#)

[Bullied to Death: Two Devastated Moms Speak Out](#)

[Trevor Project Media](#)

[YouTube: National Suicide Prevention Lifeline](#)

[Blog: Bullying Stories: Dealing with Bullying from an Adult Perspective](#)

[Jaylen's Challenge](#)