

Bullying

Websites

Anti-Bullying Flashmob www.youtube.com/watch?v=MhYyAa0VnyY

A youtube video produced by secondary school students against bullying.

athealth.com www.athealth.com

Provides academic-type articles on mental health information and services for mental health practitioners and those they serve. Includes articles on bullying behaviour in youth.

Search for "bullying"

B-Free.ca www.b-free.ca

Provides information about bullying in a youth-friendly format including information and facts, quizzes, first-hand accounts, links, and more.

Bully Free Alberta www.bullyfreealberta.ca

Helps parents, teens and community members take control of bullying by giving them the tools needed to prevent or intervene in a bullying situation.

Bullying in Schools and what to do about it www.kenrigby.net

Dr. Ken Rigby compiles research and information on bullying in an accessible format, providing information for parents, teachers and schools on bullying and strategies to address it.

Bullying Online www.bullying.co.uk

Provides facts, statistics, advice and support regarding bullying in the school system, including information specific to students, teachers and parents.

Bullying.org www.bullying.org

Dedicated to increasing the awareness of the problems associated with bullying and to preventing, resolving and eliminating it in society. Provides a space to learn about bullying, share personal stories and get help.

Hands on Scotland www.handsonscotland.co.uk

An online resource for people who are working with children and young people, including information and video clips on bullying.

Navigate to "How to help with troubling behaviours" > "Confidence/Self-esteem" > "Bullying"

I Am Safe www.iamsafe.ca

A youth-run website that provides information on bullying, how to deal with it, and being part of the solution.

KidsHealth.org www.kidshealth.org

Search for “bullying”

Health and development information website geared for parents, kids and teenagers, including resources on bullying.

Stop Cyber-bullying www.stopcyberbullying.org

Provides information about what cyber-bullying is, how to prevent it and the laws surrounding it. Includes sections geared towards children, pre-teens and teenagers in how to deal with cyber-bullying.

Team Heroes www.teamheroes.ca

Information for children provided in a kid-friendly format, including games and contests. Episodes of S-Team Heroes show examples and information on what to do about bullying.

Support Services

Bullying Canada

1-877-352-4497 ▪ www.bullyingcanada.ca

Anti-bullying support service run by youth for youth, providing phone and online chat, resources, and links.

Frog Hollow Neighbourhood House

(604) 251-1225 ▪ www.froghollow.bc.ca

Youth services offered include BASE, a mentoring program that works to address bullying, harassment and discrimination, and the Preteen Program, a free after-school drop-in program for youth ages 10-14.

Kelty Mental Health Resource Centre

(604) 875-2084 ▪ 1-800-665-1822 ▪ <http://keltymentalhealth.ca>

A provincial information centre that helps BC children, youth and families dealing with mental health and substance use issues find relevant resources. The centre also helps people of all ages dealing with eating disorders find relevant resources. Peer support workers are available for youth, parents, and those struggling with eating disorders.

Kids Help Phone

1-800-668-6868 ▪ www.kidshelp.sympatico.ca

Provides confidential, anonymous counseling online or over the phone. Website provides space to share stories and connect with other youth, as well as a Topic Library about common issues and concerns facing children and youth.

Safe Online Outreach Society

www.safeonlineoutreach.com

Provides information on cyber bullying, internet safety, and links. Offers programs across BC, including presentations and school visits for youth, parents, professionals.

Youth in BC

(604) 872-3311 ▪ 1-866-661-3311 ▪ www.youthinbc.com

A web-based hotline that provides youth in distress an opportunity to receive one-on-one online emotional support from trained volunteers, as well as resources on bullying and information for youth.