

Resources for Parents and Educators

Alberti Center Website

The Alberti Center Website provides a collection of resources for parents, educators, students, and researchers looking for more information about the prevention, consequences, and intervention of bullying behaviors. In addition to the resources developed by the Alberti Center, the website provides direct links to multimedia resources that may be helpful for both education and teaching opportunities. Our website is continually updated in order to provide the most relevant resources for those who seek to learn more about reducing bullying abuse in schools and in the community.

Alberti Center Publications

- **Guide to School-Wide Bullying Prevention Program**
Provides an overview of evidenced-based bullying prevention programs such as: Al's Pals, Bully Busters, Bully Prevention in PBIS, Bully-Proofing Your School, Creating a Safe School, Get Real About Violence, Olweus Bullying Prevention Program, Second Step, and Steps to Respect. Information is provided for each program concerning its purpose, target ages, costs, and materials.
- **Buffalo-Area Child & Family Therapeutic Services**
Offers reference information for Buffalo-area families searching for child, parent, and family services as well as family support and prevention programs.
- **Fact Sheets**
Designed to provide education, recommendations, and resources for those wishing to know more about select topics within bullying (e.g., Bullying and LGBTQ Youth).
- **Toolkit for Educators | Available Soon**
Designed to provide educators with an accessible and user-friendly approach to finding books, websites, videos, and multimedia resources to use with students. Resources are organized by material type, target education level (e.g., Elementary, Middle, and High School), and subject. Notably, the toolkit makes suggestions for use of applicable activities in the classroom as well as reading and interest level for students.

Understanding Bullying

- **Websites and Fact Sheets | Links to educational information**
Stop bullying.gov; Education.com; Target Bullying; Youth Violence Project; Monitor on Psychology Article: Anti-Bullying Efforts Ramp Up; Understanding Bullying: CDC Fact Sheet; Conversation Starters About Bullying from SAMHSA; GLSEN's Coming Out: A Guide for Youth and Their Allies
- **Multimedia | Links to educational resources and activities for students**
Videos: Sesame Street Video and Discussion about Bullying; Teaching Tolerance, Bullied: A Documentary; Stories of Us: Promoting Positive Peer Relationships (P3R); Let's Get Real; It Gets Better: Hope for LGBTQ Youth; Violent Video Games and Aggression; NBC Dateline's The Perils of Parenthood: Mobilizing Bystanders to Stop Bullying; My Kid Would Never Bully Dateline Episode; Cartoon Network Stop Bullying Speak Up; Cypress Ranch High School Anti-Bullying Lip Dub "Who Do U Think U R?"
- **Special Topics**
Links to specialized resources pertaining to cyberbullying, relational aggression, and teaching respect for diversity and LGBTQ youth.

Helpful Books

- ***And Words can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence.*** By James Garbarino and Ellen deLara
- ***A Parent's Guide to Understanding and Responding to Bullying: The Bully Busters Approach.*** By Arthur Horne, Jennifer Lind Whitford, and Christopher Bell
- ***Girl Wars: 12 Strategies that Will End Female Bullying.*** By Cheryl Dellasega and Charisse Nixon
- ***Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying.*** By Sameer Hinduja and Justin W. Patchin
- ***Bullying Prevention: Creating a Positive School Climate and Developing Social Competence.*** By Pamela Orpinas and Arthur (Andy) Horne
- ***Bullying Prevention and Intervention: Realistic Strategies for Schools.*** By Susan Swearer, Dorothy Espelage, and Scott Napolitano
- ***Children and Bullying: How Parents and Educators can Reduce Bullying at School.*** By Ken Rigby
- ***Cyberbullying.*** By Robin Kowalski, Susan Limber, and Patricia Agatston
- ***Cyberbullying: What Counselors Need to Know.*** By Sheri Bauman
- ***School Violence: Fears Versus Fact.*** By Dewey Cornell
- ***The Bully, the Bullied, and the Bystander.*** By Barbara Coloroso

Bullying and State Legislation

- **Dignity for All Students Act**
Includes links to information on the Dignity Act such as: The Dignity Act Informational Brochure; The Dignity Act Fact Sheet; Dignity for All Students Act Presentation from NYS School Safety Center; Slide Show Outlining The Dignity Act
- **Bullying and Harassment**
Information concerning bullying and harassment in schools: Department of Education Dear Colleague Letter Oct. 26, 2010; US Department of Education Dear Colleague Letter Background and Fast Facts Oct. 26, 2010; Monitor on Psychology Article: Hostile Hallways
- **Bullying and State Legislation**
Information pertaining to legal issues: US DOE Analysis of State Bullying Laws and Policies 2011

Bullying and Suicide

- **Information and Prevention Resources**
Suicide and Bullying Issue Brief: SPRC; Bullying and Suicide Prevention webinar from SPRC; Bullying and Youth Suicide: Breaking the Connection; Referrals for Students in Crisis.

School Safety and Crisis Resources

- SPRC After a Suicide: A Toolkit for Schools
- NASP School Safety and School Crisis Resources
- NASP PREPaRE School Crisis Prevention and Intervention Training Curriculum

To access the information presented above please visit us at
gse.buffalo.edu/alberticenter/resources