

BULLYING & HARASSMENT PREVENTION RESOURCES

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If you are experiencing bullying or harassment, or would simply like to learn more about the topic, here are some resources for you:

- ✓ Trusted parent
- ✓ Teacher
- ✓ Friend
- ✓ School Counsellor
- ✓ Bullying Helpline
1-888-456-2323
- ✓ Teen Line – Distress and Drug Centre
Peer to Peer support lines
Distress Line – 264-TEEN (8336)
Drug Line – 269-DRUG (3784)
www.distresscentre.ab.ca
www.calgaryurbanvibe.ca
- ✓ Kid's Help Phone
1-800-668-6868
www.kidshelpphone.ca
- ✓ Think you're getting bullied on-line?
www.cyberbullying.org
www.bewebaware.ca
- ✓ B-Free
By youth, for youth
www.B-Free.ca
- ✓ How Was Your Day? website
Bullying prevention tips for parents and kids
www.howwasyourday.ca
- ✓ Taking positive action against bullying:
www.bullying.org
- ✓ Lots of Government of Alberta information for teens, children, parents
www.bullyfreealberta.ca
- ✓ Nov 18-24 is Bullying Awareness Week, see
www.bullyingawarenessweek.org