

# Bullying Resources

One-Day Workshop



*"I would rather be a little nobody, than to be a evil somebody."*  
— Abraham Lincoln

Bullying hurts and should be taken seriously. The old days of “sticks and stones may break my bones but words will never hurt me” are over. Ignoring it won’t keep you from hurting.

1) The City of Chicago has established many bullying outreach programs that can benefit anyone and empower those that are being bullied. Search “bullying” on the following website to find out more. <http://www.cityofchicago.org/city/en.html>

- ◇ Powerful ways to prevent bullying
- ◇ Violence prevention training
- ◇ Youth and teens bullying prevention
- ◇ Resources for professionals

2) “Stop bullying” Is a federal government website managed by the U.S. Department of Health & Human Services. This website discusses cyber bullying in depth and how to prevent cyber bullying. The website has information about:

<http://www.stopbullying.gov/index.html>

- ◇ Cyber Bullying
- ◇ Who is at risk
- ◇ What is bullying
- ◇ Prevent Bullying
- ◇ Respond to Bullying
- ◇ Get Help Now



4 ) <http://www.bullyfree.com/> is a resource and prevention website that has been established by “Allan L. Beane, Ph.D., a former classroom teacher, who is an internationally recognized expert, speaker, and author on bullying.” (Bully Free, 2013). This website is wonderful for parents, educators and students who have or have not experienced bullying. This website has information about:

- ◇ Tips for parents
- ◇ Trainings and services
- ◇ 7 things kids need to know about bullying
- ◇ Assertiveness Training for bystanders

3) Student Hotlines are important to use if a individual feels they are in a crisis. If you are thinking about calling but haven't, please give a hotline a call. This could get anyone through a rough time. Hotline website and phone numbers are listed in <http://www.teenhealthandwellness.com/> website.

<p><b>Crisis Call Center</b> 800-273-8255 or text ANSWER to 839863 Twenty-four hours a day, seven days a week <a href="http://crisiscallcenter.org/crisisservices.html">http://crisiscallcenter.org/crisisservices.html</a></p> <p><b>CyberTipline</b> 800-843-5678 Twenty-four hours a day, seven days a week <a href="http://www.cybertipline.com">http://www.cybertipline.com</a></p> <p><b>Kids Helpline (Australia only)</b> 1800-55-1800 Twenty-four hours a day, seven days a week <a href="http://www.kidshelp.com.au">http://www.kidshelp.com.au</a></p>	<p><b>Kids Help Phone (Canada only)</b> 800-668-6868 Twenty-four hours a day, seven days a week <a href="http://www.kidshelpphone.ca">http://www.kidshelpphone.ca</a></p> <p><b>National Suicide Hotline</b> 800-SUICIDE (784-2433) 800-442-HOPE (4673) Twenty-four hours a day, seven days a week <a href="http://www.hopeline.com">http://www.hopeline.com</a></p> <p><b>National Suicide Prevention Lifeline</b> 800-273-TALK (8255) Twenty-four hours a day, seven days a week <a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a></p>	<p><b>Thursday's Child National Youth Advocacy Hotline</b> 800-USA-KIDS (800-872-5437) Twenty-four hours a day, seven days a week <a href="http://www.thursdayschild.org">http://www.thursdayschild.org</a></p> <p><b>The Trevor Lifeline (U.S. only)</b> 866-4-U-TREVOR (488-7386) Twenty-four hours a day, seven days a week <a href="http://www.thetrevorproject.org">http://www.thetrevorproject.org</a></p> <p><b>Your Life Iowa: Bullying Support and Suicide Prevention</b> (855) 581-8111 (24/7) or text TALK to 85511 (4–8 PM every day) Chat is available Mondays–Thursdays from 7:30 PM–12:00 AM <a href="http://www.yourlifeiowa.org">http://www.yourlifeiowa.org</a></p>
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