

San Mateo Union High School District

Online Safety Resource for Parents and Students

➤ BULLYING (INCLUDING CYBERBULLYING)



- **121 Help.me** (www.121help.me)
121help.me is a program of the North American Alliance of Child Helplines (NAACH). The goal of the program is to create universal crisis portals for children/youth, both on the phone and on-line, as mechanisms to reach qualified, professional crisis counselors 24/7. For information about NAACH or 121help.me please contact info@121help.me
Phone: (855) 201-2121 Help Line



- **B.R.A.V.E** (www.bravesociety.org)
B.R.A.V.E is an association for children K-12 and is passionately committed to creating awareness and demanding accountability, while calling for action. The EPIC program addresses the many forms that peer abuse can take and informs children of their rights and responsibilities based on state and federal laws related to peer abuse.
Phone: 916-903-6627
Address: 5036 Kinross Road, Carmichael, CA 95609



- **STOMP Out Bullying** (www.stompoutbullying.org)
The STOMP Out Bullying™ HelpChat Line is a confidential online chat that helps youth ages 13-24 with issues around bullying and cyberbullying; we also provide support to youth who may be at risk of suicide.
Phone: (855) 790-HELP (4357)



- **STOP Cyberbullying** (www.stopcyberbullying.org)
Education, Information, and Prevention for victims of cyberbullying.