

Websites and Apps by Category

Section 1: Bullying

A. General Bullying Resources (chapter 8)

What Is Bullying

www.stopbullying.gov/what-is-bullying

This site provides the definition of bullying and cyberbullying and information on other forms of aggressive behaviors and power imbalances that require attention and response and prevention strategies. It contains information on the roles children and youth play in bullying situations along with a guide on helping children and youth interact during early childhood and youth. A subsection provides information on getting help and steps to take if you are the person being bullied. Additional resources and organizations to contact for help are provided. Warning signs, risk factors, and the effects of bullying are listed and information on providing supportive environments for those who are at a high risk of being isolated and bullied are also addressed.

Bullying, Harassment, and Civil Rights

www.stopbullying.gov/videos/2014/02/civil-rights.html

This site contains video to help schools, parents, and others who interact with children understand the difference between harassment and bullying, providing legal obligations for both.

Policies and Laws

www.stopbullying.gov/laws/index.html

This site contains links to the anti-bullying laws and policies for each state relative to what these laws require from schools and districts. You can click on your state to find out more about the anti-bullying laws and policies.

Erase Bullying Video Gallery

www.erasebullying.ca/resources/resources-video.php

This is a site with videos about bullying collected by Canada's Erase Bullying (British Columbia). The site has a section of video clips for parents and another section for children and youth.

Olweus Bullying Prevention Program

www.violencepreventionworks.org/public/index.page

This site describes a well-known violence and bullying prevention program including information on dating violence and youth suicide. This site incorporates webinars, online courses, program implementation, and links for funding resources to provide training and development of education professionals on bullying.

Stomp Out Bullying

www.stompoutbullying.org

The mission of STOMP out bullying is to reduce and prevent bullying, cyberbullying, sexting and other digital abuse; educate against homophobia, racism and hatred; decrease school absenteeism; as well as deter violence in schools, online, and in communities. This site provides information to students in school and online as to how to respond to all forms of bullying, help

1 From B.W. Lavay, R. French, and H.L. Henderson. 2016, *Positive behavior management in physical activity settings web resource*, 3rd ed. (Champaign, IL: Human Kinetics).

for those at risk of suicide, and education to parents about how to help keep their children be safe and responsible online. They have a HelpChat Line, in-school education, brochures, an Educator's Bullying Prevention Toolkit, as well as many resources and materials to assist bullying prevention education and peer mentoring in schools.

Tiger Takes on Bullying

www.nhptv.org/tiger/#.U-gVuRYo4fi

This New Hampshire Public Television site has a series on bullying that uses children's own words and experiences.

Bullying. No Way!

<http://bullyingnoway.gov.au/national-day/for-schools/class-activities.html>

This site has suggestions and resources for class activities, lesson plans, and school events. There are videos of animated bullying scenarios and of students discussing their experiences with bullying that can generate discussions and reflections on the impact of bullying. Video clips can get students to discuss ideas they have about bullying. There are many other creative ideas of ways to decrease bullying in a school setting.

Applications Related to General Bullying (chapter 8)

Stand Up to Bullying

iPad & iPhone (\$9.99)

K-6

This is an interactive video describing how to identify types of bullying (verbal, physical, and nonverbal) as well as what to do when you see it. Five chapters of animation provide information to help teach children how to recognize bullying and what to do as a bystander.

KnowBullying

iPad & iPhone (free)

This app provides simple ways to begin a meaningful discussion with your child. It includes tips on strategies to prevent bullying for ages 3 to 19. The warning signs are provided so you can determine if your child has been involved in bullying. A section for educators provides information on preventing bullying in the classroom and supporting children who are bullied.

Safe Schools—Lakehead Public Schools

<https://itunes.apple.com/us/app/safe-schools-lakehead-public/id738913703?mt=8>

iPhone and iPad (free)

This app promotes school safety. It provides students with resources, help, and suggestions for safe and anonymous ways to report bullying and incidents affecting student safety in schools. Included is information about getting help with bullying, vandalism, and substance abuse.

Anonymous Alerts

iPhone and iPad (free)

This app is a simple, secure way for students to report incidents related to cyberbullying, bullying, depression, family problems, gang-related issues, drugs, harassment, knowledge of weapons on campus, or unusual student behavior that warrants attention. This app establishes a

one- or two-way anonymous dialogue with school officials. The app requires a school subscription.

Maily

iPhone and iPad (free)

A safe messaging app that allows for children 4 years old and up to connect with parents and relatives via e-mail. Parents set up a list of e-mail recipients in the form of head shots so children can tap a head shot to send an e-mail. It's an intuitive, fun, upbeat, secure form of positive messaging

Take a Stand Together

iPad , iPhone, and Android (free)

This app was developed by Australian education authorities working together to create safe and supportive school environments free from bullying, harassment, and violence. It is designed for children 13 years of age or younger. Included are facts about bullying, advice about bullying, things to do about bullying, and someone to talk to about bullying. There are interactive animations on bullying situations in which the child can choose various endings as well as videos of real students sharing their thoughts about bullying. There is also a way to build an avatar to take a stand online or assign avatars to your phone's contact list.

