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Bullying Matters Resources

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Communities Which Offer Support

Stomp Our Bullying

<https://stompoutbullying.org/#get-help>

Offers a HelpChat line, parent and educator resources, and a host of educational insight for students and adults.

Stop Bullying

<https://www.stopbullying.gov>

Tips for identifying, standing up to, and planning safety amidst bullying.

Kids Against Bullying

<http://www.kidsagainstbullying.org>

Provides a kid-friendly site, with information on what to do if you are a bully or target. Advocates for inclusion..

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Cyberbully Hotline

<http://cyberbullyhotline.com>

Offers anonymous bully reporting

Dove

<https://www.dove.com/us/en/dove-self-esteem-project.html>

Provides articles and resources in order to create a community of wholeness.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

Remedy Live -

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues plus trained advocates ready to connect.

Heads Up Guys -

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

OK2 Talk -

<https://ok2talk.org>

Offers online support, for teens and young adults who battle mental health.

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Resources For Teenagers

How To Tell Someone You Are Being Bullied – Student Action Plan

<https://pacerteensagainstbullying.org/advocacy-for-self/student-action-plan/>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to share their experience of being bullied.

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.

When Bullying Becomes Sexual Harassment

<https://stompoutbullying.org/get-help/teens-what-do-about-sexual-harassment/>

Provides insights for students to understand the gravity of potential sexual harassment. Site page can be used as a discussion piece.

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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.

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Bullying Action Plan

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

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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 parent's story and advice to other parents.

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Resources For Teachers

How To Talk About Bullying – Student Action Plan

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Stomp Out Bullying

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

Provides a vast library of resources for educators.

Anti-Harassment, Intimidation and Bullying Academic Resources

https://saferschools.ohio.gov/content/anti_harassment_intimidation_and_bullying_resources

Ohio State's model of anti-bullying tools used within their education system. Complete with numerous resources for educators.

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How To Identify Adolescent Bullying

<http://www.nea.org/home/53359.htm>

Provides tips for understanding and identifying bullying amongst children and adolescents.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning and important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

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Resources For Ministry Leaders

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5 Facts On Bullying Youth Leaders Need To Know

<https://theyouthcartel.com/5-facts-on-bullying-youth-leaders-need-to-know/>

Specific tips on youth workers can use to relationally lead their groups.

How To Identify Adolescent Bullying

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5 Vital Things Youth Workers Should Keep In Mind

<https://orangeblogs.org/xp3students/5-vital-things-youth-workers-keep-mind-talking-bullying/>

Tips on how to stay connected to what is happening in your group.

Facing Bullies – A Student Ministry Approach

<https://www.youthworker.com/articles/facing-bullies/>

Takes a non-confrontational approach. Offers Scriptural insight to how to manage emotions and fight back against bullying by not allowing a response—thus yielding power. Provides questions youth workers can ask their students in a group discussion.

Youth Worker Video Round Up – What Do I Do If I Am Being Bullied?

<https://www.youtube.com/watch?v=9BIMZ66X9ZI&feature=youtu.be>

5 youth workers collaborate on a video, targeting students, answering the question, “What do I do when I am bullied?”

10 Free Ways Your Church Can Stop Mental Health Stigma

<https://churchandmentalhealth.com/10-free-ways-your-church-can-stop-mental-health-stigma/>

Offers actionable steps to create a haven of support within your community.

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Resources For Adults Facing Bullying

Adult Bullying: The Epidemic No One Talks About

https://www.youtube.com/watch?v=O_4uB-j-zgQ

Kevin discusses his firsthand account and shares research on workplace, family, and adult bullies—and what you can do about it.

How Adult Bullying Impacts Mental And Physical Health

<https://health.usnews.com/wellness/mind/articles/2017-12-15/how-adult-bullying-impacts-your-mental-and-physical-health>

How To Handle An Adult Bully In Your Life

<https://www.cnn.com/2019/09/20/health/adult-bully-survivor-tips-wellness/index.html>

Discusses types of bullies and ways to protect yourself.

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Keys To Deal With The Family Bully

<https://www.verywellfamily.com/dealing-with-the-family-bully-460696>

Tips For Handling Adult Bullying In The Workplace

<https://lifehacker.com/how-to-handle-being-bullied-as-an-adult-1726099137>

Provides insight into what this can forms of workplace bullying happen and what you can do about it.

Bullying Adults In The Workplace

<https://www.pinnaclehealth.org/wellness-library/blog-and-healthwise/blog-home/post/bullying-adults-in-the-workplace>

Addresses the question, “What is workplace bullying?” And what you can do to promote your own mental and emotional health.

75% Of Workers Are Being Bullied - Here’s What To Do About It

<https://www.forbes.com/sites/christinecomaford/2016/08/27/the-enormous-toll-workplace-bullying-takes-on-your-bottom-line/#2857e4af5595>

How To Stop A Workplace Bully In Their Tracks

<https://www.forbes.com/sites/christinecomaford/2014/03/12/bust-workplace-bullies-and-clear-conflict-in-3-essential-steps/#6bf92d207912>

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