



Bullying and Resiliency Internet Resources

NAME	DESCRIPTION	LOCATION
10 Tips for Raising Resilient Kids	Discussion and tips on raising the resiliency of children and youth.	https://psychcentral.com/health/tips-for-raising-resilient-kids
12 Ways to Empower Your Child Against Bullying -- Including Cyberbullying	Article about empowering children and youth to stand up against bullying.	https://www.ahaparenting.com/read/helping-bullied-child
13 Ways to Build Resilience in Your Children	Proposes ways to build resilience in children.	https://blog.acsi.org/13-ways-to-build-resilience-in-your-children
9 ways parents can help bullied kids learn resilience	How to instill resilience in bullied children and youth.	https://www.washingtonpost.com/lifestyle/on-parenting/9-ways-parents-can-help-bullied-kids-learn-resilience/2017/06/19/a76e2cca-2e9f-11e7-9534-00e4656c22aa_story.html
Addressing Bullying in Schools: Training Manual	The purpose of this part of the manual is to provide suggestions for sessions in which teachers can learn more about school bullying and how it can be countered.	https://bpa.scmc.gov.ae/files/Addressing%20Bullying%20in%20Schools%20-%20Training%20Manual%20(Electronic-English).pdf
Anti-Bullying Resilience Skills: A Work In Progress #TeacherMom	Video and discussion about responding and stopping bullying.	https://www.honorsgradu.com/anti-bullying-resilience-skills-a-work-in-progress-teachermom/
Anti-Bullying Training Program	This book contains all that you need to train young people to become anti-bullying ambassadors. Once young people have completed the exercises and signed the pledge, they will be ready to lead the anti-bullying campaign for your school	https://www.kent.gov.uk/_data/assets/pdf_file/0007/53638/Anti-bullying-training-booklet.pdf
Back to School - How to Promote Resilience and Set Your Kids up for Success	The tips and strategies in a blog on promoting resilience.	https://keltymentalhealth.ca/blog/2021/09/back-school-2021-how-promote-resilience-and-set-your-kids-success

Bouncing Back from Bullying: Resilience and Benefit-Finding in Victims of Bullying	Study that investigates the role of resilience and benefit-finding in facilitating victims' "bouncing back" from school bullying.	https://prism.ucalgary.ca/bitstream/handle/11023/1744/ucalgary_2014_fraccaro_rebecca.pdf?sequence=2
Bully Prevention – Positive Behavioral Supports (BP-PBS): A Manual to Prevent and Address Bullying and Harassment in Schools	This Manual explains BP-PBS, the underlying framework and how schools implement bully prevention strategies through a series of techniques designed to prevent bullying behaviors - A step by step guide to implementing a nationally required bully prevention program.	https://vide.vi/documents/pbis/1536-bully-prevention-pbs-manual-vide/file
Bully Prevention in Positive Behavior Support	Giving students the tools to extinguish bullying through the blending of School-Wide Positive Behavior and Intervention Supports, explicit instruction, and a redefinition of the bullying construct.	https://assets-global.website-files.com/5d3725188825e071f1670246/5d6ff1ec72843e4ad1d44b55_bullyprevention_es.pdf
Bullying 101: Guide for Middle and High School Students	A guide to the basics of bullying, what it is and isn't, the role of students, and tips on what you can do in response to it.	https://www.pacer.org/publications/bullypdf/BP-28.pdf
Bullying And Children; Why Do Kids Bully, What Are The Effects, And How Can We Help?	Toolkit on why kids bully, the effects of bullying, and how to help children effectively respond to a bully?	https://teachingbrave.com/bullying-and-children/
Bullying and Harassment	An educator's guide for addressing bullying and Harassment complaints in Tennessee.	https://www.tn.gov/content/dam/tn/education/safety/bully_harass_educator_guide_complaints.pdf
Bullying and Resilience in Elementary School Children and Mitigating Pro-Social Behaviors	Study to examine the relationship between bullying behaviors, as measured by the Personal Experiences Checklist (PECK), and resilience, as measured by the Social Emotional Assets and Resilience Scales (SEARS), as well as whether the prosocial behaviors of controlling anger, solving problems, and cooperating with others during activities mitigated the effects of bullying behaviors.	https://scholarworks.waldenu.edu/cgi/viewcontent.cgi?article=8157&context=dissertations
Bullying and Suicide Risk — Building Resilience	Capturing teachable moments to show youths that suicide is not the only solution to being victimized.	https://www.socialworktoday.com/archive/092011p10.shtml
Bullying at School	This 2003 document incorporates the issues of school bullying, cruelty, and hate- or bias-motivated behavior. It is designed to assist school communities in recognizing, understanding, defining, and responding to those unwanted behaviors. The	https://www.cde.ca.gov/lr/ss/se/documents/bullyingat_school.pdf

