



**My Good Brain**

**BULLYING**

**PREVENTION**

*Awareness Month*

October 2023



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# Bullying Prevention Awareness Month



*One in five students (aged 12-18) in the U.S. have reported being bullied through characteristics such as rumors, physical and mental harm. 41% believed they would get bullied again.*

October has become a nationwide event run to raise awareness about bullying in America. This month is utilized by teachers and students to support, encourage, educate and empower others to combat bullying. In 2017, an investigation revealed alarming results about bullying in U.S.-students were more frequently being bullied for their race, ethnicity, physical appearance, gender, disability, religion or sexual orientation.

Prevention programs have been successful in combating and preventing further bullying. A report by CRS found that these programs decreased bullying behavior by 10-23% and victimization by bullies by 17-20%. Through these programs, it's shown that people, including educators, can make a difference!



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# Why Bullying Affects Everyone

*Bullying may be directly affecting individuals however, it impacts the whole school community, families and friend groups.*



## Effects of bullying on the bullied

Those who have been bullied experience low self-esteem, feeling disconnected from school, lacking quality friendships, have lower academic outcomes. Sometimes, bullying can lead to more extreme outcomes which are being prevented through this month.

## Effects of bullying on those who display bullying behavior

People who have displayed bullying behavior may struggle to develop and maintain effective relationships, have low self-esteem as well as have difficulty understanding boundaries and limits.

## Effects of bullying on bystanders

Those who witness bullying behavior being displayed may become anxious and worried, feel fearful and guilty for not doing anything as well as be pressured into participating in the bullying behavior.



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# How To Be An Upstander

Upstanding is the act of resisting bullying wherever and whenever you encounter it.

*Remember, an upstander is always ready to jump into a bullying situation and help out the victim - never hesitate to stand up to a bully.*

## Resisting Bullying

Resisting a bully is not an easy task. It can be scary to face down someone who is angry and threatening. However, this is a necessary step in defusing a bully and calming down the situation, since without this step, things can become a lot worse.

## How to Support a Victim

When a bully is targeting someone, get into the argument. Support the victim and bring lots of friends to back you up. Most of the time, bullies aren't looking for a fight, so they will back off. However, if the bullying is a repeated action, or the bully won't back down, call for adult help. It is important to also understand the bully's perspective when stepping in, and helping them calm down can resolve a problem before any extra help is needed.

*Most of the time, a bully is a bully because of an experience that troubles them. Understanding a bully can help you defuse the anger, which is the best way to solve the conflict.*





# Steps to Stop Bullying

*There are many steps to take to effectively and safely stop bullying.*

## 1 Read the Situation

Oftentimes, bullying is very situational. Understand what might have enabled the bully to know what to do next.

## 2 Step In

The hardest part of stopping a bully is getting directly involved. It is quite terrifying sometimes, but it is the best and most direct way to stop the behavior.

## 3 Call for Support

It is always more effective to call for support if you think you can't defuse the situation alone.

## 4 Escalate

If nothing has stopped the bullying behavior, report it to a trusted adult. It is the best way to deal with situations that you don't think you can solve yourself.

## 5 Include Everyone

Many bullies feel excluded from a group or hurt by someone's statements. Including everyone prevents people from turning to anger as a way to fight unfairness or discrimination.

## 6 Seek Help

If you struggle with bullying, whether as a victim or a bully, seeking a specialist's help can give you directions in reforming yourself and overcoming this tremendous obstacle.



# Resources

## Stop Bullying Now Hotline (USA)

Are you dealing with bullying? Call 1-800-273-8255 for 24/7 support and counseling.

### For Children

- *KidsHealth* - [kidshealth.org](https://kidshealth.org)
- *SafeKids* - [safekids.com](https://safekids.com)
- *PACER'S National Bullying Prevention Center* - [pacer.org/bullying/resources/](https://pacer.org/bullying/resources/)
- *The Bully Project* - [thebullyproject.com](https://thebullyproject.com)

### Warning Signs

- *Warning Signs of Bullying* - [stopbullying.gov/at-risk/warning-signs](https://stopbullying.gov/at-risk/warning-signs)
- *How to Deal with Bullying* - [focusonthefamily.com](https://focusonthefamily.com)
- *Action Against Bullying* - [apa.org/helpcenter/bullying](https://apa.org/helpcenter/bullying)
- *FAQ on Bullying Prevention* - [aft.org/position/bullying-prevention/frequently-asked-questions-bullying-prevention](https://aft.org/position/bullying-prevention/frequently-asked-questions-bullying-prevention)

### For Adults

- *Protecting Kids Online* - [consumer.ftc.gov/topics/protecting-kids-online](https://consumer.ftc.gov/topics/protecting-kids-online)
- *School-Based Bullying Prevention* - [ojjdp.gov/mpg-iguides/topics/bullying](https://ojjdp.gov/mpg-iguides/topics/bullying)
- *School Climate Improvement Resource Package* - [safesupportivelearning.ed.gov/scirp/about](https://safesupportivelearning.ed.gov/scirp/about)





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