

# Anti-Bullying Resources

Alley Oops

**Some websites with important information about combating bullying:**

[The Bullying Business](#)

[Bullying By the Numbers: A Breakdown of Bullying Statistics and Facts](#)

[Learn Psychology's Guide to Bullying Awareness & Prevention](#)

[Bullying Awareness Guidebook](#)

[National Crime Prevention Council](#)

[Pacer Center's Kids Against Bullying Smart Stuff](#)

[National Society for the Prevention of Cruelty to Children \(NCPCC\) Bullying Resources](#)

Ideas for group discussion:

1. As a group, define what a bully is and brainstorm how a bully acts. Record the ideas and be sure to include these bullying behaviors: teasing, name calling, threatening, taking property from someone, or hurting someone physically or emotionally.
2. Allow a few minutes for the children to share their own experiences with bullies or tell about witnessing someone else being bullied.
3. Discuss these questions as a group: How does it feel to be bullied or picked on? Why do you think bullies act the way they do?
4. Help the children understand that bullies often have low self-esteem, feel angry or lonely, want power, are not sure how to make friends, or may just want to make others feel rotten too. Ask the group, "If a bully picked on you, what would you do?"
5. Record strategies and be sure to emphasize nonviolent strategies for dealing with bullies, such as walking away, talking it out, sticking with friends, telling an adult.

