Rudd Roots Parents

About Bullying and What You Can Do:

Stop Bullying
http://www.stopbullying.gov
Stop Bullying has information and strategies for kids who are being bullied, kids who are bullying, and kids who witness bullying. They also feature animated webisodes about bullying situations.

Kids Against Bullying
http://www.pacerkidsagainstbullying.org
The *Kids Against Bullying* website is fun to use for kids and contains helpful information about bullying. They also have contests, games, and videos.

Bully Boy
http://www.bullyboy.ca
Bully Boy was created by two Canadian youths with a mission to stop bullying. They feature the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*. Their kid's sections has fun, interactive games.

Bullying.org
http://www.bullying.org
Bullying.org has online support groups and strategies for kids who are being bullied. They also welcome submissions of stories, poetry, images, music, and videos, which they feature on the site. Their motto: "Where you are NOT alone. Everyone has the right to be respected and the responsibility to respect others."

Understanding Prejudice
http://www.understandingprejudice.org
UnderstandingPrejudice.org is a web site designed for students, teachers, and others that discusses the causes and consequences of prejudice. They feature several interesting tools for understanding prejudice, including online slide tours and surveys.

Voice4Nations
http://www.qualityansweringservice.com/resources/call-stop-bullying
Voice4Nations is a non-profit organization that developed the *Anti-Bullying Project* that works to raise awareness and reduce the impact of bullying in schools and in communities. Resources such as fact sheets, how to spot a bully quiz, and strategies to address bullying incidents, are provided for youth, parents, and educators.

For Girls: Importance of a Healthy Body Image

The Dressing Room Project

http://www.thedressingroomproject.org

The Dressing Room Project is a group created by girls with the purpose of challenging media-imposed standards of beauty. They post girl-designed cards on mirrors in women's dressing rooms everywhere to help girls and women feel confident about their bodies. Check out our other resources for kids: *Are you being bullied because of your weight?* and *What about weight?*

About-Face

http://www.about-face.org

About-Face is an evidence-based media-literacy program that provides women and girls with tools to stand up against negative media messages. Fact sheets and other resources show ways in which the media affects individuals' body image and self-esteem. There are also in-person or online workshops for learning to become a critical media consumer as well as opportunities to get involved as a youth or adult advocate.

GirlsHealth.gov

http://www.girlshealth.gov

Developed by the Office on Women's Health (part of the U.S. Department of Health and Human Services), *GirlsHealth.gov* is useful for girls between 10 and 16 years, who are looking for information on their health and well-being. This website helps to empower girls to take control of their own well-being by teaching themselves to understand their bodies and feelings, cultivate positive social relationships, and develop healthy behaviors.