



Bullying

Websites

B-Free.ca www.b-free.ca

Provides information about bullying in a youth-friendly format including information and facts, quizzes, first-hand accounts, links, and more.

Bullying: What Schools and Parents Can Do www.kenrigby.net

Dr. Ken Rigby compiles research and information on bullying in an accessible format, providing information for parents, teachers and schools on bullying and strategies to address it.

Erase Bullying www.erasebullying.ca

This B.C. based website provides information on a variety of topics related to bullying, including cyber bullying, and allows parents and youth an opportunity to report bullying. Offers information and resources through videos and online posts on signs of bullying and how to get help.

Hands on Scotland www.handsonscotland.co.uk

An online resource for people who are working with children and young people, including information and video clips on bullying.

Navigate to “How to help with troubling behaviours” > “ Anger/Aggression” > “Bullying”

Stop Cyber-bullying www.stopcyberbullying.org

Provides information about what cyber-bullying is, how to prevent it, and the laws surrounding it. Includes sections geared towards children, pre-teens and teenagers on how to deal with cyber-bullying.

Support Services

Bullying Canada 1-877-352-4497 ▪ www.bullyingcanada.ca

Anti-bullying support service for youth, providing resources and links to services by phone, and links to other useful resources on their website.

Frog Hollow Neighbourhood House 604-251-1225 ▪ www.froghollow.bc.ca

Youth services offered include BASE, a mentoring program that works to address bullying, harassment and discrimination, and the Preteen Program, a free after-school drop-in program for youth ages 10-14. *Note: This program is only available in Vancouver.*

Kelty Mental Health Resource Centre keltymentalhealth.ca ▪ [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)
604-875-2084 ▪ Toll-free: 1-800-665-1822 ▪ keltycentre@bcmhs.bc.ca

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

Kids Help Phone 1-800-668-6868 ▪ <http://kidshelpphone.ca/teens/home/splash.aspx>

Provides confidential, anonymous counselling online or over the phone. Website provides space to share stories, as well as a Topic Library about common issues and concerns facing children and youth.

Safe Online Outreach Society www.safeonlineoutreach.com

Provides information on cyber bullying, internet safety, and links. Offers programs across BC, including presentations and school visits for youth, parents, and professionals.

Youth in BC 604-872-3311 ▪ Toll free: 1-866-661-3311 ▪ www.youthinbc.com

Youth in BC run a 24/7 crisis-line, and also offer support via on-line chat from 12pm-1am. They also have information and resources for youth on their website.