	document outlines the influences that perpetuate cruel behavior and the consequences of tolerating bullying at school.	
Bullying at school: recommendations for Teachers and parents	Recommendations on what parents and teachers can do when witnessing and responding to bullying.	https://www.education.udel.edu/wp-content/uploads/2013/01/Bullying.pdf
Bullying Awareness Lessons, Activities and Resources	Workshop to raise awareness about bullying and how it affects individuals on a daily basis. Developed by youth and adult members of the State 4-H Teen Council to promote the prevention and awareness of bullying.	https://4-h.ca.uky.edu/files/stc11_bullying_program.doc_1.pdf
Bullying in Schools: Guidelines for Intervention and Prevention	Pamphlet to provide up-to-date information about bullying and victimization and research-based guidelines for intervention and prevention of this destructive relationship problem among students.	https://www.prevnet.ca/sites/prevnet.ca/files/bullying-in-schools-guidelines-for-intervention-and-prevention-cap_0.pdf
Bullying Module	CA training brief on identifying bullying on different populations and how to respond.	https://www.cde.ca.gov/ls/ss/se/documents/bullymodule1.docx
Bullying Prevention	This set of training aids was designed for free online access and interactive learning. Besides this Quick Training Aid, you also will find a wealth of other resources on this topic.	http://www.smhp.psych.ucla.edu/pdfdocs/quicktraining/bullyingprevention.pdf
Bullying Prevention and Intervention Handbook and Procedure Manual	This handbook and procedure manual was created as an aid to schools in implementing the Nassau County School Board Bullying Prevention and Intervention Program. It is the culmination of the efforts of the school district to meet the requirements of the “Jeffery Johnson Stand Up for All Students Act” and the Nassau County School Board Administrative Rule 5.49 – Bullying and Harassment.	https://www.nassau.k12.fl.us/cms/lib/FL02213748/Centricity/Domain/61/Procedure_Manual-Updated.pdf
Bullying Prevention and Response Training and Continuing Education Online Program	A self-paced training to learn how to take a public health approach to preventing bullying. It also discusses how to engage a variety of community stakeholders to address bullying.	https://www.stopbullying.gov/sites/default/files/2017-09/training-module-2016.pdf
Bullying Prevention Guide	A 3-page handout on preventing and responding to bullying.	https://filestore.scouting.org/filestore/training/pdf/bullyingpreventionguide.pdf

Bullying Prevention Resource Manual	Handbook designed for school counselors, school social workers and school psychologists as a valuable resource to assist students in the formation of habits, to develop the skills and tools that will lead to better decision-making and positive life choices when confronted with conflict.	https://www.rcboe.org/site/handlers/filedownload.ashx?moduleinstanceid=26565&dataid=46872&FileName=RCSS%20Bullying%20Prevention%20Resource%20Manual.pdf
Bullying videos	Videos about bullying, its impact, and prevention.	bullying - Bing video
Bullying: Be More Than a Bystander	Presentation slides to accompany facilitator guide on bullying.	https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/BullyingBeMoreThanABystander.pdf#:~:text=How%20you%20can%20be%20more%20than%20a%20bystander,simply%20being%20nice%20to%20them%20at%20another%20time.
Bullying: How to Recognize it and Build Resilience	Strengthening characteristics that can help children and youth who are bullied.	https://www.nobelcoaching.com/bullying/
Creating a Safe and Respectful Environment in Our Nation's Classrooms	Creating a Safe and Respectful Environment in Our Nation's Classrooms is designed to equip teachers, other educators, and support personnel who work with students with the tools to reduce the incidence of bullying behavior in the classroom and build a more supportive classroom environment.	https://safesupportivelearning.ed.gov/sites/default/files/NCSSLE-Safe-Respectful%20Mod-1-SlfStdy-508_0.pdf
Developing Resilience and Dealing with Bullying	An information sheet for patients transitioning from pediatric to adult services.	https://www.rch.org.au/uploadedFiles/Main/Content/transition/Developing_Resilience.pdf
DisAbuse Disablist Bullying - Experience Into Change Providing the Right Support Services	DisAbuse 6-week Training course aimed at turning both the experiences of young people and adults with special educational needs with disabilities (SEN/D), researchers and practitioners into practical change.	https://antibullyingcentre.ie/fuse/wp-content/uploads/2020/01/DisAbuse-Training-Course-Manual-English.pdf
Help Your Child Develop Resilience	Back-To-School Message for Transgender Youth from the U.S. Department of Justice and the Department of Education. They also have resources to help families know what actions to take when schools fail to respond to bullying and harassment based on race or national origin, LGBTQI+ harassment, and national origin and immigration status.	https://www.stopbullying.gov/blog/2021/09/22/help-your-child-develop-resilience

