

## Chapter 8 Websites

### **Developing Nurturing Skills Program**

<http://nurturingparenting.com/ecommerce/category/1:1:10/>

This program helps in building a school atmosphere that promotes positive nurturing beliefs, knowledge, and behaviors. The lessons in the DNS program focus on five areas: empathy, positive self-worth, personal empowerment, making good choices and being safe, and self-regulation. Teachers are provided with a three-day teacher nurturing training and an instructional manual for their grade levels. These instructional manuals are for grades K-3, 4-6, 7-9, and 10-12.

### **Conscious Discipline**

<https://consciousdiscipline.com/videos>

This website has a compelling video titled “How to Make a Bully from Scratch,” which explains how bullies and victims are made and how we can best intervene to change the process through human connection. This website also has many resources on the Conscious Discipline program that integrates social-emotional learning, behavior management, and self-regulation. The program teaches teachers how to respond to daily conflict in a way that transforms conflict into an opportunity to teach critical life skills.

### **Kidpower**

[www.kidpower.org/about-us/in-the-news](http://www.kidpower.org/about-us/in-the-news)

Kidpower is a global leader in personal safety education for children and teens. Included are bullying prevention, child abuse prevention, and stranger awareness. The mission of this organization is to teach people of all ages and abilities how to use their power to stay safe, act wisely, and believe in themselves.

### **PBIS (Positive Behavioral Interventions & Supports)**

[www.pbis.org](http://www.pbis.org)

This website provides bullying prevention manuals for elementary, secondary, and district levels and bully prevention tools. A 52-page handbook focuses on giving students the tools to reduce bullying behavior through the blending of schoolwide positive behavior support, explicit instruction, and a redefinition of the bullying construct.

### **Autism Voice America**

[www.voiceamerica.com/episode/61075/handling-bullying-at-school-schoolwide-positive-behavior-support](http://www.voiceamerica.com/episode/61075/handling-bullying-at-school-schoolwide-positive-behavior-support)

This is part of Autism Spectrum Radio that connects the autism community with various resources, including positive behavior support (PBS) and bullying prevention. In the radio episode 4/17/12 Dr. Frea focuses on the study of positive behavior support and how many schools are using it to create a culture of positive reinforcement for their students. Dr. Robert Horner speaks on PBS and provides some great insight into how PBS is being used in school systems to reduce bullying.

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).

### **Stopbullying.gov**

This is a website managed by the U.S. Department of Health and Human Services. It provides resources about bullying and cyberbullying, including tools, trainings, and publications. Ways to prevent bullying as well as ways to respond to bullying are provided for parents, educators, and community members. There are also numerous videos about bullying.

### **Stopcyberbullying.org**

This website describes the first cyberbullying prevention program in North America, Don't Stand By—Stand Up! In this program, specially trained young volunteers design and deliver community programs to help their peers address cyberbullying. They staff their own text messaging support line for other young people, build apps to promote kindness, and provide peer support to students in their schools.

The website provides a definition of cyberbullying and discusses the varied motives of cyberbullies along with possible preventions and interventions based on the different motives. Suggestions are made on how schools can get involved using educational campaigns that teach students to be empathic and to take a stand against all forms of bullying.

### **Center for Nonviolent Communication**

[www.cnvc.org](http://www.cnvc.org)

The Center for Nonviolent Communication (CNVC) pursues the vision of a world in which the following happens:

- Everyone values everyone's basic human needs and lives from a consciousness that connects with the universal life energy and natural oneness of all life.
- Every individual embraces self-compassion.
- People joyfully and compassionately contribute to each other and resolve conflicts peacefully.
- The systems and structures we create in economics, education, justice, health care, peace keeping, and other areas across the global interdependent community reflect that consciousness and evaluate their actions against their contribution to life and the human needs they ultimately serve.

### **Play Well with Others . . . Be Active Against Bullying!**

[www.flaghouse.com/bullyingawareness.asp?category=athletic&alttab=none](http://www.flaghouse.com/bullyingawareness.asp?category=athletic&alttab=none)

This is an activity-based bullying awareness and prevention program available on the website. This website provides free educational materials with a resource guide and 18 middle school lesson plans, games and activities, and specially designed products and equipment that foster teamwork and encourage children to cooperate, thus decreasing the incidence of bullying.

### **Bully Free: It Starts With Me Program**

[www.nea.org/home/neabullyfree.html](http://www.nea.org/home/neabullyfree.html)

This website is developed by the National Education Association and provides schools with a bullying prevention kit that includes available research on bullying prevention. These resources help schools to do the following:

- Identify bullying
- Intervene in a bullying incident
- Be an advocate for bullied students
- Provide resources and tools
- Provide intervention and training

### **Pacer's National Bullying Prevention Center**

[www.pacer.org/bullying](http://www.pacer.org/bullying)

This website provides digital-based resources for students, parents, educators, and others. These resources include educational toolkits, awareness toolkits, and contest ideas. One portal is designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action. Another portal is created by teens and for teens. It includes ways to address bullying, take action, be heard, and own an important social cause. A portal provides assistance to families of children with disabilities, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children.

### **Abilitypath.org**

[www.abilitypath.org/areas-of-development/learning--schools/bullying/articles/abilitypath-and-bully-movie.html](http://www.abilitypath.org/areas-of-development/learning--schools/bullying/articles/abilitypath-and-bully-movie.html)

This website is dedicated to creating a bully-free world for kids of all abilities. It provides support for parents of children with special needs. Information on bullying is provided as well as articles about bullying and children with special needs. Parents can learn about the warning signs of bullying, addressing the issue of bullying, and the legal options in preventing or fighting back against bullying.

### **Best Buddies Program**

[www.bestbuddies.org](http://www.bestbuddies.org)

This nonprofit organization is part of Special Olympics International. It is a dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, and leadership development for children with intellectual and developmental disabilities. Eight formal programs provide many opportunities for quality peer relationships.

## **The Master Teacher—You Can Handle Them All**

[www.disciplinehelp.com](http://www.disciplinehelp.com)

This online resource provides information and resources for managing student behavior at school and at home. It provides a step-by-step approach to many options for handling 124 student behaviors. The goal is to change inappropriate behaviors to appropriate behaviors. They discuss the primary causes of the misbehavior, the primary and secondary needs of those who exhibit the behaviors, and suggestions actions to take. There is an excellent presentation of these.