WHO CAN HELP?

Call 2-1-1 Maryland. Dial 2-1-1 for information on additional resources and to talk about bullying concerns.

TO REPORT BULLYING AT SCHOOL:
Contact your school counselor or another adult at school to make a report.

FOR OTHER HELPFUL PROGRAMS:

Contact the Mental Health Association of Frederick County at 301-663-0011 for community education programs on bullying, cyberbullying and Internet safety.

Contact Heartly House at 301-662-8800 for information on bullying prevention, including school presentations related to healthy relationships and positive friendships.

Contact Community Alternative Mediation, Inc. (CALM) at 301-631-2256 for resolving disputes and classes on anger management and conflict resolution skills.

FOR AFTER-SCHOOL PROGRAMS:
Contact your school for program availability.
WEBSITES WITH ADDITIONAL INFORMATION:

www.fcmha.org
www.fcps.org
www.stopbullyingnow.com
www.pacerteensagainstbullying.org
www.thebullyproject.com
www.thetrevorproject.org
www.girlshealth.gov/bullying/index.cfm
www.cartoonnetwork.com/promos/stopbullying/index.html
www.stompoutbullying.org
www.sprc.org
www.olweus.org
www.stopbullying.gov