Bullying Resources

One-Day Workshop



"I would rather he a little nobody, then to he a evil somebody."

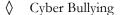
- <u>Abraham Lincoln</u>

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 form 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 bulling" Is a federal government website managed by the U.S. Department of Health & Human Services. This website discusses cyber bulling in depth and how to prevent cyber bulling. The website has information about:

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



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



Bullying Resources

- 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 bulling. This website has information about:
 - ♦ Tips for parents
 - ♦ Trainings and services
 - ♦ 7 things kids need to know about bulling
 - 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.

Crisis Call Center

800-273-8255 or text ANSWER to 839863 Twenty-four hours a day, seven days a week

http://crisiscallcenter.org/crisisservices.html

CyberTipline

800-843-5678

Twenty-four hours a day, seven days a week

http://www.cybertipline.com

Kids Helpline (Australia only)

1800-55-1800

Twenty-four hours a day, seven days a week

http://www.kidshelp.com.au

Kids Help Phone (Canada only)

800-668-6868

Twenty-four hours a day, seven days a week

http://www.kidshelpphone.ca

National Suicide Hotline

800-SUICIDE (784-2433) 800-442-HOPE (4673)

Twenty-four hours a day, seven days a week

http://www.hopeline.com

National Suicide Prevention Lifeline

800-273-TALK (8255)

Twenty-four hours a day, seven days a week

http://www.suicidepreventionlifeline.org

Thursday's Child National Youth Advocacy Hotline

800-USA-KIDS (800-872-5437) Twenty-four hours a day, seven days a week

http://www.thursdayschild.org

The Trevor Lifeline (U.S. only)

866-4-U-TREVOR (488-7386) Twenty-four hours a day, seven days a week

http://www.thetrevorproject.org

Your Life Iowa: Bullying Support and Suicide Prevention

(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 http://www.yourlifeiowa.org

