



2020 CSN Bullying Prevention Resource Guide



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INTRODUCTION

Bullying during childhood and adolescence is painful when it happens and can have long lasting effects, both for the bully and the victim. Despite efforts to decrease bullying, the percentage of students reporting being bullied- roughly one in five- has not changed since bullying-related data began being collected by the Centers for Disease Control and Prevention (CDC) through the Youth Risk Behavior Survey (YRBS) in 2011. The YRBS is the nation's biennial survey of adolescent health risk and health protective behaviors. According to the results of the 2017 YRBS,



in the 12 months preceding the survey, 14.9% of students reported being electronically bullied and 19% reported being bullied at school.¹ Bullying is a serious public health problem. Victimized youth are at increased risk for depression, anxiety, substance misuse, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood. Compared to youth who only bully, or who are only victims, bully-victims suffer the most serious consequences and are at greater risk for both mental health and behavioral problems.

No single factor puts a child at risk of being bullied or bullying others. Bullying can happen anywhere—cities, suburbs, or rural towns. Depending on the environment, some groups—such as lesbian, gay, bisexual, or transgendered (LGBT) youth, youth with disabilities, and socially isolated youth – may be at increased risk of being bullied.

This guide provides links to a multitude of bullying prevention resources available to you. It is divided into six sections: (1) Organizations and Websites; (2) Data and Data Sources (3) Programs, Campaigns, and Resources; (4) Policies, laws and Legislation; (5) Publications; (6) At Risk Populations. The resources included in this guide are not meant to be comprehensive, nor are the listings intended as endorsements.

1. <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf>

StopBullying.gov

<http://www.stopbullying.gov/>
<https://espanol.stopbullying.gov>



Youth Risk Behavior Survey | (CDC) 2017

[https://www.cdc.gov/healthyyouth/
data/yrbs/index.htm](https://www.cdc.gov/healthyyouth/data/yrbs/index.htm)

ORGANIZATIONS AND WEBSITES

Centers for Disease Control and Prevention (CDC)

[https://www.cdc.gov/violenceprevention/youthviolence/
bullyingresearch/fastfact.html](https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html)

Cyberbullying Research Center

<http://www.cyberbullying.us/index.php>

Highmark Foundation

[https://www.highmarkfoundation.org/whatwedo/
bullyingPrevention.shtml](https://www.highmarkfoundation.org/whatwedo/bullyingPrevention.shtml)

National Association of School Psychologists

[https://apps.nasponline.org/search-results.
aspx?q=bullying+prevention](https://apps.nasponline.org/search-results.aspx?q=bullying+prevention)

National Center on Safe Supportive Learning Environments

[https://safesupportivelearning.ed.gov/topic-research/
safety/bullyingcyberbullying](https://safesupportivelearning.ed.gov/topic-research/safety/bullyingcyberbullying)

PACER Center's National Bullying Prevention Center

<http://www.pacer.org/bullying/>

Promote Prevent

<http://preventingbullying.promoteprevent.org/cyberbullying>

The Collaborative for Academic, Social, and Emotional Learning (CASEL)

<https://casel.org/>

DATA AND DATA SOURCES

Child and Adolescent Health Measurement Initiative | Data Resource Center for Child and Adolescent Health. 2018 National Survey of Children's Health data query.

[https://www.childhealthdata.org/browse/survey/
results?q=7569&r=1](https://www.childhealthdata.org/browse/survey/results?q=7569&r=1)

Health Behavior in School-Aged Children

<https://www.icpsr.umich.edu/icpsrweb/ICPSR/series/195>

Measuring Bullying Victimization, Perpetration, and Bystander Experiences: A Compendium of Assessment Tools | CDC

<https://www.cdc.gov/violenceprevention/pdf/bullycompendium-a.pdf>

National Crime Victimization Survey (NCVS)

<https://www.bjs.gov/index.cfm?ty=tp&tid=974>

School Health Policies and Practices Study | CDC (2016)