B. Cyberbullying (chapter 8)

Cyberbullying Research Center

<http://cyberbullying.us>

This site provides information exclusively on cyberbullying: research and data and stories and resources for educators, parents, and teenagers.

Stopcyberbullying.org

<http://stopcyberbullying.org>

This is a good introduction to basic information for children divided into age groups: 7 to 10, 11 to 13, and 14 to 17. A quiz helps children determine if they are cyberbullies. It includes online etiquette as well as information for parents and caregivers, educators, and law enforcement personnel.

Bad Behavior Online: Bullying, Trolling, and Free Speech

<http://video.pbs.org/video/2315538546>

This video discusses cyberbullying and related issues of ethics online in a formal and more mature nature. This video is appropriate for teachers and educators who want ideas and discussion platforms for older students in secondary education and beyond.

C. Gender Bullying and Cultural Bullying (chapter 8)

www.niot.org

This site is a forum that provides information about preventing hate crimes, stories about discrimination relating to gender and sexual orientation, cultural awareness, and developing religious leadership forums to understand and bond communities. Discussions on addressing and alleviate racial and cultural tensions and misunderstandings and strategies and resources to open dialogue and acceptance in cities, towns, and schools are also incorporated at this site.

Section 2: Disabilities

HelpGuide.org (chapter 6)

www.helpguide.org/mental/learning_disabilities.htm

This site includes information about many disabilities and steps to locating additional resources (i.e., local and national groups dedicated to a specific disability, advocacy center and specialized sport and activity organizations).

Center for Parent Information and Resources (chapters 6 and 9)

www.parentcenterhub.org

This site includes information on multiple disabilities and other disorders that may affect a child's ability to succeed in school. Sections include behavior, disabilities, advocacy, best practices, accommodations in school, and self-advocacy.

KidsHealth (chapter 9)

<http://kidshealth.org>

This site has information on almost every topic pertaining to children and youth health, including nutrition and disabilities. It includes tips for parents and is divided into tabs for each disability population and their influence on the individual.

Do2Learn (chapter 9)

https://do2learn.com/disabilities/CharacteristicsAndStrategies/IntellectualDisability_Strategies.html

This site includes many disabilities and the effects of each disability on academics, learning, social skills, and daily living. This site includes behavior management strategies for the disabilities. An entire section is dedicated to the use of picture cards.

www.aph.org/pe/ (chapter 6)

This site includes multiple links and resources for parents of students to review information about adapted physical education and activities and how to become involved in their state and community organizations. There is information depicting scenarios of students with disabilities and how to address and modify teaching strategies, which include behavior and promoting successful outcomes in school.

www.twu.edu/inspire (chapter 6)

This site provides teaching tips on adapting and modifying instruction for activities and games that address behavior and promote learning in students with disabilities.

Applications Related to Disabilities (General Information)

Sports Rules (For PE Teachers and Coaches) (chapter 6)

iPad and iPod (\$0.99)

Physical Educators and Coaches

This app is a quick review of the 18 most common games played in physical education. It allows fast preparation of the class with rules and visual illustrations of the playing area. It also allows for students to be involved in the umpiring role in the games. The visual demonstration and layout of games can assist with students who do not learn through verbal instruction, allowing them to be involved and stay on track rather than exhibit disruptive behaviors.

PE Videos—Teachers and Facilitators (chapter 6)

iPad and iPod (\$0.99)

Teachers

This app has nine categories of a physical education class. It includes 200 videos that help with demonstrations and explanations of games and activities. This can be used as a review for students who have difficulty remembering fundamentals of games to promote inclusion and reduce unwanted behaviors.

PE Geeks (chapter 6)

iPad and iPod (free)

Physical Educators

This application was designed by physical educators throughout the world who have shared their contact information. In this forum physical activity professionals share ideas for sports and games and address cultural differences in the physical education curriculum. This is a forum for contacting other professionals with questions you may need help solving, such as a particular behavior.

PE – Teach (chapter 6)

iPad and iPod (\$7.99)

Educators

This application helps in the implementation of a physical education curriculum. The games are categorized, and more than 500 PowerPoint slides assist with delivery. This provides a different way to communicate the information about sports units, allowing for inclusion and diminishing undesirable behaviors.

Planner Guide (chapter 9)

iPad and iPod (free)

Educators

This is a reference for helping people with autism, intellectual disabilities, learning disabilities, brain injuries, or hearing impairments learn how to perform a task in multiple areas of everyday life. This is a great website to use when working on the social component of any physical education lesson.

