NCTSN External Resources
Bullying Prevention Awareness Month (October 2019)

In support of Bullying Prevention Awareness Month, the National Child Traumatic Stress Network (NCTSN) is providing resources for families, teens, educators, clinicians, mental health professionals, and law enforcement personnel on how to recognize, deal with, and prevent bullying. We recognize that bullying can be a form of traumatic stress that can result in significant harm to a youth's social, emotional, and physical well-being and can affect how they function at school, at home, and in the community. The following resources provide information regarding bullying and bullying prevention for families and their communities.

For Families

Anti-Defamation League
- **What can I do about Bullying among Young Children?** (2013)
  Offers tips to adults on how to prevent and respond to bullying in young children.

Embrace Civility
- **Cyberbullying, Sexting, and Predators, Oh My! Addressing Youth Risk in the Digital Age in a Positive and Restorative Manner** (2011)
  Addresses the key areas of risk associated with the use of digital technologies by young people. The major message presented is that it is necessary to delete the "oh my" reaction and address these concerns in a manner that is positive and restorative.
- **Parent Guide to Cyberbullying and Cyberthreats** (2007)
  Guides parents on how to recognize when a child is being bullied online, and on preventing and dealing with such threats.

Pacer Center
Enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential.
- **National Bullying Prevention Center**
  Provides basic facts about bullying and treatments; videos, first-person stories, and information on how to talk to your kids about bullying. Includes products and links to other related resources and websites.
  > **Teens Against Bullying**
  > Engages, empowers and educates teens.
  > **Kids Against Bullying**
  > Educates students about bullying and provides for responding.

StopBullying.gov
Offers strategies to reduce bullying in schools. Includes information about why children bully, what to do if you are being bullied, and what parents can do if their child is being bullied. Features "Cool Stuff," targeted toward children including webisodes, character profiles, and games. Also offers Spanish content materials for parents, survey and training opportunities, links to training videos and workshops, consultation (via phone and e-mail), and many other resources.

- Cyberbullying Tactics, Prevent Cyberbullying, Social Media and Gaming, Digital awareness for Parents, Tips for Teachers
  Provides a wide range of strategies and recommendations for parents, and teachers about what cyberbullying is and how it is different from traditional bullying. It also offers tips and strategies to parents and teachers to how to deal with cyberbullying and how to prevent it.

Substance Abuse and Mental Health Services Administration
- KnowBullying
  Provides parents, caretakers, educators, and others information and support to address youth bullying. The KnowBullying mobile app, developed in collaboration with the federal partnership StopBullying.gov, is available for iPhone and Android users

The Cyberbullying Research Center
Provides "up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. Geared to parents, educators, law enforcement officers, counselors, and others who work with youth. Includes facts, figures, and detailed stories from those who have been directly impacted by online aggression; and numerous resources for preventing and responding to cyberbullying incidents.

For Families of Children with Disabilities

U.S. Department of Education
- Parent and Family Engagement
  Provides a place where parents and families can access information from across ED.gov. Topics include Section 1118 of Title I, special education, fatherhood, military families, early learning, and bullying.
- What Are Public Schools Required to Do When Students with Disabilities Are Bullied? (2014)
  Addresses key points of the guidance and provides information on where to go for help.

For Teens and Tweens

Anti-Defamation League
- Taking a Stand: A Student's Guide to Stopping Name-Calling and Bullying (2005)
  Offers teens suggestions on what to do if they are a bystander and feel they want to do something to help the student being bullied.

GLSEN (Gay, Lesbian & Straight Education Network)
Provides resources on creating safe spaces in schools for K–12 students. The website and resources focus on the acceptance of all people regardless of sexual orientation, gender identity/expression, or occupation. Includes information on their research and policymaking, plus tools and tips.

Pacer Center
- Bullying 101 Presentation
  Presents the basics for talking with students about what bullying is and isn't, the roles of students, and tips on what students can do to address bullying situations.
- Kids Against Bullying
  Educates students about bullying and provides for responding.
- Teens Against Bullying
  Advises teens about ways for preventing and responding to bullying—in cyberspace, via texting, and at school. Includes resources for kids and parents, and information on Facebook safety.

StopBullying.gov
- ### What Teens Can Do
  Provides information on what to do when being bullied, how to help someone who is being bullied, and how to become involved in bullying prevention.

STOP Cyberbullying
Offers resources to help prevent cyberbullying, encouraging everyone to "be part of the solution." The materials are divided into six sections: children (aged 7–10), preteens (aged 11–13), teens (aged 14–17), parents/caregivers, educators, and law enforcement personnel. Topics include 1) definition of cyberbullying, 2) how it works (types of cyberbullying), and 3) why kids cyberbully, 4) preventing cyberbullying, 5) taking action, and 6) law enforcement. Users can download most of the materials by clicking on icons (Microsoft Word or PDF) on the top of the pages, especially helpful for easy creation of handouts and information packs for teaching and research.

The Trevor Project
Provides "crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth. The Trevor Lifeline is the only nationwide, around-the-clock crisis and suicide prevention lifeline for LGBTQ youth, a free and confidential service that offers hope and someone to talk to, 24/7. Each year, tens of thousands of calls are fielded from young people across the country." The website includes a directory of local services, tips for helping LGBTQ youth, workshops, resources for educators and parents, a live chatline with trained volunteers, and much more.

