

Bullying Resources and Websites

What is bullying?

“A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on part of one or more persons, and he or she has difficulty defending him or herself” (Taken from *Olweus Bullying Prevention Program*)

3 Components to bullying:

1. Bullying is an aggressive behavior that involves unwanted, negative actions
 2. Bullying involves a pattern of behavior repeated over time
 3. Bullying involves an imbalance of power or strength
- (Taken from *Olweus Bullying Prevention Program*)

National Center for Bullying Prevention:

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

Stomp Out Bullying: A National Anti-Bullying and Cyberbullying Program for Kids & Teens:

<http://stompoutbullying.org>

Stop Bullying Now:

<http://www.stopbullyingnow.hrsa.gov/kids/>

The Anti-Bullying Network:

<http://www.antibullying.net/>

Education.com Bullying Website:

<http://www.education.com/topic/school-bullying-teasing/>



Medline Plus Bullying Website:

<http://www.nlm.nih.gov/medlineplus/bullying.html>

Bullying Prevention and Response:

www.bullyinginfo.org