Bullying and Cyber Bullying Prevention

Resources for Parents/Adults, Children/Youth and Educators

CENTER FOR SCHOOL BEHAVIORAL HEALTH
MENTAL HEALTH AMERICA OF GREATER HOUSTON

Bullying: Bullying occurs when a person is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself. It is aggressive behavior that involves unwanted, negative actions. It involves a pattern of behavior repeated over time. It involves an imbalance of power or strength. (Source: Texas Education Agency)

Cyber-Bullying: Cyber-bullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group, that is intended to harm others. "Cyber-bullying" is when a child, preteen, or teen is tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another child, preteen, or teen using the Internet, interactive and digital technologies, or mobile phones. It has to involve a minor on both sides or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber-harassment or cyber-stalking. Adult cyber-harassment or cyber-stalking is never called cyber-bullying. (Source: Texas Education Agency)

TEA Texas Education Agency	**LOCAL RESOURCE: Texas Law Related to Bullying:** Texas Education Code, Chapter 37 Section 37.001 Learn more at the Texas Education Agency: **tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health/ Coordinated_School_Health_-_Bullying_and_Cyber-bullying/**
NO place for HATE Anti-Defamation League	**LOCAL RESOURCE:** The No Place for Hate® initiative provides educators and students with the resources to ensure that anti-bias and diversity education are an integral part of the school curriculum. It helps to create and sustain inclusive school environments where all students feel valued and respected for individual difference while challenging bigotry and prejudice. Learn more: **houston.adl.org/noplaceforhate/**
CRIME STOPPERS	**LOCAL RESOURCE:** Crime Stoppers provides important Bullying Prevention Tips to prevent falling victim to this form of abuse. Learn more at: **crime-stoppers.org/get-informed/resource-center/bullying/**
+Works® A catalyst for positive community change	**LOCAL RESOURCE: +Works** (pronounced Positive Works), a parent-driven, grass roots, nonprofit organization serving as a catalyst for positive community change on bullying and other trending issues keeping adults and kids in our neighborhoods up at night.
HISD	**LOCAL RESOURCE:** HISD has partnered with Common Sense Media and the Cyber Bullying Research Center to provide resources, tips, videos, and other materials to help parents and HISD educators keep our students safe in the digital world. Learn more at: **www.houstonisd.org/cybersafety** and **www.houstonisd.org/Page/111617**
stopbullying.gov	StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying. Learn more: **www.stopbullying.gov/laws/texas.html**

	PeaceBuilders provide staff development and curriculum in the areas of resiliency skill building, violence/bullying prevention, character education, positive site culture to certificated and classified personnel who work with youth in grades Pre-K through 12. Learn more: **www.peacebuilders.com/programMaterials/freeResources.php**
	One of the most important things young people can do when they see bullying is to speak up. Whether it's making a new friend, or getting to know your teachers better, there are lots of ways to help stop bullying. Learn more: **www.cartoonnetwork.com/promos/stopbullying/index.html**
	The Trevor Project runs the Trevor Lifeline, a 24-hour, national crisis and suicide prevention lifeline for gay and questioning teens. The number is 1-866-4-U-Trevor. Learn more about The Trevor Project at: **thetrevorproject.org.**
	The GLBTQ Online High School is a safe place where you can get a complete high school education -- and diploma -- from anywhere you have internet access. While public schools still struggle with becoming accepting environments, the GLBTQ Online High School is a safe, affirming place for students wanting a high-quality education. Find out more at: **glbtgonlinehighschool.com**
	The National Center for Bullying Prevention is helping to promote awareness and teach effective ways to respond to bullying. Learn more at: **Pacer.org/bullying.**
	The Human Rights Campaign's Welcoming Schools Guide is an approach to addressing family diversity, gender stereotyping, and name-calling in K-5th grades. The guide helps administrators, educators, and parents or caring adults make sure that their elementary schools welcome all students and families. Learn more at: **www.welcomingschools.org**
	STOMP Out Bullying is focused on reducing bullying and cyberbullying. Find out more at: **stompoutbullying.org**
	Education can help considerably in preventing and dealing with the consequences of cyberbullying. We need to address ways young people can become inadvertent cyberbullies, how to be accountable for their actions and not to stand by and allow bullying (in any form) to be acceptable. We need to teach them not to ignore the pain of others. **www.stopcyberbullying.org/**
	Peace First is a national nonprofit that teaches young people the critical skills of conflict resolution, cooperation, and civic engagement. Learn more at: **www.peacefirst.org/**
	Put a Stop to Bullying, is a resource for teens, parents and educators seeking support and help for issues related to bullying and other conflicts. It offers plans and guidance on how to start important conversations for people being bullied, parents who have had a child being bullied or accused of bullying, and educators who have had students involved with bullying. For more: **www.facebook.com/safety/bullying**