<https://www.cdc.gov/healthyyouth/data/shpps/results.htm>

The 2017 National School Climate Survey. The Experiences of Lesbian, Gay, Bisexual, Transgender, and Queer Youth in Our Nation's Schools | GLSEN (2017)

<https://www.glsen.org/research/2017-national-school-climate-survey-0>

PROGRAMS, CAMPAIGNS, AND RESOURCES

A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors (2016)

<https://www.cdc.gov/violenceprevention/pdf/yv-technicalpackage.pdf>

Bullying Prevention and Intervention: An Archived CSN Webinar | CSN (2016)

<https://www.childrensafetynetwork.org/webinar/bullying-prevention-interventions>

Bullying Prevention in Indian Country | SAMHSA (2016)

<https://store.samhsa.gov/product/Bullying-Prevention-in-Indian-Country/SMA16-4996>

Bullying Prevention in Out-of-School and Afterschool Settings | Highmark Foundation (2013)

<https://www.highmarkfoundation.org/pdf/publications/BPOSTGuide2013.pdf>

Assessing Prevention Capacity and Implementing Change. An Evidence-Informed and Evidence-Based Bullying Prevention Capacity Assessment and Change Package | MCHB (2018)

https://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/MCHB_ChangePkg_09-18-18%20sxf.pdf



Bullying Prevention Month | PACER

<https://www.pacer.org/bullying/nbpm/>

Bullying Prevention Unit: The Power to Create a Positive School Climate | Second Step

<https://www.secondstep.org/bullying-prevention>

Bullying Surveillance among Youths: Uniform Definitions for Public Health and Recommended Data Elements Version 1.0 | CDC (2014)

<http://www.cdc.gov/violenceprevention/pdf/bullying-definitions-final-a.pdf>

Bullying Victimization among U.S. Youth | Children's Safety Network (2018)

<https://www.childreussafetynetwork.org/resources/bullying-victimization-among-us-youth>

Consequences of Bullying: An Archived CSN webinar | CSN (2016)

<https://www.childreussafetynetwork.org/webinar/consequences-bullying>

How to Prevent Bullying | Stopbullying.gov

<https://www.stopbullying.gov/prevention/how-to-prevent-bullying>

How Social and Emotional Learning Can Help Prevent Bullying: An Archived CSN Webinar | CSN (2018)

<https://www.childreussafetynetwork.org/webinar/how-social-emotional-learning-sel-can-help-prevent-bullying>

Integrating Bullying Prevention and Restorative Practices in Schools: Considerations for Practitioners and Policymakers | Safe Schools (2014)

<http://www.safeschools.info/content/BPRPWhitePaper2014.pdf>

Olweus Bullying Prevention Program

<https://olweus.sites.clemson.edu/>



Prevention of Bullying in Schools, Colleges, and Universities: Research Report and Recommendations | American Educational Research Association (2013)

<http://www.aera.net/Education-Research/Issues-and-Initiatives/Bullying-Prevention-and-School-Safety/Bullying-Prevention>

Social and Emotional Learning and Bullying Prevention | CASEL (2009)

[http://www.promoteprevent.org/sites/www.promoteprevent.org/files/resources/SELBullying\(1\).pdf](http://www.promoteprevent.org/sites/www.promoteprevent.org/files/resources/SELBullying(1).pdf)

Strategies for Preventing Peer Aggression, Bullying, and Victimization | National Mentoring Resource Center

<https://nationalmentoringresourcecenter.org/index.php/14-practices/304-strategies-for-preventing-peer-aggression,-bullying,-and-victimization.html>

Strengthen the Evidence for Maternal and Child Health Programs: National Performance Measure 9 Bullying Evidence Review | Women’s and Children’s Health Policy Center at Johns Hopkins University (2017)

https://www.mchevidence.org/documents/reviews/npm_9_bullying_evidence_review_brief_feb_2017.pdf

The Bully Project

<http://www.thebullyproject.com/>

What to Do About Bullying? Key Prevention Strategies for Health Departments: An Archived CSN Webinar | CSN (2016)

