Anti-Bullying Resources and Information

Online Resource Clearinghouses

Online resources are the most comprehensive and available resources for all anti-bullying materials available. Many offer text and chat options also, and provide sections for parents, students, and educators.

StopBullying.gov

A United States government funded site that provides comprehensive prevention, early intervention and legal information on bullying.

Stomp Out Bullying

Ages 13-24
Free and confidential
Online Help Chat Line- Wednesdays 8pm-12am, Thursdays 6pm-12am, Fridays 7pm-12am

PACER's National Bullying Prevention Center

Lots of bullying prevention information for students and educators seeking to create safe spaces.

Teens Against Bullying

Exclusively for teens looking to create safe spaces, and support themselves and others.

Hotlines

Vermont Teenline 1-5pm Mon-Fri (questions, life struggles, just someone to talk to) 855-273-8336

2-1-1 for emergency housing vouchers, social service information and referrals VT/NH

Substance Abuse and Mental Health Services National Hotline 1-800-662-4357 for treatment options

HCRS crisis line 24 hours a day/7 days a week 800-622-4235

National Suicide Prevention Hotline 800-273-8255

Quit Vaping "Start My Quit" to 36072 https://vt.mylifemyquit.org/index
text "VtVapeFree" to 88709

Quit smoking/Vaping: https://802quits.org/ 1 (800) QUIT-NOW (784-8669)

Good Neighbor Health Clinic 802-295-1868 Tobacco Cessation https://goodneighborhealthclinic.org/

Mt Ascutney Hospital Tobacco Cessation Program Text QUIT to 47878 Sarah Doyle (802) 289-0045

If you need to talk to someone in school about bullying, please feel free to reach out to Janet Potter, Student Assistance Professional (SAP), or your school counselor.

What is bullying?

At first glance, many people might think this behavior is easy to define. Their first image of bullying might be of a physically intimidating boy beating up a smaller classmate. While that would still be considered bullying today, parents need to know that bullying behavior can be much more complex and varied than the stereotype. For example, harmful bullying can also occur quietly and covertly, or through gossip or the Internet, and can cause significant emotional damage.

The definition of bullying will vary by school and state. Your state may have a legal definition and schools generally have their own unique bullying policy. While there are significant differences between definitions, most include the following traits:

- Behavior that hurts or harms another person physically or emotionally, and
- An inability for the target to stop the behavior and defend themselves, and
- An imbalance of power that occurs when the student doing the bullying has more physical, emotional, or social power than the target, and
- Repetitive behavior; however, bullying can occur in a single incident if that incident is either very severe or arises from a pattern of behavior

Many definitions also include:

- **The types of Bullying:** The behavior can be overt and direct, with physical behaviors, such as fighting, hitting or name calling, or it can be covert, with emotional-social interactions, such as gossiping or leaving someone out on purpose. Bullying can also happen in-person, online or through smart phones and texts.
- **Intent of the part of the student with bullying behavior:** "It is intentional, meaning the act is done willfully, knowingly, and with deliberation to hurt or harm," but there is some controversy with this statement as some assert that not all bullying behavior is done with intent or that the individual bullying realizes that their behavior is hurting another individual.
- **The implications for all students:** It is also important to note that bullying is not just about the implications for those targeted by the behaviors, but that the behavior can impact all students in the school, including those who witness the behavior and those that engage in the behavior.
- **Additional factors:** These can include; the differentiation between bullying and harassment, enumeration of protected classes, statements around the use of technology, how the behavior impacts educational performance and the
- physical locations that would fall under the jurisdiction of school sanctions.

Help for those in crisis, feeling sad, lonely, or depressed

***U**matter* U Can Get Help:** A website for youth who think they may need help or may be worried about someone else.

Screening for Mental Health: In-person and online screening programs for depression, bipolar disorder, anxiety, PTSD, eating disorder, substance abuse, and suicide prevention.

Suicide Prevention Lifeline: 988

Trevor Project: Crisis intervention, resources, and support for LGBTQ young people and their friends by phone, text, or chat.

> TrevorLifeline: 24/7 crisis intervention: 1-866-488-7386.
>
> TrevorText: Mon-Fri 3pm-10pm. Text "START" to 6788678.

VT Crisis Text Line: Text "VT" to 741741. Crisis Text Line is FREE 24/7 support. Get a response from a trained crisis counselor who will work with you until you have a positive plan for next steps.

Vermont 211: live referral help to Vermont community services. Dial 2-1-1 anywhere in Vermont.

Alcohol, Tobacco, and Other Drugs

802Quits: Help for quitting smoking, using tobacco products, or vaping: 800-784-8669 (phone support for youth 13 and older)

Smokefree Teen: Website specifically for youth to provide tips and tricks to help quit smoking. Free tools include a text messaging program and mobile app.

quitSTART: Free mobile app that helps you quit smoking with tailored tips, inspiration and challenges. (Android and Apple iOS versions available)

This is Quitting: mobile app available for Android and Apple iOS users.

National Institute on Drug Abuse: Get the latest information on how drugs affect the brain and body at National Institute on Drug Abuse (NIDA) for teens.

Vermont Department of Health: Looking for substance use prevention programs or treatment services near you?

VT Helplink: VT Helplink is your statewide, public resource for finding substance use treatment and recovery services in Vermont.

My Life My Quit: Call or text “Start My Quit” to (855) 891 9989 to talk to a coach about quitting vaping nicotine and tobacco products.