



WEB RESOURCES



UConn
RUDD CENTER
FOR FOOD POLICY & OBESITY

Kids & Teens

- **Stop Bullying**

- Stop Bullying has information and strategies for kids and teens who are being bullied, who are bullying, and who witness bullying. They also feature animated webisodes about bullying situations for kids. Students, families, and educators collaborate to develop and contribute to a shared school vision (i.e., operations and care for the environment)

<https://www.stopbullying.gov/resources/kids/kid-videos>

<https://www.stopbullying.gov/resources/teens>

- **Kids Against Bullying**

- The Kids Against Bullying website is fun to use for kids and contains helpful information about bullying. They also have contests, games, and videos.

www.pacerkidsagainstbullying.org

- **Be Strong**

- The Be Strong website has resources for those who are affected by bullying, isolation and suicide, as well as ways for kids and teens to become leader in their own communities. Be Strong also offers a free app.

<https://bestrong.global/>

- **Girls Health**

- Girls Health is a national public education campaign to encourage and motivate 9 to14 year old girls to make the most of their lives by targeting health messages to their unique needs, interests, and challenges.

<https://www.girlshealth.gov/>

Parents

- **PACER's National Center for Bullying Prevention**
 - PACER's website contains information and resources for parents about how to help if your child is being bullied, including how to work with your child's school to address the issue. Their website also has advice on mobile and online safety. While the site specializes in children with disabilities, their information is useful and relevant for all children who are being bullied.

<https://www.pacer.org/bullying/resources/parents/definition-impact-roles.asp>

- **Be Strong**
 - The Be Strong website has resources for parents on how to best support children and teens who are affected by bullying, isolation and suicide. Be Strong also offers a free email newsletter to update parents about their upcoming educational events.

<https://bestrong.global/participate/i-am-a-parent/>

- **NAAFA**
 - The National Association to Advance Fat Acceptance (NAAFA) provides a free toolkit on child advocacy in which they outline strategies to end weight-based bullying and promote positive body image among children and teens.

https://www.naafaonline.com/dev2/about/Brochures/NAAFA_Child_Advocacy_Toolkit.pdf

- **The Full Bloom Project**
 - The Full Bloom Project is a research-informed body-positive parenting resource—designed by parents, for parents. Their mission is to teach parents how to transform their home environment into a place where children can naturally boost immunity to our appearance-obsessed culture. Their website features a free podcast, as well as other resources for parents.

<https://www.fullbloomproject.com/>

- **Maryville University's Guide to Online Safety for Kids**
 - Maryville University provides a guide for parents to help ensure the online safety of kids.

<https://online.maryville.edu/online-bachelors-degrees/management-information-systems/guide-to-online-safety-for-kids/>

Teachers & School Administrators

- **Be Strong**
 - The Be Strong website has resources for school staff on how to best support children and teens who are affected by bullying, isolation and suicide. Be Strong also offers free virtual programs and trainings for school staff.

<https://bestrong.global/>

- **PACER's National Center for Bullying Prevention**
 - PACER's website offers free Classroom Toolkits and Activities that teach children ranging from elementary school through high school to build their understanding and skills on how to address and prevent bullying.

<https://www.pacer.org/bullying/classroom/>

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www.pacerkidsagainstabullying.org

- **Understanding Prejudice**
 - Understanding Prejudice is a website designed for students, teachers, and others that discusses the causes and consequences of prejudice. They feature several interesting tools for understanding prejudice, including online slide tours and surveys.

<https://secure.understandingprejudice.org/>

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- **Model for Healthy Body Image**

- Model for Healthy Body Image is a designed by Kathy Kater (author of Real Kids Come in All Sizes) to help children and adults to develop a positive body image by challenging cultural myths that promote unhealthy body images and eating. The curriculum, Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too, is available for purchase on the website in addition to free downloadable information and resources.

www.bodyimagehealth.org

- **NAAFA**

- The National Association to Advance Fat Acceptance (NAAFA) provides a free toolkit for schools looking to promote healthy eating and activity, combat weight-related teasing, and boost self-esteem for children of all sizes.

[www.https://www.naafaonline.com/dev2/education/haesschool.html](http://www.naafaonline.com/dev2/education/haesschool.html)

- **Learn Psychology**

- Learn more about bullying and what schools can do to prevent it from the experts at Learn Psychology.

http://www.learnpsychology.org/now/bullying_

- **The Anti-Defamation League**

- The Anti-Defamation League's (ADL) Education Department provides educational programs, training, and resources for grades PreK-12 and college/university settings. Their anti-bias and bullying prevention programs assist educators and students in understanding and challenging bias and building ally behaviors.

https://www.adl.org/education-and-resources/resources-for-educators-parents-families/educational-programs-training_

- **Teaching Tolerance**

- Teaching Tolerance provides free resources on social justice and anti-bias to educators who work with children from kindergarten through high school. Educators use these materials to supplement the curriculum, to inform their practices, and to create civil and inclusive school communities where children are respected, valued, and welcome participants. Teaching Tolerance has lessons specifically about size and body weight bias.

<https://www.tolerance.org/>

- **Operation Respect**

- Operation Respect believes that all young people deserve, and have the right, to learn in a safe, respectful, and caring community. Their free curriculum for school children combines music and other integrated arts activities, links to Common Core Standards, and provides grade level specific modifications. The lessons help students build essential skills for reducing bullying and conflict, establishing a peaceful, supportive learning environment, and engaging young people in active participation in their community.

<https://operationrespect.org/>

- **Second Step Bullying Prevention Unit**

- Second step bullying prevention program is produced by the Committee for Children. It is research-based and rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. More than just a classroom curriculum, Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children.

<https://www.secondstep.org/bullying-prevention>

- **GroundSpark's Respect For All Project**
 - GroundSpark's Respect For All Project facilitates the development of inclusive, bias-free schools and communities by providing media resources, support, and training to youth, educators, and service providers.

<https://groundspark.org/respect-for-all>

- **American University's School of Education**
 - American University's School of Education has a useful infographic for teachers and school administrators regarding how to manage and prevent bullying.

<https://soeonline.american.edu/blog/how-to-prevent-bullying>

- **Bradley University's Resources for School Counselors**
 - Bradley University has a useful infographic for school counselors regarding the role of school counselors in school safety.

<https://onlinedegrees.bradley.edu/blog/the-role-of-school-counselors-in-school-safety/>

- **Maryville University Mental Health Resources**
 - Maryville University provides a list of common mental health issues among students and resources for educators.

<https://online.maryville.edu/online-bachelors-degrees/psychology/mental-health-resources-for-students-and-educators/>

Employers & Worksites

- **Workplace Bullying Institute**
 - The Workplace Bullying Institute provides resources for targets of bullying, as well as employers and unions.

<https://www.workplacebullying.org/>

- **NAAFA**
 - The National Association to Advance Fat Acceptance (NAAFA) provides free toolkits for employers and worksites, such as an executive summary on size diversity in employment and a training guide for HR personnel.

Executive summary on size diversity in employment:

https://www.naafaonline.com/dev2/about/Brochures/2017_SDE-Exec.pdf

HR training guide:

https://www.naafaonline.com/dev2/about/Brochures/2017_SDE-HR_Guide.pdf