<https://www.childrensafetynetwork.org/webinar/what-do-about-bullying-key-prevention-strategies-health-departments>

POLICIES, LAWS, AND LEGISLATION

Bullying Prevention Law and Policy: An Archived CSN Webinar | CSN (2016)

<https://www.childrensafetynetwork.org/webinar/bullying-prevention-law-policy>

Laws, Policies, and Regulations | Stopbullying.gov (2018)

<http://www.stopbullying.gov/laws/index.html>



Set Policies and Rules:

<https://www.stopbullying.gov/prevention/rules>

Understanding the Roles of Elected Officials in Community-wide Bullying Prevention Efforts:

https://www.stopbullying.gov/prevention/training-center/hrsa_guide_elected-officials_508v2.pdf

School Bullying: Extent of Legal Protections for Vulnerable Groups Needs to be More Fully Assessed | The Government Accountability Office (2012)

<http://www.gao.gov/assets/600/591202.pdf>

State Bullying Legislation Since 2008 | National Conference of State Legislators (2013)

<https://www.ncsl.org/research/education/bullying-legislation-since-2008.aspx>

PUBLICATIONS

A Public Health Approach to Bullying Prevention | American Public Health Association (2014)

Massiello MG, Schroeder D

<http://ajph.aphapublications.org/doi/book/10.2105/9780875530413>

An Exploration of the Link between Bullying Perpetration and Substance Use: A Review of the Literature. | Trauma, Violence and Abuse (2019)

Arcadeoabu FB, Eskenazi DY, Fidalgo TM, Hong JS

<https://journals.sagepub.com/doi/10.1177/1524838019837593#>

An Exploration of the Relationship between Experiences with Sibling Abuse and Peer Bullying: a Pilot Study. Journal of Child and Adolescent Trauma. (2018)

Morrill M, Bachman C, Polisukk B, Kostelyk K, Wilson S

<https://link.springer.com/article/10.1007%2Fs40653-017-0156-x>

Associations between Cyberbullying Victimization and Deviant Health Risk Behaviors | The Social Science Journal (2019)

Graham R, Wood FR

<https://www.sciencedirect.com/science/article/abs/pii/S0362331918300715?via%3Dihub>

Building Capacity to Reduce Bullying and Its Impact on Youth across the Lifecourse | Institute of Medicine (2014)

<https://www.nap.edu/catalog/21682/building-capacity-to-reduce-bullying-workshop-in-brief>

Bullying and cyberbullying: Protective Factors and Effective Interventions | Aggression and Violent Behavior (2019)

Zych I, Farrington D, Ttofi MM

<https://www.sciencedirect.com/journal/aggression-and-violent-behavior/vol/45/suppl/C>

Bullying at school: What we know and what we can do | Blackwell Publishing (1993)

Olweus D

<https://doi.org/10.1002/pits.10114>

Bullying Environment Moderates the Relationship between Exercise and Mental Health in Bullied US Children | Journal of School Health (2019)

Sibold J, Edwards EM, O'Neil L, Murray-Close D, Hudziak JJ

<https://doi.org/10.1111/josh.12864>

Bullying in School: Importance of and Challenges Involved in Talking to the School Nurse | The Journal of School Nursing. (2019)

Kvarme LG, Misvaer N, Valla L, Myhre MC, Holen S, Sagatun A

<https://journals.sagepub.com/doi/10.1177/1059840519846649>

Bullying Prevalence across Contexts: A Meta-Analysis Measuring Cyber and Traditional Bullying | Journal of Adolescent Health (2014)

<http://www.jahonline.org/article/S1054-139X%2814%2900254-7/abstract>

Children's Bullying Involvement and Maternal Depressive Symptoms | Social Science and Medicine (2020)

Nomaguchi K, Fetto MH

<https://www.sciencedirect.com/science/article/abs/pii/S0277953619306902?via%3Dihub>