For Educators

American Federation of Teachers
Represents 1.7 million members in more than 3,000 local affiliates nationwide. The website provides a full range of resources and tips about bullying and cyberbullying for educators.

Centers for Disease Control Violence Prevention
- ### The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools
  (2014)
  Provides concrete, action-oriented information based on the latest science to help educators improve their schools' understanding of and ability to prevent and respond to the problem of bullying and suicide-related behavior.

GLSEN (Gay, Lesbian & Straight Education Network
- ### Bullying Prevention Resources
  Provides resources to help educators learn more about how they can put an end to bullying,

National Center on Safe Supportive Learning Environments
- ### Bullying/Cyberbullying
  Provides resources about bullying and cyberbullying and includes information about the Center's training and technical assistance, products, tools, and latest research findings.

National School Climate Center Bullying Prevention
Offers a wide array of services to support school districts and state educators in addressing bias and bullying to promote a community of upstanders.

StopBullying.gov

Provides strategies to reduce bullying in schools. Includes information about why children bully, what to do if you are being bullied, and what parents can do if their child is being bullied. Features "Cool Stuff," targeted toward children including webisodes, character profiles, and games. Also offers Spanish content materials for parents, survey and training opportunities, links to training videos and workshops, consultation (via phone and e-mail), and many other resources.

Department of Education
- Guidance on Bullying of Students with Disabilities (2014)
  Discusses the actions schools must take when bullying interferes with the education of a student with a disability who is bullied on any basis, and provides insight into how OCR analyzes complaints involving bullying of students with disabilities.

U.S Department of Justice
- Bullying in Schools: An Overview (2011)
  Provides an overview of the OJJDP-funded studies, between bullying in schools, school attendance and engagement, and academic achievement. A summary of the researchers' findings, and recommendations for policy and practice is provided.
- School-Based Programs to Reduce Bullying and Victimization (2010)
  Presents presenting a systematic review and meta-analysis of the effectiveness of programs designed to reduce school bullying perpetration and victimization.

Violence Prevention Works Home of the Olweus Bullying Prevention Program

Provides latest news stories and information about bullying prevention and OBPP, as well as streaming video, funding information, and much more. The Web site also offers specific pages for administrators, teachers, and parents, which include suggestions on how to advocate for bullying prevention programs at their schools. With more than 50 pages of easy-to-find information, the Website is an extraordinarily comprehensive resource.

For Clinicians and Mental Health Professionals

Centers for Disease Control and Prevention Violence Prevention
- Measuring Bullying Victimization, Perpetration, and Bystander Experiences: A Compendium of Assessment Tools (2011)
  Provides a starting point from which researchers can consider a set of psychometrically-sound measures for assessing self-reported incidence and prevalence of a variety of bullying experiences.

StopBullying.gov
- Understanding the Roles for Health and Safety Professionals in Community –Wide Bullying Prevention Efforts (2017)
  Discusses effects of bullying, early detection, effective intervention techniques, and community-wide prevention efforts.
- Understanding the Roles of Mental Health Professionals in Community-Wide Bullying Prevention Efforts (2017)
  Described the unique role mental health professionals play in addressing bullying and describes how mental health professionals engage and include others in community bullying prevention strategies.

For Law Enforcement Personnel

Health Resources & Services Administration
- **Bullying Prevention**
  Provides consistent and well-informed resources to the field of bullying to significantly reduce the prevalence of youth peer-to-peer bullying by developing and sharing research, guidance, and resources at the national, state, and local levels.

The International Association of Chiefs of Police
- **Developing an Anti-Bullying Program: Increasing Safety, Reducing Violence** (2006)
  Helps law enforcement leaders develop a proactive youth bullying–prevention program. Includes examples of programs that have significantly reduced bullying in schools, effective roles law enforcement personnel can play in bullying prevention, and links to many other related resources.

StopBullying.gov
- **Understanding the Roles of Law Enforcement Officers in Community–Wide Bullying Prevention Efforts** (2017)
  Provides guidance on how officers can help address bullying and engage others in the community to develop bullying prevention strategies.

U.S. Department of Justice—Community Oriented Policing Services (COPS)
- **Bullying in Schools** (2012)
  Describes bullying and its effects; outlines effective prevention and intervention strategies; offers techniques for speaking about bullying with school officials, victims, and offenders; includes resources.

For Policy Makers

Health Resources & Services Administration
- **Assessing Prevention Capacity & Implementing Change** (2017)
  Helps state health departments and others working to prevent bullying to assess the current capacity to address bullying and to determine where there may be gaps and needs.

National Academies of Sciences, Engineering, and Medicine
- **Preventing Bullying through Science, Policy, and Practice** (2016)
  Evaluates the state of the science on biological and psychosocial consequences of bullying as well as the context, scope, and impact of the problem. The report also outlines next steps in prevention for policymakers, parents, educators, healthcare providers, and others concerned with the care of children.

StopyBulling.gov
- **Laws & Policies**
  Provides links to states' anti-bullying laws and policies and which of the key components they contain. Provides examples of key components that may be useful to those who are creating or improving anti-bullying laws or policies in their state. Gives information on federal rights and examples of harassment.