

BULLYING

Prevention Month

OCTOBER 2021

October has been a time to acknowledge that bullying has devastating effects on children and families such as school avoidance, loss of self-esteem, increased anxiety, and depression. Bullying can occur in multiple ways. It can be verbal, physical, through social exclusion, or via digital sources like email, texts, or social media.

Unlike mutual teasing or fighting, bullying occurs when one person or a group of people is perceived as being more powerful than another and takes advantage of that power through **repeated** physical assaults, threats of harm, intimidation, or by purposefully excluding a person from a valued social group.

Being bullied can severely affect the person's self-image, social interactions, and school performance and can lead to mental health problems such as depression, anxiety, and substance use, and even suicidal thoughts and behaviors.



- [National Childhood Traumatic Stress Network](#)

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REFLECT & ACT

Increase Understanding

Do you have a school-wide approach for identifying if, when and how the behavior of others is bullying?

Examples:

- [Definition Poster](#)
- [Cyberbullying Training Module for Staff](#)

Empower Students

Do students know how to respond when someone is displaying bullying behaviors.

Examples:

- [Be an Upstander Video](#) (Elementary),
- [Bystander Effect Video](#) (Secondary)

Create a System

Do you have formalized strategies students can use to get help from adults when aggression, intimidation or harassment continues.

Example: [Using Google Voice for Student Reporting of Bullying and Cyberbullying Incidents](#)



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RESOURCES

Bully Prevention Tools and Resources

[Bullying Prevention Self-Assessment](#)
(Center on PBIS)

[Bullying and Harassment Prevention Manuals](#)

- [Middle & High School](#)
- [Elementary](#)

[National Bullying Prevention Center](#)

[Bullying Prevention Lessons or Activities for School Counselors](#)

[American School Counselor Association: Bullying Prevention Resources](#)

[Effects of Cyberbullying: How School Counselors Combat Bullying Today](#)

[Cyberbullying Information and Resources for Families](#)

School-Wide Community Building Resources

[National Bully Prevention Month Student Activity Kits](#)

[Article: Anti-bullying post it notes take over halls at High School](#)

[Dude Be Nice Resources](#)

[Start with Hello](#)

[Celebrate Unity Day \(10/20\)](#)

