

Resources for Teachers

Bullying Websites

How to Prevent Bullying

www.soeonline.american.edu/blog/how-to-prevent-bullying

How Counselors Can Stop Bullying (And Help You)

www.onlinedegrees.bradley.edu/resources/infographics/the-role-of-school-counselors-in-school-safety/

Mental Health Resource Guide for Students, Parents, and Educators

<https://online.maryville.edu/online-bachelors-degrees/psychology/mental-health-resources-for-students-and-educators/>

Online Safety Guide for Your Kids

<https://online.maryville.edu/online-bachelors-degrees/management-information-systems/guide-to-online-safety-for-kids/>

Stop Bullying Now!

www.stopbullyingnow.hrsa.gov

Stop Bullying Now! offers video workshops, downloadable tip sheets, the Stop Bullying Now! Activities Guide, and a Video Toolkit DVD containing webisodes, PSAs, and more.

Bullying.org

www.bullying.org

Bullying.org provides online lesson plans, teachers' guides, and other resources for educators to help deal with and prevent bullying in schools and classrooms.

PACER's National Center for Bullying Prevention

<http://www.pacer.org/bullying/sap/>

PACER Center's site for schools contains information about bullying prevention, lesson plans, and materials for National Bullying Prevention Awareness Week. While the site specializes in children with disabilities, their information is useful and relevant for all children who are being bullied.

Bully Boy

www.bullyboy.ca/teachers/index_e.htm

Bully Boy was created by two Canadian youths with a mission to stop bullying. They provide resources for use in schools, including the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*.

Bully Police

www.bullypolice.org/teachers.html

Bully Police is a watch-dog organization that reports on state anti-bullying laws and advocates for bullied children. The site posts the names of schools that fail to deal with bully problems and also contains information for teachers.

For more information on weight bias, please visit
www.UConnRuddCenter.org

Girls Health

www.girlshealth.gov/educators/bullying_educators.htm

This government sponsored site contains a wealth of information and resources for educators and schools, including links to bullying curriculums.

OnlineSchools.org

<http://www.onlineschools.org/student-bullying-guide>

Understanding Bullying and Cyberbullying.

A Call to Stop Bullying

<http://www.qualityansweringservice.com/resources/call-stop-bullying>

A Call to Stop Bullying is a website designed for students, parents, and teachers, which has collected and links to numerous resources that provide information about bullying and cyberbullying and offer strategies and resources to stop it.

Learn Psychology

<http://www.learnpsychology.org/now/bullying>

Bullying Awareness & Prevention

School-Based Diversity/ Anti-Bullying Curriculums

The Anti-Defamation League –A World of Difference Institute

www.adl.org/education/edu_awod/default_awod.asp

ADL's A World of Difference® Institute is the educational component of their organization. The Institute seeks to help participants recognize bias and the harm it inflicts on individuals and society, explore the value of diversity, improve intergroup relations, and combat all forms of prejudice and bigotry. The program includes A Classroom of Difference: A pre-K through grade 12 curriculum for teachers, staff, students, and family, including teacher training, early childhood education, and peer educator programs. More than 375,000 elementary and secondary school teachers-responsible for nearly 12 million students – have participated.

Teaching Tolerance

www.tolerance.org

Teaching Tolerance (a project of the Southern Poverty Law Center) is highly respected within the education world and is an influential publication in the anti-bias education field. Teaching Tolerance offers online education and resources for parents, teachers, teens, and kids aimed at stopping hate and promoting diversity. Teaching Tolerance also provides free kits and handbooks to schools and ideas for classroom activities. There are 10 different kits on specific topics that range in target age from pre-K to 12th grade. Recently, Teaching Tolerance posted a new resource to specifically address Weight Bias, called the "[ABC's of Size Bias](#)". This resource includes lesson plans, expert Q& A, and strategies for educators and parents to foster healthier attitudes about body size.

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Operation Respect

<http://operationrespect.org/>

Operation Respect is a non-profit organization working to assure that youth experience a respectful, safe and compassionate climate of learning where their academic, social and emotional development can take place free of bullying, ridicule and violence. Operation Respect's "Don't Laugh at Me" (DLAM) is a classroom-based program, with components for grades 2-5, another for grades 6-8 and a third for summer camps and after-school programs. All of the programs utilize inspiring music and video along with curriculum guides based on the well-tested, highly regarded conflict resolution curricula developed by the Resolving Conflict Creatively Program (RCCP) of Educators for Social Responsibility (ESR). Thanks to the generosity of The McGraw-Hill Companies, and other supporters, Operation Respect disseminates the DLAM programs free of charge. More than 145,000 copies of the curriculum have been distributed to educators since Operation Respect's inception.

The website includes a variety of resources for educators, parents, and students, including a curriculum guide, evaluations, CD, and video.

Steps to Respect: A Bullying Prevention Program

www.cfchildren.org

Produced by the Committee for Children, this program engages the entire school and includes classroom lessons for students in the upper-elementary grades (3-5 or 4-6), workshops and training for all adults at the school, materials for parents, and step-by-step procedures to help school leaders put anti-bullying policies into action. The Steps to Respect kit includes everything schools need to implement the program, including step-by-step guidelines for program use, sample anti-bullying policies and procedures, research on bullying, and best practices for prevention. The Training Manual includes outlines, presentation materials, staff training videos, and parent education materials. Approximately 3300 schools across the U.S. and Canada are currently using the Steps to Respect program.

Women's Educational Media – The Respect for All Project

www.womedia.org/respectforall

The Respect for All Project (RFAP) offers a comprehensive set of resources for educators and youth-service providers, including award-winning documentary films, high-quality curriculum guides and comprehensive professional development workshops. The *Let's Get Real* film and curriculum focuses on name-calling and bullying among middle school students. Workshops provide participants with effective tools to help youth explore the underlying issues that lead them to tease or harass one another, including stereotypes and prejudice. This film also addresses weight-related bullying.

Understanding Prejudice

www.understandingprejudice.org

UnderstandingPrejudice.org is a web site designed for students, teachers, and others that discusses the causes and consequences of prejudice. They feature several interesting

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www.UConnRuddCenter.org



tools for understanding prejudice, including online slide tours, surveys, sample curriculums, and classroom activities. There is also a searchable database with information on many prejudice researchers and social justice organizations.

Body Image Resources for Students

The Body Positive

www.thebodypositive.org

The Body Positive is an educational program designed to teach young people to adopt the Health at Every Size philosophy, allowing them to enjoy healthy eating and physical activity in their natural bodies. The program offers training, consultations, workshops, and speaker presentations. The Body Positive is different, although complementary to, the Body Positive Approach (see below).

Body Positive

www.bodypositive.com

This site is an educational resource for the Body Positive Approach, which is a set of ideas and tools aimed at improving body image by emphasizing quality of life over weight loss. Body Positive also addresses children and weight, providing information for parents. The site contains a useful list of resources and related links.

Model for Healthy Body Image

www.bodyimagehealth.org

Model for Healthy Body Image is a designed by Kathy Kater (author of *Real Kids Come in All Sizes*) to help children and adults to develop a positive body image by challenging cultural myths that promote unhealthy body images and eating. The curriculum, *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too*, is available for purchase on the website in addition to free downloadable information and resources.

Other Weight Bias Links

Heavy kids battle sadness along with weight – USA Today, March 29,2004

http://thestressoflife.com/heavy_kids_battle_sadness_along_.htm

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