

HANDOUT #1

Bullying is a form of youth violence. CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.

As a form of childhood adversity, bullying can include aggression that is physical (hitting, tripping), verbal (name calling, teasing), or relational/social (spreading rumors, leaving out of group). Bullying can also occur through the use of technology, which is called electronic bullying or cyberbullying. A young person can be a perpetrator, a victim, or both (also known as “bully/victim”).

HANDOUT #2

Bullying can result in physical injury, social and emotional distress, self-harm, and even death. It also increases the risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school. Youth who bully others are at increased risk for substance use, academic problems, and experiencing violence later in adolescence and adulthood. Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems.

HANDOUT #3

NOTE FOR MODERATOR: Each message in this handout will be put on to separate message cards, in a “packet,” and handed out as a set to look at one at a time before looking at them together as a set.

- A. Bullying can be prevented.
- B. Bullying is harmful. It can be associated with negative impacts on mental health, substance abuse and suicide risk – for both kids who are bullied and kids who bully others.
- C. Bullying is harmful, but it can be prevented.
- D. Some kids are more at risk for being bullied and bullying others.
- E. There are things we can do to give kids a childhood free from bullying.
- F. Mom, Dad—you can help prevent bullying.
- G. Talk with kids about bullying and let them know you are there to help.
- H. If your child is bullied, you can talk to the parents of other children involved in bullying and talk with your child’s teacher.
- I. If your child is bullied, you can encourage them to tell the child bullying him/her to stop and walk away; to ask friends for help; to safely tell a teacher or counselor; and to talk to you or another family member.
- J. See something, say something! Help children live and grow up safely, free from bullying.
- K. For more information on what you can do, visit StopBullying.gov.