

## **October: National Bullying Prevention Awareness Month**

Our goal during the month of October is to promote togetherness, embrace differences, and address the long-lasting impact that bullying can have on children.

### **Signs of someone being bullied:**

- unexplainable injuries
- lost or destroyed clothing, electronics, or jewelry
- frequent headaches, feeling sick, faking illness

### **Signs of a bully:**

- getting into physical or verbal fights
- have friends who bully others
- are increasingly aggressive
- blame others for their problems

Recognizing these signs can help parents get the assistance they may need for their child. If you see that your child is being bullied or believe that your child is the bully, contact their school to see how you can get involved to address the problem.

### **What is bullying?**

Bullying is the “repeated aggressive behavior where one person (or group) in a position of power deliberately intimidates, abuses, or coerces an individual with the intention to hurt that person physically or emotionally.”

#### **There are different types of bullying:**

**Verbal Bullying**- saying or writing mean things, such as name calling, teasing, threats, and inappropriate sexual comments.

**Physical Bullying**- intentionally hurting someone or their property, such as hitting, kicking, biting, and breaking possessions.

**Social (Relational) Bullying**- purposely excluding someone, spreading rumors to ruin someone’s reputation and relationships, and embarrassing someone in front of their friends.

**Cyber Bullying**- sending hurtful messages over social media through use of devices, such as computers, cell phones, and tablets.

**\*If you are a teen and you are being bullied or in any crisis, VIA LINK offers a Crisis Teen Textline (ages 13-18). You can text 504-777-3273 anywhere in Louisiana and receive assistance\***

**Interested in promoting National Bullying Prevention month? Please visit:**

**<https://www.pacer.org/bullying/nbpm/> for more information!**

#### **Additional Resources:**

**<https://www.mbfpreventioneducation.org/resource/bullying-prevention-lesson-plans/>**

**<https://www.mbfpreventioneducation.org/>**