




Bullying Resources

General Resources		
American Academy of Child and Adolescent Psychiatry (AACAP)	The AACAP has a comprehensive collective of FAQ's, facts sheets, clinical research, training opportunities, and age-appropriate books to help families navigate instances of bullying.	Bullying Resource Center
StopBullying.gov	StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.	StopBullying.gov
Adult Bullying from KidPower International	This resource provides information about how adults can manage and navigate bullying at work, home, or anywhere.	Adult Bullying: 5 Skills to Protect Yourself and Others Kidpower International
Cyberbullying Research Center	Free, downloadable resources to help adult victims of cyberbullying, harassment, and other forms of online abuse.	Adults Archives - Cyberbullying Research Center
STOMP Out Bullying	STOMP Out Bullying is a national nonprofit dedicated to changing the culture for all students. It works to reduce and prevent bullying, cyberbullying and other digital abuse, educates against homophobia, LGBTQ+ discrimination, racism and hatred, and deters violence in schools, online and in communities across the country. STOMP Out Bullying promotes civility, diversity, inclusion, equity and equality. It teaches effective solutions on how to respond to all forms of bullying, as well as educating kids and teens in school and online. It provides help for those in need and at risk of suicide, and raises awareness through peer mentoring programs in schools, public service announcements by noted celebrities, and social media campaigns.	STOMP Out Bullying
Health Resources and Services Administration (HRSA) PDF	<i>How to Talk with Educators at Your Child's School About Bullying: Tips for Parents of Bullied Children</i> - This PDF has information about in-school bullying, how to talk with your child, how to communicate with school staff, and when to involve law enforcement.	 Stop Bullying Now HRS...

Local Resources		
Hopkinton Youth and Family Services (HYFS)	HYFS can provide guidance and resources to families navigating all types of bullying - regardless of age or situation.	Contact HYFS: (508)497-9781 contactyafs@hopkintonma.gov Hopkinton Youth and Family Services
SPARK Kindness	SPARK Kindness is a local nonprofit that provides resources and services to help “[communities] grow more kind, resilient and welcoming.” They “[host] speakers, parenting groups, community activities, and support whenever needed” to “equip communities to create lasting interdependence and connection.”	SPARK Kindness Link to a thorough list of resources for navigating bullying of all types: Bullying Resources
Hopkinton Public Schools - Report an Incident and Bullying Policies	Access HPS’s bullying incident reporting form, as well as these three policies: AC - Non-Discrimination, JICFB - Bullying Prevention and Intervention, and ACAB - Sexual Harassment.	https://www.hopkinton.k12.ma.us/about/report-an-incident
Hopkinton Public Schools Bullying Prevention and Intervention Plan	Access HPS’s Bullying Prevention and Intervention Plan here.	Hopkinton Anti-Bullying Plan FINAL 4-4-24

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