How to Bully-Proof Your Children by Building Their Resilience How to protect children against the painful effects of bullying	What parents, can do to protect their children against the painful effects of bullying.	https://www.psychologytoday.com/us/blog/compassion-matters/201112/how-bully-proof-your-children-building-their-resilience?amp
How to empower children against bullying and strengthen emotional resilience	Finding the balance between protecting and empowering children against bullying and tips on cyberbullying.	https://www.alustforlife.com/tools/mental-health/how-to-empower-children-against-bullying-and-strengthen-emotional-resilience/amp
Ideas for a bullying-free Classroom	Manual for teachers and school staff to promote a bully free environment. Although designed with the 'school and classroom in mind', this manual can easily be used in other settings, including youth groups, faith-based programs, before or after school settings, counselling groups, camps, or any other child or youth work environment. This manual can support a classroom teacher, teaching assistant, school counsellor, youth group worker, community program leader, camp counsellor or parent'	http://listen.animusassociation.org/wp-content/uploads/2016/09/Manual-for-Teachers-EN-web.pdf
K-5 Curriculum: Bullying and Cyberbullying Prevention	The goal of this curriculum is to educate children in grades K-5 about bullying and cyberbullying, and to raise their awareness about how these behaviors impact children. It utilizes both Teacher-As-Educator and Peer Learning Models.	https://www.goffstown.k12.nh.us/common/documents/K-5Curr.pdf
People with Disabilities and Chronic Diseases: Information about Bullying	Learn more about the effects of bullying on individuals with disabilities and special needs, what adults can do to help prevent bullying, and where to find additional resources.	Disability and Safety: Information about Bullying CDC
Resilience guide for parents and teachers	Tips and information on how to build reliance in children and youth.	https://www.apa.org/topics/resilience/guide-parents-teachers
Resilience in Children: Strategies to Strengthen Your Kids	Helping children build resilience in the face of obstacles including bullying, moving, divorce, and anxiety with these tips from an expert.	https://www.psychom.net/build-resilience-children
'Resilience' to adversity determines if a child survives or thrives when bullied	Discussion and information on why some children are devastated by bullying while others are not.	https://www.sciencedaily.com/releases/2017/10/171011091241.htm

Resilience: how to build it in children 3-8 years	Discusses how resilience develops when children experience challenges and learn to deal with them positively.	https://raisingchildren.net.au/school-age/behaviour/understanding-behaviour/resilience-how-to-build-it-in-children-3-8-years
Session on Bullying Facilitator's Guide	Facilitating conversation around bullying and non action among bystanders based upon presentation: Bullying: Be More Than a Bystander.	https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/BullyingFacilitatorsGuide.pdf
Stop Bullying website	A federal government website managed by the U.S. Department of Health and Human Services about the prevention and response to bullying.	https://www.stopbullying.gov/
Teach Kids How to Be Mentally Tough	Tips for raising tough kids, showing toughness. Teaching toughness and fostering toughness.	https://www.verywellfamily.com/tips-for-raising-mentally-strong-kids-1095020
Ten Tips for Administrators to Address Bullying in School	Explores school or district in bullying prevention efforts and how to help create a safer, more positive learning environment.	https://www.violencepreventionworks.org/public/bullying_tips_for_administrators.page
The 4-1-1 on Bullying	Booklet that identifies types and issues with bullying and offers suggestions and tips to remediate occurrences.	https://www.ojp.gov/pdffiles1/ojdp/grants/226235.pdf
The one skill you should teach your kids if you want to help them fend off bullies	Discusses how to stop focusing so much on the bullies and start empowering the victims.	https://aleteia.org/2018/04/26/to-help-them-deal-with-bullying-lets-teach-kids-this-important-skill/
What is Resilience Education?	How to build emotional resilience in children.	https://www.jeffveley.com/what-is-resilience-education/
What Is Resilience? Your Guide to Facing Life's Challenges, Adversities, and Crises	Discussion regarding the resilience theory and how it can be used as an asset.	https://www.everydayhealth.com/wellness/resilience/
Who's Going To Save The Bully?	Article on identifying, understanding, and responding to bullies.	https://www.teachthought.com/education/the-bully/