

What Resources are Available to me?

Books:

- *And Words can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence* (2002). By James Garbarino and Ellen deLara. The Free Press.
- *Bullying: A Handbook for Educators and Parents*. By Ian Rivers, Neil Duncan, and Valerie Besag. (2007). Praeger.
- *Children and Bullying: How Parents and Educators can Reduce Bullying at School*. By Ken Rigby. (2008). Blackwell Publishing.
- *Cyberbullying*. By Robin M. Kowalski, Susan P. Limber, & Patricia W. Agatston. (2008). Blackwell Publishing.
- *School Violence: Fears Versus Fact*. By Dewey Cornell. (2006). Lawrence Erlbaum Associates.

Websites:

- Stop Bullying.gov: www.stopbullying.gov/
 - Official government website for bullying awareness, prevention and intervention.
- Education.com: <http://www.education.com/topic/school-bullying-teasing/>
 - Provides a number of articles focused on the prevention of bullying as well as information about how to help a child who is being a bully or a victim of bullying.
- Bully Police USA: <http://www.bullypolice.org/>
 - Designed to advocate for bullied children and provide information on state bullying laws.
- Cyberbullying Research Center: <http://www.cyberbullying.us/>
 - Provides information about nature, extent, causes, and consequences of cyber bullying.
- Parenting.org from Boys Town: www.parenting.org
 - Provides parents with information to help protect their child from bullying and to recognize when their child is bullying; online expert consultation for parents.

Local Resources for Families

- Catholic Charities - 218.1400
- Child & Adolescent Treatment Services Intake - 835-7807
- Child & Family Services - 842-2750
- Prevention Focus/Teen Focus - 884-3256
- Erie County Council for the Prevention of Alcohol & Substance Abuse (ECCPASA) - 831-2298
- Mental Health Association of Erie County - 886-1242

Referrals for Students in Crisis

- 1-800-273-TALK (Suicide Lifeline)
- 1-866-4-U-Trevor (LGBTQ Youth Suicide Hotline)
- 1-800-KIDS-400 (Buffalo Crisis Services hotline)

Resources adapted from the Dr. Jean M. Alberti Center for the Prevention of Bullying Abuse and School Violence at www.gse.buffalo.edu/alberticenter.