

# RESOURCES

## CHAPTER 1 - STANDING UP AGAINST BULLYING

### Websites and Online Resources:

#### StopBullying

Provides information on how to prevent and respond to bullying.

[www.stopbullying.gov](http://www.stopbullying.gov)

#### TheTrevorProject

Provides crisis intervention and suicide prevention services to LGBTQ+ youth. They offer a 24/7 helpline, chat, and text support.

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

#### Pacer's National Bullying Prevention Center

Provides resources and support to prevent bullying. They have specific sections for students, parents, and educators.

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

#### StompOutBullying

Dedicated to reducing and preventing bullying, cyberbullying, and other digital abuse. They offer resources and support for young people.

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

### Hotlines and Helplines:

#### National Suicide Prevention Lifeline

Offers 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call 1-800-273-8255

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

### Crisis Text Line

Provides free, 24/7 support via text message.

Text "HELLO" to 741741 to connect with a trained crisis counselor.

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

### The Trevor Lifeline:

Provides crisis intervention and suicide prevention services to LGBTQ+ youth.

Call: 1-866-488-7386 or Text "START" to 678678

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

## **CHAPTER 2 - STANDING UP AGAINST SEXUAL ASSAULT**

### **Websites and Online Resources:**

#### Loveisrespect

Provides support and information for young people experiencing dating abuse.

Hotline: 1-866-331-9474

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

#### 1in6

Supports male survivors of sexual abuse and assault with resources and online support groups.

[www.1in6.org](http://www.1in6.org)

#### After Silence

An online support group and forum for survivors of sexual violence.

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

### **Hotlines and Organizations:**

RAINN (Rape, Abuse & Incest National Network)

Provides confidential support, information, and local resources.  
Hotline: 1-800-656-HOPE (4673)  
[www.rainn.org](http://www.rainn.org)

National Sexual Violence Resource Center (NSVRC)  
Offers resources, statistics, and information on sexual violence prevention.  
[www.nsvrc.org](http://www.nsvrc.org)

National Domestic Violence Hotline  
Provides support for those experiencing domestic violence, including sexual assault within relationships.  
Hotline: 1-800-799-SAFE (7233) or TTY 1-800-787-3224  
[www.thehotline.org](http://www.thehotline.org)

National Center for Victims of Crime  
Offers resources and support for crime victims, including those of sexual assault and harassment.  
[www.victimsofcrime.org](http://www.victimsofcrime.org)

### **Legal and Advocacy Services**

Victim Connect Resource Center  
Provides confidential referrals and information about victim services.  
Hotline: 1-855-4-VICTIM (1-855-484-2846)  
[www.victimconnect.org](http://www.victimconnect.org)

The Joyful Heart Foundation  
Offers support and advocacy for survivors of sexual assault, domestic violence, and child abuse.  
[www.joyfulheartfoundation.org](http://www.joyfulheartfoundation.org)

Women's Law

Provides legal information and support for survivors of domestic violence and sexual assault.

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

## **CHAPTER 3 - STANDING UP AGAINST UNFAIRNESS**

### **Websites:**

Change.org

An online platform that allows anyone to create and sign petitions on various social, political, and environmental issues.

<http://change.org>

The Center for Community Change

A nonprofit organization in the United States dedicated to empowering low-income people, particularly people of color, to bring about social, economic, and racial justice.

<https://communitychange.org>

Public Citizen

A nonprofit consumer advocacy organization that supports public interest actions across various issues, including healthcare, consumer rights, worker safety, and government accountability.

<https://www.citizen.org>

## **CHAPTER 4 - STANDING UP FOR BASIC HUMAN RIGHTS**

### **General Human Rights Advocacy:**

Amnesty International

Offers resources, campaigns, and educational materials on a wide range of human rights issues worldwide.

<https://www.amnesty.org/>

Human Rights Watch

Provides in-depth reports, videos, and educational materials on human rights abuses globally.

<https://www.hrw.org/>

United Nations Human Rights Office (OHCHR)

Offers extensive resources, reports, and educational guides on human rights standards and laws.

<https://www.ohchr.org/>

### **Racial Equality and Anti-Racism:**

NAACP (National Association for the Advancement of Colored People)

A civil rights organization that provides resources on racial justice, legal advocacy, and educational programs.

<https://www.naACP.org/>

Race Forward

Provides educational resources, workshops, and reports to combat systemic racism.

<https://www.raceforward.org/>

Racial Equity Tools

Offers a collection of resources, articles, and tools to support individuals and groups working towards racial justice.

