

Resources for Parents

Bullying Websites

A Call to Stop Bullying

<http://www.qualityanswerservice.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.

PACER's National Center for Bullying Prevention

www.pacerkidsagainstbullying.org/NBPAW/parents.asp

PACER Center's site contains information and resources for parents, including printable handouts, about how to prevent and deal with bullying in children. They also offer a reading list for bullying-related children's fiction. 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

Bully Boy was created by two Canadian youths with a mission to stop bullying. They feature the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*, a kid's section with an interactive game, and a useful recommended reading list for adults.

Bully Police

www.bullypolice.org/help_for_parents.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 a printable handout with suggestions for parents.

Girls Health

www.girlshealth.gov/parents/bullying.cfm

This government sponsored site contains a wealth of information for parents and caregivers of girls who are bullied or may be bullying others.

Bullying.org

www.bullying.org

Bullying.org provides online support groups, education, and strategies to victims of bullying as well as information for parents and teachers. They also welcome submissions of stories, poetry, images, music, and videos, which they feature on the site. Their motto: You're not alone. It's not your fault. You can do something about it.

Beat Bullying

www.beatbullying.org

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



Beat Bullying, based in the U.K., aims to reduce the prevalence and impact of bullying by operating local anti-bullying campaigns and producing anti-bullying toolkits and publications. The site offers downloadable toolkits for several audiences.

Stop Bullying Now!

www.stopbullyingnow.hrsa.gov

Stop Bullying Now! contains information and strategies for kids who are being bullied, kids who are bullying, and kids who witness bullying. The site features animated webisodes of short stories about bullying situations, the Stop Bullying Now! Activities Guide and a Video Toolkit DVD containing webisodes, PSAs, and video workshops.

Bullies Can Be Transformed

www.bulliescanbetransformed.com

Bullies Can Be Transformed offers consultation services for bullying prevention through bully transformation. The site contains information and guides for schools and parents.

Bully Free World

www.bullyfreeworld.com

Bully Free World offers straightforward information about bullying and what to do about it.

The Surviving Bullies Project

www.survivingbullies.com

The Surviving Bullies Project (SBP) is a grassroots effort dedicated to helping targets of bullying, their family, friends and community. The SBP strives to provide practical tools and strategies for targets to better cope with being bullied and regain control of their situation.

Wounded Child Project

www.thewoundedchild.org

The Wounded Child Project is a storytelling website. Students, parents and survivors of bullying tell their stories so that others may learn of the emotional, psychological, mental and physical abuse they have suffered at the hands (and minds) of a bully.

Weight and Body Image Resources for Helping Kids

Parents Step Up

parentsstepup.com/talk.html

Parents Step Up is an organization dedicated to promoting parental responsibility for childhood obesity. Their site contains some helpful tips for parents about how to address obesity in their children in a non-stigmatizing way – by focusing on health, not appearance.

NAFAA Kids Project

www.naafa.org/kidsnew.html

The NAAFA Kids Project provides speakers and curriculum materials on the issue of body image. The project promotes healthy eating and exercise, combats weight-related teasing, and boosts self-esteem for children of all sizes. The Kids Project invites people who are interested in helping kids

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deal with their anxieties related to weight and body image to become volunteer speakers. NAAFA provides the training materials and support to get you started.

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.

Yahoo group email list: "Parents of Fat Kids"

www.groups.yahoo.com/group/FatThinAlliance/

"Parents of Fat Kids" offers support for parents and their larger children and teens. This is a Health at Every Size (HAES), size acceptance-oriented group that does not discuss or endorse pursuing weight loss. Instead, they support parents in cherishing their children at any weight, living and communicating the message that all sizes of bodies are good and need good care, and in helping their children deal with weight-based stigma. Members also help each other deal with sources of weight-based stigma that affect their kids, including schools, healthcare, and legal discrimination.

Body Aloud and Proud (BAP)

www.theuellconsultinggroup.com

Body Aloud and Proud is an educational program for girls focusing on eating disorder prevention, body acceptance, and self-empowerment for girls. BAP is based on the Body Positive curriculum and can be customized for any size group of girls age 7 and up.

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.

Size Wise Kids

www.sizewisekids.com

Size Wise Kids, offered by the Council for Size and Weight Discrimination, contains information for kids and parents about size acceptance and health and a useful listing of resources and links.

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www.YaleRuddCenter.org



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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