



Anti-Bullying Resources for Parents/Professionals

Websites / Apps

- **Stop Bullying**
www.Stopbullying.gov
- **Netsmartz Workshop**
www.netsmartz.org
- **iKeepSafe**
www.ikeepsafe.org
- **CyberBully**
www.cyberbully.org
- **SafeKids**
www.safekids.com
- **SafeTeens**
www.safeteens.com
- **StaySafe**
www.staysafe.org
- **iSafe**
www.isafe.org
- **Illinois State Board of Education SEL Learning Standards**
<https://www.isbe.net/pages/social-emotional-learning-standards.aspx>
- **KnowBullying (SAMHSA)**
<https://store.samhsa.gov/apps/knowbullying/>
- **The "Grown Folks" Guide to Popular Apps in Social Media**
<http://bit.ly/2jVlosp>

Recommended Books

- **The Bully, The Bullied, and The Bystander**
by Barbara Coloroso
- **Girl Wars: 12 Strategies That Will End Female Bullying**
by Cheryl Dellasega and Charisse Nixon
- **The Bully Free Classroom**
by Dr. Allan Beane
- **Cyberbullying and Cyberthreats**
by Nancy E. Willard
- **Mean Chicks, Cliques, and Dirty Tricks**
by Erika V. Shearin Karres
- **Odd Girl Out**
by Rachel Simmons
- **Queen Bees and Wannabes**
by Rosalind Wiseman
- **Bully Blocking: Six Secrets to Help Children Deal With Teasing and Bullying**
by Evelyn M. Field
- **Bullyproof Your Child For Life: Protect Your Child from Teasing, Taunting, and Bullying for Good**
by Joel Haber and Jenna Glatzer
- **Cyber Bullying: Bullying in the Digital Age**
by Robin M., PhD Kowalski, Susan P., PhD Limber, and Patricia W., PhD Agatston
- **Bullying, Victimization and Peer Harassment: A Handbook of Prevention and Intervention**
by Charles Maher, Joseph E. Zins, and Maurice J. Elias



Center for Childhood Resilience

Resilient Kids. Stronger Communities. Brighter Futures.

 Ann & Robert H. Lurie
Children's Hospital of Chicago®

YouTube Videos

Impact of Bullying

- **Think Time: How Does Cyberbullying Affect You?** (2:20)
<https://www.youtube.com/watch?v=0oGFh0mwrjM>
- **Words Hurt** (00:31)
<https://www.youtube.com/watch?v=1j6YA03hm4k>

Bystanders Can Help

- **The Price of Silence (Anti-Bullying Public Service Announcement)** (1:02)
<https://www.youtube.com/watch?v=wY7GvgQP4hc>

Think Before You Post Campaign

- **Think Before You Post** (1:00)
https://www.youtube.com/watch?v=4w4_Hrw h2XI
- **Once Posted You Lose It** (1:39)
<https://www.youtube.com/watch?v=CE2Ru-jqyrY>
- **Do you really know who you're talking to?** (00:25)
https://www.youtube.com/watch?v=DZ_f7yOAzPU