<https://www.racialequitytools.org/>

### **Gender Equality and Women's Rights:**

UN Women

Offers resources, reports, and advocacy tools related to gender equality, women's empowerment, and violence against women.

<https://www.unwomen.org/>

The Global Fund for Women

Provides grants, reports, and advocacy resources for women's rights around the world.

<https://www.globalfundforwomen.org/>

HeForShe

A solidarity campaign by UN Women that offers resources on gender equality and encourages men to advocate for women's rights.

<https://www.heforshe.org/>

### **LGBTQIA+ Rights:**

Human Rights Campaign (HRC)

Offers advocacy resources, educational materials, and guides on LGBTQIA+ issues, legal rights, and equality.

<https://www.hrc.org/>

GLAAD (Gay & Lesbian Alliance Against Defamation)

Provides resources to promote LGBTQIA+ acceptance and works to combat misinformation.

<https://www.glaad.org/>

The Trevor Project

Offers support, resources, and crisis intervention for LGBTQIA+ youth, with educational materials on LGBTQIA+ mental health and advocacy.

<https://www.thetrevorproject.org/>

## CHAPTER 5 - STANDING UP FOR GENEROSITY

### **General Volunteering and Donations:**

VolunteerMatch

Connects volunteers with non-profit organizations.

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

Idealist

Offers opportunities for volunteering, internships, and jobs in the non-profit sector.

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

Charity Navigator

Evaluates and provides ratings for charities to help donors make informed decisions.

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

### **Gratitude:**

Tiny Buddha

Articles and stories on gratitude and mindfulness.

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

The Gratitude Project

Aims to spread gratitude through various initiatives and resources.

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

## CHAPTER 6 - STANDING UP FOR SELF-LOVE

### **Books:**

"The Gifts of Imperfection" by Brené Brown

Embraces imperfections and wholehearted living.

"Self-Compassion: The Proven Power of Being Kind to Yourself"  
by Dr. Kristin Neff  
Practical exercises on cultivating self-compassion.

"Life Without Ed" by Jenni Schaefer  
A personal story and practical guide to recovering from eating disorders.

### **Websites and Blogs:**

National Eating Disorders Association (NEDA)  
([www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org))

Offers resources and support for those affected by eating disorders.

Mindful ([www.mindful.org](http://www.mindful.org))

Articles and resources on mindfulness practices that can enhance self-love.

Psych Central ([www.psychcentral.com](http://www.psychcentral.com))

Articles on mental health and self-care practices.

### **Apps:**

Calm

Meditation and relaxation app to help reduce stress and promote mindfulness.

Headspace

Offers guided meditation and mindfulness practices.

### **Podcasts:**

Unlocking Us with Brené Brown

Covers vulnerability, courage, and self-acceptance.

The Recovery Warrior Show

Offers inspiration and guidance for recovery from eating disorders.

## **CHAPTER 7 - STANDING UP FOR YOUR AUTHENTIC SELF**

### **Books:**

"The Gifts of Imperfection" by Brené Brown

This book emphasizes the power of vulnerability and self-acceptance, encouraging readers to embrace their imperfections and live authentically. Brown introduces the concept of "wholehearted living."

"Daring Greatly" by Brené Brown

Another powerful work by Brown that explores the courage required to be vulnerable, let go of societal expectations, and live true to yourself.

"Radical Acceptance" by Tara Brach

A guide to embracing your true self through mindfulness and self-compassion, Brach teaches readers to stop judging themselves and others.

"The Four Agreements" by Don Miguel Ruiz

This book offers simple principles to break free from limiting beliefs and live authentically, such as being impeccable with your word and not taking things personally.

### **Podcasts**

"Unlocking Us" by Brené Brown

This podcast dives into the complexities of being human, covering topics like vulnerability, courage, and living authentically.

### "My Most Authentic Life Podcast"

A podcast that features inspiring interviews and practical advice on how to lead a more authentic life, emphasizing mindfulness, purpose, and self-awareness.

### **Web Articles & Blogs:**

"How to Live Authentically: 7 Practical Steps" by Mindful.org

This article provides actionable steps for living a more authentic life, focusing on mindfulness and self-awareness.

<https://www.mindful.org/how-to-live-authentically>

"How to Live Authentically in a Fake World" by Tiny Buddha

This blog offers advice on how to stay true to yourself despite societal pressures.

<https://tinybuddha.com/blog/how-to-live-authentically-in-a-fake-world/>