

# Tara Lynn Townes Launches Lifesaving Bullying Buddy App to Combat Suicide and Bullying Epidemic Nationwide

*A Trailblazing Solution to Protect Children and Empower Parents Across America*

NEW YORK, NY, UNITED STATES, August 12, 2025 /EINPresswire.com/ -- In a time when the shadow of bullying stretches across schoolyards nationwide, Tara Lynn Townes, a renowned certified expert in bullying prevention, unveils her groundbreaking app, [Bullying Buddy](#). Designed to save lives and shield families from the devastation of tragedy, this innovative application is poised to transform the landscape of student safety and emotional well-being throughout the country.

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*Tara Lynn Townes*

Every year, countless families grapple with the unimaginable pain of losing a child to bullying—a crisis that devastates households and communities alike. Townes, driven by her dedication to preventing such

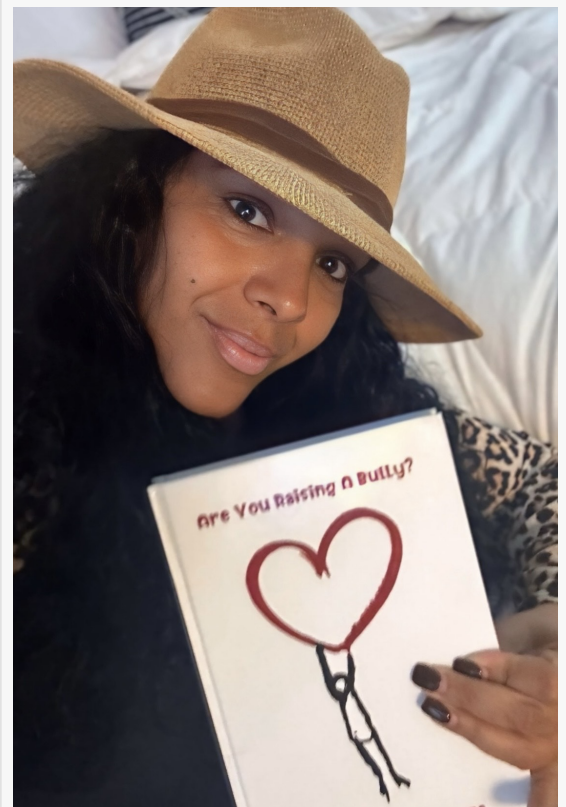
heartbreak, created Bullying Buddy to offer immediate intervention and lasting education. The app empowers children and adults alike to stop bullying in its tracks, providing real-time alerts to parents within eight seconds of a reported incident. This rapid response functionality ensures that parents are never left in the dark, affording them the opportunity to intervene before harm escalates.

As a certified specialist in bullying prevention, Townes brings years of clinical research and hands-on experience to her mission. Her credentials are reflected not only in her academic achievements but in her compassionate approach to the complex dynamics of bullying. Townes’ research has been instrumental in redefining the roles within bullying situations, identifying not only the bully and the target, but also the promoter, assistant, and helper—essential insights she shares in her acclaimed book, *Are You Raising a Bully?*, and educational programs.

Townes’ inspiration to develop Bullying Buddy arose from witnessing firsthand the devastating effects of bullying on children and families and her own personal experience with her young son. Her passion for protecting vulnerable youth, coupled with her clinical expertise, sparked the

creation of an app that serves as a lifeline for those in immediate need and a bridge to lasting behavioral change. The Bullying Buddy platform extends beyond technology, encompassing a comprehensive curriculum—"Be Brave"—to reshape behaviors and foster resilience in students who have experienced or engaged in bullying.

Recognizing that prevention begins with awareness, Townes is deeply committed to educating students, teachers, and parents. "Through immersive programs such as the five-week Bully Proof Academy, I equip participants with the tools to recognize the subtle signs that a child may be suffering in silence," explains Townes. Her curriculum and workshops teach actionable strategies for talking to children about their experiences, encouraging open dialogue, and guiding educators and parents to support children in reporting bullying safely and effectively.



Tara Lynn Townes

- Detecting Bullying: Townes' trainings help adults identify behavioral changes, emotional distress, and social withdrawal that may signal bullying.
- Holistic Approach: By addressing each participant in the bullying dynamic, Townes ensures that interventions are not just reactive, but proactive and transformative.
- Reporting and Communication: The app and educational materials foster an environment where children feel safe to speak up, and adults are equipped to listen and act compassionately.

With Bullying Buddy, Townes heralds a new era in the fight against bullying. Her app is more than a technological innovation—it is a movement to save lives, empower families, and build safer communities. As the app rolls out nationwide, parents, educators, and students are urged to embrace this tool and join Townes in her vision for a future where every child is protected from the horrors of bullying.

For more information on Bullying Buddy or Tara Lynn Townes educational initiatives, visit [www.thebullyingbuddy.com](http://www.thebullyingbuddy.com).

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