

## National Resources on Bullying

### 1. StopBullying.gov

- Website: [StopBullying.gov](http://StopBullying.gov)
- Description: A federal government website providing information on what bullying is, who is at risk, and how to prevent and respond to bullying. It includes specific resources for parents and kids.

### 2. PACER's National Bullying Prevention Center

- Website: PACER
- Description: Offers resources for parents, students, educators, and communities to address and prevent bullying. PACER's site features toolkits, educational materials, and information on how to take action.

### 3. Cyberbullying Research Center

- Website: [Cyberbullying.org](http://Cyberbullying.org)
- Description: Provides research, resources, and strategies for preventing and responding to cyberbullying. They offer resources specifically designed for parents, including guides on how to talk to children about cyberbullying.

### 4. Stomp Out Bullying

- Website: [StompOutBullying.org](http://StompOutBullying.org)
- Description: This organization focuses on reducing and preventing bullying, cyberbullying, and other forms of digital abuse. They offer resources for parents, educators, and students.

### 5. National Bullying Prevention Center by PACER

- Website: PACER
- Description: Provides resources for parents, educators, and students, including toolkits, awareness events, and support services specifically designed to prevent and address bullying.

## Cyberbullying-Specific Resources

### 1. Common Sense Media

- Website: [CommonSenseMedia.org](http://CommonSenseMedia.org)
- Description: Offers reviews, advice, and resources for parents regarding online safety, cyberbullying, and digital citizenship. Their resources help parents guide their children in using technology safely.

### 2. Netsmartz by the National Center for Missing & Exploited Children

- Website: [Netsmartz.org](http://Netsmartz.org)
- Description: Provides age-appropriate resources to help teach children how to be safer online and to help parents understand the risks of cyberbullying and how to protect their children.

### 3. iKeepSafe

- Website: [iKeepSafe.org](http://iKeepSafe.org)
- Description: Offers resources for parents to keep their children safe online, including tips for handling cyberbullying. The site includes tools and guides for managing children's online activity.

### 4. ConnectSafely

- Website: [ConnectSafely.org](http://ConnectSafely.org)
- Description: A nonprofit organization that educates users of connected technology about safety, privacy, and security. They offer parent guides and resources for understanding and responding to cyberbullying.

## Local Resources

1. School Counselors and Administration

- Description: Parents should reach out to their child's school counselors or administrators, who often have resources and protocols in place for addressing bullying and cyberbullying.
- 2. Local Community Centers**
  - Description: Many community centers offer programs and workshops for parents and children on bullying prevention and response.
- 3. State-Specific Anti-Bullying Websites**
  - Description: Many states have their own anti-bullying websites that offer resources tailored to local laws and community resources.

## **Helplines**

- 1. The National Suicide Prevention Lifeline**
  - Phone: 1-800-273-TALK (8255)
  - Website: [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
  - Description: Provides confidential support for people in distress, including those who are being bullied or affected by bullying.
- 2. Crisis Text Line**
  - Text: HOME to 741741
  - Website: [crisistextline.org](https://www.crisistextline.org)
  - Description: A free, 24/7 support for those in crisis, including bullying victims.

**These resources provide comprehensive support for parents looking to address both traditional bullying and cyberbullying.**