

change your narrative



Resources For Parents

Stomp Our Bullying

<https://stompoutbullying.org/get-help/parents-page/>

Offers a wide range of educational insight into the topics of bullying and what you can do to support your child.

Raising Children – Bullying And School Problems

<https://raisingchildren.net.au/for-professionals/mental-health-resources/bullying-school-problems>

Offers a catalog of parenting articles aimed at addressing the concerns of bullying and cyberbullying.

10 Indications Your Child Is Being Bullied

<https://www.activebeat.com/your-health/children/10-indications-that-your-child-is-being-bullied/>

Offers key indicators to look for to determine if your child is being bullied.

For more support, tools, and resources to help you or someone you care about shift the story of bullying, visit:

ChangeYourNarrative.org

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Bullying Action Plan

<https://www.pacer.org/publications/bullypdf/BP-25.pdf>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to form an action plan of things they can do.

The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying

by Raychelle Cassada Lohmann PhD LPC, Julia V. Taylor PhD

<https://www.amazon.com/dp/1608824500>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

My Child Is Being Bullied—What Should I Do?

<https://www.empoweringparents.com/article/my-child-is-being-bullied-what-should-i-do/>

Provides several questions which concerned parents may be asking themselves, along with insight in what to do.

My Child Was Bullied—Here's What I Did

<https://www.washingtonpost.com/lifestyle/2019/05/17/my-child-was-being-bullied-school-heres-what-i-did-what-you-can-do-too/>

One parents story and advice to other parents.

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