A Message on Bullying Prevention from:
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Dear Colleagues,

As the subject line indicates, this month is recognized nationwide as Bullying Prevention Month. It seems on a daily basis, newspaper and television outlets have at least one feature on the subject. The recent incidents of young people committing suicide as a result of being bullied is heart wrenching, at times the problem seems overwhelming,

So what do we do? While it's easy to send out a list of resources (of which I'll do further into this email), I think more importantly we have to say "enough" and at local, county and state levels make a concerted effort to:

1. Serve as a resource in your districts for sites and parents seeking assistance in taking a more aggressive stand against bullying;

2. Support legislation that would require adoption of anti-bullying policy and provide training for school staff, parents, students   and community (similar to laws recently passed in Illinois, Florida, New York and Massachusetts);

3. Enhance bullying prevention resources available on-line locally;

4. Empower school sites to:

    • Focus on school environment and climate,
    • Implement and enforce anti-bullying policies,
    • Adopt positive school discipline techniques and implement youth development strategies,
    • Continue to administer the California Healthy Kids Survey to assess bullying;
    • Garner staff and parent support for bullying prevention;
    • Increase supervision in "hot spots" where bullying occurs.

I have visited a number of websites that contain information for parents, youth and professionals. Most have resources such as fact sheets, tips, and strategies available for download and sharing. I have downloaded a variety of documents and organized them into the following categories (a) resources for administrators & staff, (b) resources for youth, and (c) resources for parents. I will include links to the sites I visited and encourage you to do the same as a few feature interactive components such as videos, games, and situational-type activities for youth.

Resources:
CDE has information available on our "Bullying and Hate Motivated Behavior" Web site, located at [Link]**www.cde.ca.gov/ls/ss/se/bullyprev.asp** This website provides resources on how to identify and discuss bullying and how to differentiate between physical and psychological aggression, why bullies bully, bullying and the law, and how bullying can be prevented or diminished. There is a link to sample policies and frequently asked questions. You also can download and print copies of the "Bullying at School" document.

Stop Bullying Now - the national campaign for bullying prevention website sponsored by the Health Resources and Services Administration (HRSA) [Link]
www.stopbullyingnow.hrsa.gov

Pacer Center's National Center for Bullying Prevention - interactive, creative and relevant bullying prevention site created for and by kids to raise awareness of bullying prevention. [Link]**www.pacerteensagainstbullying.org** & [Link]**www.pacerkidsagainstbullying.org**

Cyberbullying Research Center - Provides fact sheets, cases, research, resources, stories, videos, strategies and solutions to assist in the prevention of online cruelty.[Link]
www.cyberbullying.us

National PTA Organization - features information and resources for parents. [Link]**www.pta.org/bullying**

Girls Circle - A research based program recognized as a promising approach in the Model Programs Guide of the OJJDP
[Link]**www.girlscircle.com**

Project Anti-Bully - founded by students for students, their mission is to raise awareness of the prevalence of bullying in schools globally and create strategies that will decrease its impact among students. The website is designed to provide an area of information exchange between students. [Link]**www.projectbully.com**

Additional Information:
The *Getting Results: Developing Safe and Healthy Kids* publications are designed to help California school districts use research-based strategies when implementing drug and violence prevention programs. ***Getting Results* - Update 4: *Violence Prevention and Safe Schools*** consists of comprehensive discussions of the research on bullying, peer aggression, sexual harassment, and preventing other forms of violence. Chapter 2 of this document provides an in-depth look at the research related to bullying. The publication can be downloaded from the Department's web page at: [Link]
www.cde.ca.gov/re/pn/fd/gettingresults.asp

Program summaries at the Substance Abuse and Mental Health Services Administration's (SAMSHA) National Registry of Evidence-based Programs and Practice (NREPP) website credits each of the following science-based programs as effectively preventing bullying behavior:

- Child Development Project
- Olweus Bullying Prevention Program
- Parenting Wisely
- Project Achieve
- Teaching Students to Be Peacemakers

The California Healthy Kids Resource Center has bullying prevention materials listed at the following website under violence prevention -
[Link]**www.californiahealthykids.org/c/@J9N3KpPkA37SU/pages/list.html?nocache@3+curList@0**