Combining Whole-School and Targeted Programs for the Reduction of Bullying Victimization: A Randomized, Effectiveness Trial | Aggressive Behavior (2020)

Rapee RM, Shaw T, Hunt C, Hussey K, Hudson JL, et.al.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ab.21881>





Cybervictimization in Adolescence and its Association with Subsequent Suicidal Ideation/Attempt Beyond Face-to-Face Victimization: A Longitudinal Population-based Study | The Journal of Child Psychology and Psychiatry (2020)

Perret LC, Orri M, Boisin M, Ouellet-Morin I, et.al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpp.13158>

Differences in Adolescents' Response Decision and Evaluation for Face-to-Face and Cyber Victimization | The Journal of Early Adolescence (2018)

Wright MF, Harper BD, Wachs S

<https://journals.sagepub.com/doi/10.1177/0272431618806052>

Exploring Text Messaging as a Platform for Peer Socialization of Social Aggression | American Psychological Association (2020)

Violet JW, George MJ, Burnell K, Underwood MK

<https://psycnet.apa.org/record/2019-64854-001?doi=1>

Exploring the Gaps between Teachers' Beliefs about Bullying and Research-Based Knowledge | International Journal of School and Educational Psychology (2017)

Rigby, K

<https://www.tandfonline.com/doi/full/10.1080/21683603.2017.1314835>

From Bully Victimization to Aggressive Behavior: Applying the Problem Behavior Theory, Theory of Stress and Coping, and General Strain Theory to Explore Potential Pathways | Journal of Interpersonal Violence (2019)

Lee JM, Kim J, Jong JS, Marsack-Topolewski CN

<https://journals.sagepub.com/doi/10.1177/0886260519884679>

Longitudinal Associations between Sexting, Cyberbullying, and Bullying among Adolescents: Cross-Lagged Panel Analysis | Journal of Adolescence (2019)

Van Ouystel J, Lu Y, Ponnet K, Walrave M, Temple JR

<https://www.sciencedirect.com/science/article/abs/pii/S0140197119300533?via%3Dihub>

Longitudinal Relations among Cyber, Physical, and Relational Bullying and Victimization: Comparing Majority and Minority Ethnic Youth | Journal of Child and Adolescent Trauma (2018)

Barlett CP, Wright MF

<https://link.springer.com/article/10.1007%2Fs40653-017-0174-8>

Natural Mentoring Relationships as a Protective Factor for Victims of Bullying | Journal of School Violence (2017)

Drevon DD, Kim SY, Fredrick SS

<https://doi.org/10.1080/15388220.2017.1322520>

Parental Responses to Bullying: Understanding the Role of School Policies and Practices | American Psychological Association (2019)

Johnson SL, Waasdorp TE, Galas LM, Bradshaw CP

<https://psycnet.apa.org/record/2018-37376-001?doi=1>

Preventing Bullying in Schools: A Social and Emotional Learning Approach to Prevention and Early Intervention | Norton Professional Books (2020)

Catherine Bradshaw and Tracy Waasdorp

<https://www.norton.com/books/Preventing-Bullying-in-Schools>

Preventing Bullying through Science, Policy, and Practice | National Academies of Sciences, Engineering, and Medicine (2016)

Rivera F, Le Menestrel S (Eds.)

<https://www.nap.edu/catalog/23482/preventing-bullying-through-science-policy-and-practice>

Understanding the Roles of Health and Safety Professionals in Community-Wide Bullying Prevention Efforts: What is Known about Bullying among Young Children and its Prevalence in Early Education and Child Care Settings? | Stop Bullying

http://www.stopbullying.gov/prevention/training-center/hrsa_guide_health-and-safety-professionals_508v2.pdf

What Works for Bullying Programs: Lessons from Experimental Evaluations of Programs and Interventions | Child Trends (2017)

Lawner EK, Terzian MA

https://www.childtrends.org/wp-content/uploads/2013/10/briefing_bullying5_anm1.pdf

“Would You Be My Friend?”: Friendship Selection and Contagion Processes of Early Adolescents Who Experience Victimization | The Journal of Early Adolescence (2019)

