

## National Safe Schools Week

### Where You Can Go

Now that you understand what bullying is, its effects on children, and what you can do about it, it is important to know where you can go to find resources and help.

#### Go Online

There are many resources available online on the issue of bullying. **Stop Bullying Now!**, [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov), is a national campaign by the U.S. Department of Health and Human Services that offers free, research-based tip sheets, video workshops and resources for parents and educators on bullying prevention. The campaign also offers animated Webisodes, activities, and interactive games for kids. You can also visit the U.S. Department of Education website, [www.ed.gov](http://www.ed.gov), for reports and statistics on bullying. Also, visit the PTA website, [www.pta.org](http://www.pta.org), for more information on child safety.

#### Check with Your School

Your child's school may be able to provide you with resources on bullying. If a school counselor or any other type of school counseling service is available they are also a useful resource to parents. If your child has reported being bullied, encourage him or her to speak to a counselor.

### Check with Your Community

Your community may have more resources to help parents deal with bullying than you think. You can reach out to youth programs or religious institutions for help. They may have materials on bullying or may be able to offer counseling to you or your child. Another way to use these community resources is to have your child get involved. Interacting with other children in supervised and positive atmospheres can help raise their self esteem and help them make new friends.

#### About National PTA<sup>®</sup>:

*PTA<sup>®</sup> comprises millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of parent involvement in schools. PTA is a registered 501(c)(3) nonprofit association that prides itself on being a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. Membership in PTA is open to anyone who wants to be involved and make a difference for the education health, and welfare of children and youth.*