B. Attention Deficit Hyperactive Disorder (ADHD)

ADDitude: Strategies and Support for ADHD and LD (chapter 9)

www.additudemag.com/adhd/article/9346.html

This site is useful not just because the information is clearly stated in the article pertaining specifically to students with ADHD but because of the multiple links. These links address many behaviors expressed by students with ADHD and strategies on correcting and minimizing these behaviors.

Teaching Children With Attention Deficit Hyperactivity Disorder: Instructional Strategies and Practices (chapter 9)

www2.ed.gov/rschstat/research/pubs/adhd/adhd-teaching_pg5.html

This is an excellent summary of information on teaching strategies for students with ADHD that can be applied to physical education classes. This site suggests if you are having difficulty maintaining the focus of a student you should try sitting a student near the teacher or the door or provide an area with low distraction.

C. Autism Spectrum Disorder (ASD)

Including Children With Autism in General Physical Education: Eight Possible Solutions (chapter 9)

<http://users.rowan.edu/~conet/APE/autism.pdf>

This is an article about including students with ASD in general physical education. Sections include information on adjusting content, methods of instruction, environment, managing behaviors, effective communication, special equipment, appropriate teaching strategies, and social development.

Applications Related to ASD

ABA Flashcards and Games—Emotions (chapter 9)

iPad and iPod (free)

All Ages

This is a great application to help students recognize nonverbal cues associated with emotions, and they can play games to learn the differences. It's also nice because a student can be the model to reference facial expressions linked to specific emotions.

D. Behavior and Emotional Disorders

Educational Strategies for Children With Emotional and Behavioral Problems (chapter 9)

http://cecp.air.org/aft_nea.pdf

This link is to a handbook that discusses students who are emotional and behaviorally disturbed. It contains information about triggers and causes of emotional and behavioral disturbances and your role as an educator regarding these disabilities. Referral procedures, cultural differences, support systems, medication, positive learning opportunities, classroom management, resources, and organizations are topics covered.

Emotional Disturbance (chapter 9)

www.education.com/reference/article/emotional-disturbance

This is an article that includes classroom modifications that can be applied to physical education environments for students who have emotional and behavioral disorders.

Partners Resource Network (chapter 9)

<http://partnerstx.org/emotional-disturbance>

This is a resource for parents. It provides information on the types of emotional disorders.

E. Headaches

WebMD Migraines and Headaches Health Center (chapter 9)

www.webmd.com/migraines-headaches/news/20060510/kids-headaches-link-to-bad-behavior

Frequent headaches can lead to emotional problems and behaviors associated with them.

F. Intellectual Disabilities (ID)

You can find information pertaining to intellectual disabilities is under section 2: Disabilities in this document.

G. Learning Disabilities

Physical Education Guidelines for Teachers of Students With Mild General Learning Disabilities (chapter 9)

www.ncca.ie/uploadedfiles/PP_PE.pdf

This is a basic outline of potential areas of difficulty in physical education for students with learning disabilities. Some of the areas of difficulty are behavioral and social integration, language and communication, and self-confidence and self-esteem. A table lists most common areas of difficulty for students with learning disabilities and provides strategies for overcoming these deficits that allow students to have success in physical education.

Understood (chapter 9)

www.ncld.org/types-learning-disabilities/what-is-ld/what-are-learning-disabilities

Learning disabilities (LDs) are a group of disabilities that affect the brain's ability to receive, process, store, respond to, and communicate information. Learning disabilities are separate from intellectual disabilities and ADD/ADHD. LDs affect people of average or above-average intelligence and are apparent because of the gap between their expected level of achievement and actual performance. A chart lists types of LDs, areas of difficulty seen with each type, symptoms, and affected skills. A common issue for students with any form of LD is trouble with memorization and attention due to lack of ability to process verbal information. The site provides ideas for accommodation and assistive technologies that can improve performance.

Beyond F.A.T. City: A Look Back, a Look Ahead—A Conversation About Special Education (chapter 9)

<http://digital.film.com/play/VYGF6S>

This is a video about teaching and working with children with learning disabilities. The video is geared toward educators at all levels and provides many suggestions on interacting and helping students who need more assistance.

H. Childhood Obesity

Obesity Action Coalition (chapter 9)

www.obesityaction.org/obesity-treatments/behavior-modification-physical-activity

This is a summary about behavior management strategies that will assist in attaining and maintaining healthy weight.

Childhood Obesity: Prevalence, Treatment and Prevention (chapter 9)

www.unm.edu/~lkravitz/Article%20folder/childhoodObesity2.html

This includes a comprehensive list of ill health effects and known psychological effects of childhood obesity. These effects and behaviors can be modified in the physical education environment.