Berger C, Gremmen MC, Palacios D

<https://journals.sagepub.com/doi/10.1177/0272431618824753>

AT-RISK POPULATIONS

A Literature Review of Protective Factors associated with Homophobic Bullying and its Consequences among Children and Adolescents | Aggression and Violent Behavior (2019)

Espelage DL, Valido A, Hatchel T, Ingram KM, Huang Y, Torgal C

<https://doi.org/10.1016/j.avb.2018.07.003>

Autism Spectrum Disorder Symptoms and Bullying Victimization among Children with Autism in the United States | Journal of Autism and Developmental Disorders (2019)

Forrest DL, Kroeger RA, Stroope S

<https://doi.org/10.1007/s10803-019-04282-9>

Bully Victimization and Child and Adolescent Health: New Evidence from the 2016 NSCH |

Annals of Epidemiology (2019)

Jackson DB, Vaughn MG, Kremer KP

<https://doi.org/10.1016/j.annepidem.2018.09.004>



Effectiveness of School District Antibullying Policies in Improving LGBT Youth’s School Climate | Psychology of Sexual Orientation and Gender Diversity (2016)

Kull M, Greytak E A, Kosci G., and Villenas C

<https://doi.org/10.1037/sgd0000196>

Promising Strategies for Prevention of the Bullying of Lesbian, Gay, Bisexual, and Transgender Youth | Prevention Researcher (2012)

Kosciw JG, Bartkiewicz, M, Greytak EA

<https://eric.ed.gov/?id=EJ994837>

Racial Bullying and Adolescent Substance Use: An Examination of School-Attending among Adolescents in the United States | Journal of Ethnicity in Substance Abuse (2015)

Stone AL, Carlisle SK

<https://www.tandfonline.com/doi/full/10.1080/15332640.2015.1095666>

Resources for Preventing Bias-Based Bullying

<http://www.welcomingschools.org/bullying-name-calling/>

Special Needs Anti-Bullying Toolkit | PACER and the Bully Project

<http://bullyfreeworld-bully.nationbuilder.com/toolkit>

“Sticks and Stones May Break My Bones, But Bullying Will Get Me Bangin’”: Bullying Involvement and Adolescent Gang Joining | Youth Violence and Juvenile Justice (2018)

Shelley WW, Peterson D

<https://doi.org/10.1177/1541204018809841>

Suicide and Bullying. Issue Brief | Suicide Prevention Resource Center (2011)

http://www.sprc.org/library/Suicide_Bullying_Issue_Brief.pdf

The Bully-Sexual Violence Pathway in Early Adolescence | CDC

http://www.cdc.gov/violenceprevention/pdf/asap_bullyingsv-a.pdf

The Relation between Suicidal Ideation and Bullying Victimization in a National Sample of Transgender and Non-Transgender Adolescents. Youth Suicide and Bullying: Challenges and Strategies for Prevention and Intervention | Oxford University Press (2014)

Goldblum P, Espelage DL, Chu J, Bonga B (Eds.)

<https://www.glsen.org/research/suicidal-ideation-and-bullying-among-trans-non-trans-youth>

The Relationship between Bullying and Suicide: What We Know and What It Means for Schools | CDC (2014)

<http://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>

Understanding the Bullying Dynamic among Students in Special and General Education | Journal of School Psychology (2012)

Swearer SM, Wang C, Maag JW, Siebecker AB, Frerichs LJ

<http://www.sciencedirect.com/science/article/pii/S0022440512000374>

Victimization and Vulnerability: Populations at Increased Risk for Bullying: An Archived CSN Webinar | CSN (2015)

<https://www.childreussafetynetwork.org/webinar/victimization-and-vulnerability-populations-increased-risk-bullying>



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Twitter: twitter.com/ChildrensSafety

Pinterest: [pinterest.com/childreussafety](https://www.pinterest.com/childreussafety)

Newsletter: go.edc.org/csn-newsletter