

## Resource List

There are literally millions of sites posted on the web that deal with bullying. Listed below are a few resources you may find useful in this regard.

### **Books**

- And Words Can Hurt Forever How to Protect Adolescents from Bullying, Harassment, and Emotional Violence by James Garbarino & Ellen deLara
- Me To We Finding Meaning in a Material World by Craig and marc Kielburger
- Nobody Like Me, Everybody Hates Me Friendship Problems and How to Solve Them by Michele Borba
- Odd Girl Out The Hidden Culture of Aggression in girls by Rachel Simmons
- Queen Bees and Wannabes Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence by Rosalind Wiseman
- The Bully, the bullied, and the Bystander From Pre-School to High School – How parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso

### **Websites**

- [www.aadac.com](http://www.aadac.com) Website of The Alberta Alcohol and Drug Abuse Commission.
- [www.b-free.ca](http://www.b-free.ca) Alberta Government website where youth can access strategies and information on bullying
- [www.bewebaware.ca](http://www.bewebaware.ca) Information on web awareness presented by the Media Awareness Network.
- [www.bullybeware.com](http://www.bullybeware.com) Information from a site in B.C. on bullying.
- [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca) Alberta Government website where parents can find useful tips on what to do if their child is a bully, if their child is the one being bullied, or if their child is a witness to bullying.
- [www.bullying.org](http://www.bullying.org) Canadian site with a lot of information on bullying.
- [www.cipb.ca](http://www.cipb.ca) Website of Canadian Initiative for the Prevention of Bullying
- [www.cyberbully.org](http://www.cyberbully.org) Information on cyberbullying.
- [www.cyberbullying.ca](http://www.cyberbullying.ca) More information on cyberbullying.
- [www.dontlaugh.org](http://www.dontlaugh.org) Founded by Peter Yarrow of the folk group 'Peter, Paul & Mary' Operation Respect: Don't Laugh at Me is dedicated to creating safe, caring and respectful environments for children.
- [www.drwooding.com](http://www.drwooding.com) More information from our keynote speaker, Dr. Scott Wooding.
- [www.kidspace.org](http://www.kidspace.org) Kidspace, a U.S. National Centre for Kids Overcoming Crisis offers information on bullying.
- [www.leaveoutviolence.com](http://www.leaveoutviolence.com) LeaveOutViolence is a youth lead movement against violence.
- [www.media-awareness.ca](http://www.media-awareness.ca) Web awareness from the Media Awareness Network.
- [www.redcross.ca](http://www.redcross.ca) The Canadian Red Cross provides information on violence and abuse.
- [www.sacsc.ca](http://www.sacsc.ca) The Society for Safe and Caring Schools and Communities offers much information on bullying and character education.

- [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)  
A lot of bullying information provided by the U.S. Department of Health and Human Services.
- [www.teamheroes.ca](http://www.teamheroes.ca)  
Alberta Government website for children 3-11. S-Team heroes is an interactive online game that teaches children how to handle bullying situations.
- [http://en.wikipedia.org/wiki/Workplace\\_bullying](http://en.wikipedia.org/wiki/Workplace_bullying)  
Information on bullying in the workplace.

### Cyber Tips

- To convert from SMS to English:  
(useful when trying to read text messages)  
  
SMS to English     <http://www.transl8it.com>
- Using [www.cira.ca](http://www.cira.ca), you can find out who owns the company if it is a Canadian registered site (one that ends in .ca).
- Using Web Domain [www.interic.com](http://www.interic.com) will give you the contact information for almost all sites on the web
- Good information to be aware of:

Search for stored images, videos and internet files:

- o Windows – Search
  - \*.htm. \*.html for internet files;
  - \*.gif \*.jpg \*.jpeg \*.bmp for images
  - \*.avi \*.mpeg \*.mpg for video files
- o Macintosh – Same as above but without the \*

Review Your History Files:

- o IE - Click the History button on the toolbar to view the sites your browser has been to recently
- o Netscape – Click Communicator on the toolbar, select Tools and then History. (Ctrl-H).