



## BULLYING: A BIG PROBLEM WITH BIG CONSEQUENCES

# Resources for Parents and Teens

Compiled by Jennifer L. Doty, Ph.D., University of Minnesota, Department of Family Social Science

These websites and books provide information to help you understand bullying and how to take steps to prevent or stop it.

### WEBSITES

- Teen Link: Bullying (University of Minnesota Extension) [www.extension.umn.edu/family/families-with-teens/resources-professionals/teen-link/bullying/](http://www.extension.umn.edu/family/families-with-teens/resources-professionals/teen-link/bullying/)
- StopBullying.gov [www.stopbullying.gov/](http://www.stopbullying.gov/)
- Bully Beware Productions <http://www.bullybeware.com/faq/bullying.html>
- PACER's National Bullying Prevention Center [www.pacer.org/bullying/](http://www.pacer.org/bullying/)
- The Bully Project [www.thebullyproject.com/](http://www.thebullyproject.com/)
- Stop Bullying Now [www.stopbullyingnow.com](http://www.stopbullyingnow.com)
- Anti Bullying Network [www.antibullying.net/](http://www.antibullying.net/)
- Connect Safely [www.connectsafely.org/](http://www.connectsafely.org/)
- OnGuardOnline.gov [www.onguardonline.gov/](http://www.onguardonline.gov/)
- CyberBully Help [www.cyberbullyhelp.com/](http://www.cyberbullyhelp.com/)
- Parenthetical: Where parents of tweens and teens learn, share and connect (University of Wisconsin Extension) <http://myparenthetical.com/>
- Talk with Kids About Tough Issues [www.talkingwithkids.org/](http://www.talkingwithkids.org/)

Books listed on back.

## BOOKS

- Coloroso, B. (2003). *The bully, the bullied, and the bystander - from preschool to high school - how parents and teachers can help break the cycle of violence*. New York: HarperCollins.
- Lohmann, R. C., & Taylor, J. V. (2013). *The bullying workbook for teens: Activities to help you deal with social aggression and cyberbullying*. Oakland, CA: New Harbinger Publications, Inc.
- Kowalski, R. M., Limber, S. P., & Agatston, P. W. (2012). *Cyberbullying: Bullying in the digital age*. Malden, MA: Wiley-Blackwell
- Schofield Clark, L. (2013). *The parent app: Understanding families in the digital age*. New York: Oxford University Press
- Thomas, J. (2011). *Parent's guide to preventing and responding to bullying*. Murfreesboro, TN: School Bullying Council.
- Wiseman, R. (2002). *Queen bees and wannabees: Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence*. New York: Three Rivers Press

Note: The information given in this publication is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Minnesota Extension is implied.