Resources on Bullying and Cyberbullying of Native Youth

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A publication of the Native American Parent Technical Assistance Center (NAPTAC)
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This resource list on bullying and cyberbullying has been compiled expressly for Parent Centers and the Native families and communities they serve. You can use the list to connect with agencies and organizations, publications, bullying prevention programs, and websites that address bullying and cyberbullying. Two NAPTAC publications on these important subjects are also available for downloading, adapting, duplicating, and sharing with others. Those briefs are:

- **Bullying**: What American Indian and Alaska Native Parents Need to Know
- **Cyberbullying**: What American Indian and Alaska Native Parents Need to Know

Find both briefs at the link below *(scroll to the Bullying-Cyberbullying suite)*:
http://naptac.org/resources/for-parent-centers/

AGENCIES AND ORGANIZATIONS ADDRESSING BULLYING

Indian Health Service (IHS) | This office in the U. S. Department of Health & Human Services sponsors a bullying prevention campaign: Stand Up Stand Strong. Fact sheets, brochures, and posters are available, as well as a link to a video with Native youth. Online at: http://www.ihs.gov/mediacampaigns/bullying

Office for Civil Rights (OCR) | This is an office in the U. S. Department of Education. OCR investigates complaints that a student's civil rights have been violated, due to discrimination based on a youth's race, ethnicity, national origin, gender, religion, or disability. Online at: http://www2.ed.gov/ocr

PACER's National Bullying Prevention Center | PACER is a parent training and information center that supports and advocates for children with disabilities and their families. Parents can find workshops and other resources. PACER created its national Bullying Prevention Center to provide resources that benefit all youth, including those with disabilities. They've also created separate websites for kids and teens. Online at: http://www.pacer.org/bullying/

Substance Abuse and Mental Health Services Administration (SAMHSA) | This federal agency supports a Tribal Training and Technical Assistance Center, which provides fact sheets on bullying prevention. Online at: https://www.samhsa.gov/tribal-ttac/resources/bullying-prevention

BULLYING PREVENTION PROGRAMS

Connect for Respect | This initiative of the National Parent-Teachers Association (PTA) helps parents, youth, and educators prevent bullying and create safe schools. Online at: http://www.pta.org/bullying

Creating Caring Communities, Bullyproofing Your School | This program embedded culturally responsive approaches to bullying prevention. Begun by the Lac Vieux Desert Band of Lake Superior Chippewa of Michigan, its success spread to the Oneida of Wisconsin, the Red Lake Band of Chippewa of Minnesota, and other area tribes. Online at: http://indiancountrytodaymedianetwork.com/2011/05/30/american-indian-programs-target-bullying-35000

Not in Our Town (NIOT) | NIOT is a program to stop hate and bullying, and build inclusive communities. NIOT offers trainings to help communities respond to racism. Online at: http://www.niot.org

Olweus Bullying Prevention Program | This is the oldest evidence-based program to prevent bullying in schools and improve school climate. It includes school-wide elements, classroom-level activities, and individual interventions for youth identified as bullies. Online at: http://www.clemson.edu/olweus

Positive Behavioral Interventions and Supports (PBIS) | PBIS is a well-researched, three-pronged strategy that focuses on the prevention of youth behavior problems while promoting a positive, collaborative school/group environment. Online at: https://www.pbis.org

PUBLICATIONS ON BULLYING

Walk a mile in their shoes: Bullying and the child with special needs
From AbilityPath.org, 2015. This parent-friendly report also includes chapters on "The Cyberbully" and "Addressing Bullying with a Child's IEP." Online as a PDF (3.8 MB), at: http://abilitypath.org/wp-content/uploads/2015/11/walk-a-mile-in-their-shoes.pdf

A Sweetgrass Method of bullying prevention for Native American youth
The Sweetgrass Method incorporates traditional Native values, involves elders and traditional practitioners, and includes Native stories, songs, and teachings. By Baez, Mark Standing Eagle and Isaac, Patricia (2013) and published in *Journal of Indigenous Research, Volume 3*, Issue 1, Article 1. Online as a PDF file (501 kb), at:
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1025&context=kicjir

Bully no more: National bullying prevention awareness month
This article is written by a Seneca mother, Leslie Logan (2016) and published by the Indian Country Today Media Network. Online at:
http://indiancountrytodaymedianetwork.com/2016/10/26/bully-no-more-national-bullying-prevention-awareness-month-166215

Bullying's impact on American Indian/Alaska Native students
From the National Education Association (2011). Online at:
http://neatoday.org/2011/10/27/bullyings-deadly-impact-on-american-indianalaskan-native-students/

Parent fact sheet: What are public schools required to do when students with disabilities are bullied?
From the U. S. Department of Education (2014). Online as a 1-page PDF (88 kb), at:
https://www2.ed.gov/about/offices/list/ocr/docs/dcl-factsheet-bullying-201410.pdf

WEBSITES ABOUT BULLYING

http://stopbullying.gov | This is the bullying prevention website of the U. S. Department of Health and Human Services. It includes the most up-to-date information from several partnering groups and agencies. Tip sheets for parents, including parents of youth with disabilities, are available. The website also provides activities designed by and for youth to address bullying behaviors.

http://www.bullypolice.org | This is where a person can find copies of, and information about, each state's anti-bullying law. Each state law is also analyzed and given a grade based on how thorough it is.

ORGANIZATION ADDRESSING CYBERBULLYING

Cyberbullying Research Center | This research center is well-respected for providing the latest bullying and cyberbullying facts, statistics, resources, activities, and presentations, such as a webinar about the bullying of youth with Autism Spectrum Disorder. Online at:
http://cyberbullying.org

What to do when your child is cyberbullied: Top 10 tips for parents
By Sameer Hinduja and Justin W. Patchin (2015, January). Online at:
http://cyberbullying.org/what-to-do-when-your-child-is-cyberbullied

Bullying beyond the schoolyard: Preventing and responding to cyberbullying
Also by Justin W. Patchin and Sameer Hinduja (2015), this book (2nd edition) builds on the authors' extensive research and includes latest findings and practical strategies for parents. From Sage Publications, you can order the book online, at:
https://www.amazon.com/Bullying-Beyond-Schoolyard-Preventing-Cyberbullying/dp/1483349934

On cyberbullying: FAQs for parents and for teens
Read and share the National Crime Prevention Council's suite of short, easy-to-read publications on cyberbullying, including FAQs for parents and FAQs for teens. Online, starting at: http://www.ncpc.org/topics/cyberbullying

WEBSITES ABOUT CYBERBULLYING

http://www.commonsensemedia.org | The website includes a free 17-page *Sexting Handbook* to download containing information for parents and youth. The handbook and other materials for parents and youth are created by the group's partner organization Common Sense Education.

http://www.connectsafely.org | This website offers free booklets written by parents for parents. They include *A Parents' Guide to Cyberbullying, A Parent's Guide to Instagram, A Parent's Guide to Mobile Phones*, and downloadable guidebooks on seven other topics.

https://www.consumer.ftc.gov/features/feature-0004-net-cetera-chatting-kids-about-being-online | At this U. S. Federal Trade Commission website, a parent can download a free, valuable booklet *Netcetera: Chatting with Kids about Being Online* and many other resources.

http://www.ikeepsafe.org | The site provides resources for parents and educators to teach youth how to safely and ethically use their technology. A helpful downloadable booklet is *Parent's Guide to Facebook*.

http://www.netsmartz.org | The website is a program of the National Center for Missing and Exploited Children. A 2-page brochure, *Tips to Prevent Sexting for Parents*, can be found there. They also create handouts for youth and sponsor specific websites for kids, tweens, and teens.