

NATIONAL BULLYING PREVENTION MONTH

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. This campaign was designed to prevent children/students from bullying—however, bullying also occurs in the workplace. ¹ The signature event of the month is Unity Day on October 23rd.

Bullying is defined as any unwanted and harmful verbal, physical, psychological acts committed by an individual or group, as well as any real or perceived threat or imbalance of power. ²

IMPACT OF BULLYING

- Injuries
- Illness
- Fear
- Embarrassment
- Low Self-Esteem
- Depression & Anxiety
- Suicide



TYPES OF BULLYING:

Verbal - saying or writing mean things. Verbal includes teasing, name-calling, taunting, threatening to cause harm.

Social - sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. It includes excluding someone on purpose; telling others not to be friends with someone.

CAUSES OF BULLYING:

Powerlessness, seeking attention, jealousy or frustration, lack of acceptance, lack of empathy, being bullied by others, can't regulate emotions.



Create a world without bullying

- Speak up with kindness
- Reach out with acceptance
- Be a friend through inclusion

PACER's National Bullying Prevention Center | PACER.org/Bullying

1 out of 5 students is bullied

5 out of 5 can help prevent that