I. Traumatic Brain Injury

www.biaoregon.org/docetc/Resources/children/teaching.strategies.for.students.with.brain.injuries.pdf (chapter 9)

Even though this does not contain specific information about teaching in the physical education setting, the information can be used in physical education because it is a good basic description of traumatic brain injury and how it differs from a learning disability.

Brainline.org (chapter 9)

www.brainline.org/content/2008/07/classroom-interventions-students-traumatic-brain-injuries_pageall.html

This site has basic information on brain injuries and the effects on learning. The specialized teaching strategies section is especially helpful in selecting methods of modifying behavior and increasing learning that can be applied in the physical education environment.

Traumatic Brain Injury (chapter 9)

www.education.com/reference/article/Ref_Traumatic_Brain/?page=3

This is a summary of information on traumatic brain injury with tips for parents and teachers on preparing for a student who returns to school after the injury.

Section 3: Behavior Management in Physical Education and Youth Sport **General Information for Classroom Behavior Management**

Education World (chapters 1 and 10)

www.educationworld.com/a_curr/curr155.shtml

This site provides a 12-step process to guide behavior in the classroom at the beginning of the school year. There are many suggestions on establishing rewards and consequences for behavior.

The Master Teacher (chapters 4 and 10)

www.disciplinehelp.com

This site provides information on the many types of behaviors found at school and home. It includes causes, needs being revealed, and common mistakes made when addressing behaviors. This site is free but does require registration.

Inov8 (chapters 1 and 10)

www.inov8-ed.com/2011/10/theres-a-special-app-for-that-part-10-apps-for-behavioral-management-and-intervention

This site provides a list of behavior management applications as well as applications that can help teachers address specific disabilities and behaviors associated with them.

Seven Scheduling and Behavioral Apps for Children with Special Needs (chapter 9)

www.friendshipcircle.org/blog/2011/02/16/seven-scheduling-behavioral-apps-for-children-with-special-needs/

This site describes seven applications for children with special needs. It also provides an additional link to more applications for people with disabilities.

Major Approaches to Behavior Modification

Behavioral Approach to Behavior Management

LD Online (chapters 1, 2, 3, 4)

www.ldonline.org/article/6030

This is a document explaining the basic concepts of the behavioral approach to behavior management. It includes proper techniques of reinforcements and praises to modify and change identified behaviors. A chart has scenarios and examples of using positive reinforcement, negative reinforcement, extinction, and punishment.

Behavior, Rewards, and Motivational Resources (chapters 2, 3, 4, 6)

www.primaryresources.co.uk/behaviour/behaviour.htm

This site provides access to many classroom aids including document forms that directly relate to modifying behavior.

Biophysical Approach to Behavior Management

Behavior Management Coaching (chapters 6 and 9)

<http://behaviormanagementcoaching.com/adhd-lack-of-physical-activity-and-magic-pills>

This provides information on many forms of behavior management coaching. There is a topic on the use of medication versus exercise for managing the behavior of children with ADHD.

Interventions for Behavioral Problems After Brain Injury (chapter 6)

http://www.brainline.org/content/2009/06/interventions-for-behavioral-problems-after-brain-injury_pageall.html

Many methods are discussed that can be used to modify behavior for a person with a traumatic brain injury, specifically relaxation training to reduce anger and tension.

Ethics and Professionalism (chapters 4 and 10)

Classroom Coach? Physical Discipline and Physical Education (chapter 10)

www4.esc13.net/uploads/cc/docs/meeting/11012012/Classroom_Coach.pdf

This is a PowerPoint presentation. Administering or withholding physical activity as a form of punishment and behavior management is an inappropriate practice. It also provides other basic information on physical discipline and physical education.

www.apsa.org/content/2013-position-statement-physicalcorporal-punishment (chapter 10)

This site provides alternatives to the use of physical (corporal) punishment.

<http://books.google.com/books?id=0Lesfn1C7dMC&pg=PA40&lpg=PA40&dq=ethical+punishment+in+physical+education&source=bl&ots=IqExj0WNE4&sig=LtawbGAeyQpgT9zGe8PjDyfvITA&hl=en&sa=X&ei=tOzeU9D4KIjn8QGHIYFo&ved=0CD4Q6AEwBQ#v=onepage&q=ethical%20punishment%20in%20physical%20education&f=false> (chapter 10)

This is a book link. Chapter 4 contains a discussion of dealing with behavior problems and ethical reasons why punishment should not be used, and the benefits of other behavior modification methods.

Section 4: Special Education Programs

Response to Intervention (RTI)

What Is RTI? (chapters 1, 2, 9)

www.rtinetwork.org/learn/what/whatisrti

This site is a summary on RTI and how to use the process. Legal implications to the RTI are included.

A Parent's Guide to Response to Intervention (chapters 1 and 9)

www.p12.nysed.gov/specialed/RTI/parent.htm

This site discusses the RTI process and explains the roles of those involved.

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