

OUTSIDE SUPPORT

Free online peer support groups for middle schoolers experiencing bullying

Outside Support is a 501(c)(3) nonprofit. Our program, **BELONG**, gives students in grades 6–8 who are being bullied a safe place to build coping skills and real peer connection — at no cost to families, schools, or districts.

1 in 5

students report being bullied each school year

4–6

students per group, from *different* schools

6 weeks

of facilitator-led online sessions

\$0

cost to families, schools, and districts

How BELONG works

- **Small, safe groups.** Students meet online in groups of 4–6, grouped by gender and deliberately matched with peers from *other* schools — no one in the group knows each other. Talking with peers who understand, away from the halls where it's happening, helps students feel safe enough to open up.
- **Led by trained facilitators.** Each weekly session builds understanding about bullying, practical coping and problem-solving skills, and genuine peer connection.
- **Grounded in research.** Developed and piloted by Dr. Susan Swearer, Willa Cather Professor of Educational Psychology at the University of Nebraska–Lincoln and one of the nation's leading bullying researchers, using cognitive-behavioral foundations.

1

A student is referred by a parent — or by a counselor or nurse with parent contact info

2

The family opts in parent consent and student assent before anything begins

3

We match them into a small group of peers from other schools

4

Six weekly sessions online, facilitator-led, held outside school hours

Two ways your district can use us

LIST US FOR PARENTS

Add Outside Support to your community, counseling, or mental-health resources page — or a counselor newsletter — alongside the other supports you already share with families.

REFER STUDENTS DIRECTLY

Counselors, school psychologists, and nurses can share outsidesupport.org with a family — or refer a student themselves with a parent's contact information.

No training, no class time, no contract — and nothing for your staff to run.

Referrals for fall groups are now open at outsidesupport.org

outsidesupport.org

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Outside Support is a registered 501(c)(3) nonprofit. All programs are provided at no cost to families or schools.