



# **BULLYING & VIOLENCE PREVENTION**

## **RESOURCE TOOLKIT**





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\*All data and links were accurate at the time of publication, but may change over time.





# **BULLYING & VIOLENCE PREVENTION**



# INTRO



October recognizes both National Bullying Prevention Month and Domestic Violence Awareness Month. Bullying and violence often stem from patterns of trauma, challenging social dynamics, and systemic inequities.<sup>1</sup> Whether it's verbal harassment in hallways, being left out by peers, or digital abuse through social media, the impact on a young person's mental health can be serious and long-lasting. Similarly, exposure to violence — whether directly or as a witness — can shape how youth view relationships, safety, and self-worth.

But here's the good news: when young people have supportive adults, safe spaces, and chances to speak up and/or express themselves, they're more likely to build strong relationships, stand up for themselves and others, and break cycles of harm. Whether it's facing bullying, navigating social media, or healing from trauma, youth have the power to be leaders and advocates for change — especially when they've got the right tools.

This year's toolkit offers updated data and audience-specific resources designed to promote environments where every young person feels supported and safe.

**\*All data and links were accurate at the time of publication, but may change over time.**

**FOR URGENT SUPPORT TEXT OR CALL 988**



# FOR EVERYONE



Bullying and violence don't happen in isolation—they're shaped by social, emotional, and environmental factors. Recognizing both risk and protective factors helps us understand how to prevent harm and promote healing.



## Prevention Resources for Action

Explore strategies and approaches to help states and communities prevent violence and suicide.

 Violence Prevention / Jul 21



## Stop Bullying Home Page

StopBullying.gov provides information from various government agencies on bullying, cyberbullying, prevention and response.

 StopBullying.gov / Mar 21, 2024

## ACTION:

Explore resources like StopBullying.gov and the CDC's youth violence prevention guides. Whether you're a neighbor, mentor, or advocate, your support can help create safer, more connected communities.



FOR URGENT SUPPORT TEXT OR CALL 988



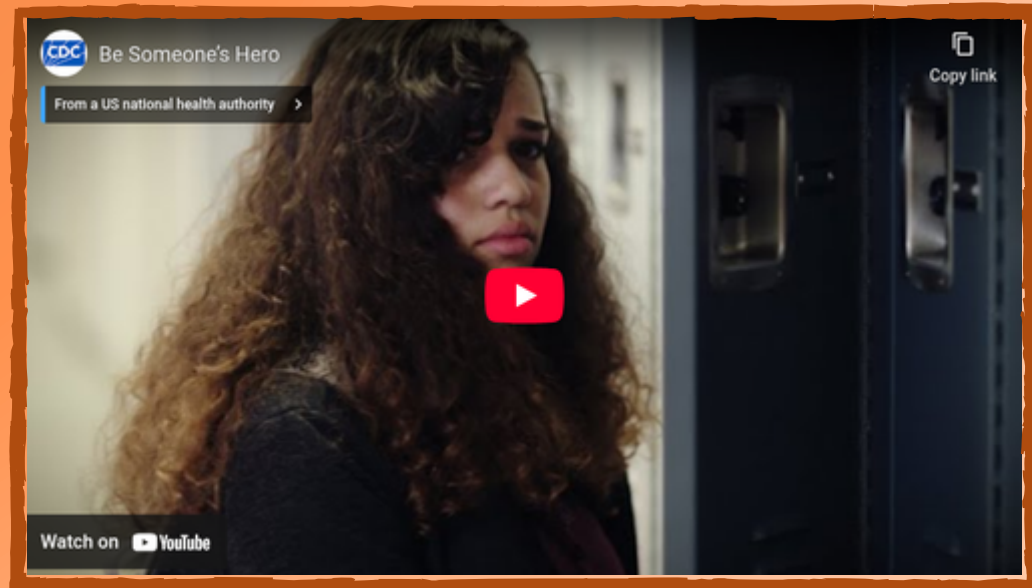
# FOR YOUTH



You deserve interactions and relationships that feel safe and respectful. Bullying – in any type of relationship, and whether in person or online – is never okay, and you have the right to speak up and seek support for yourself or someone else. We all have a part in creating safer spaces. When someone witnesses bullying (a bystander), they can choose to be an upstander — someone who speaks up, steps in, or supports the person being targeted.

## ACTION:

Learn more about becoming an upstander and take action against bullying.



**FOR URGENT SUPPORT TEXT OR CALL 988**



# FOR PARENTS & CAREGIVERS



Bullying affects more than just the person being targeted — it can also leave lasting impacts on those who engage in it and those who witness it. For caregivers, understanding how these experiences connect to broader patterns of violence and mental health challenges is key to supporting healing and prevention.



## ACTION:

Learn more by reading this fact sheet on the impact of bullying on children and teens — including those who are bullied, those who bully others, individuals who experience both roles, and even bystanders who witness bullying.



**FOR URGENT SUPPORT TEXT OR CALL 988**



# FOR EDUCATORS & PROFESSIONALS



There are many engaging and impactful anti-bullying assemblies and programs designed for elementary through high school audiences throughout the US. From BMX stunt shows and interactive theater to motivational storytelling — these programs promote kindness among students.

## ACTION:

Explore this list of nationally recognized initiatives all aimed at helping schools foster safer environments through creative, student-centered experiences.

### 15+ Antibullying Assemblies and Programs for Schools

October is National Bullying Awareness Month! We round up 15+ antibullying assemblies for schools.

PTO [ptotoday.com](https://ptotoday.com) / Oct 1, 2024



# ADDITIONAL FYF RESOURCES



Check out the FYF flyers on healthy relationships and bullying. All FYF resources are free and available to download and share.

**FREE your FEELS**

**HEALTHY RELATIONSHIPS**

**UNDERSTANDING TEEN DATING VIOLENCE**

Teen dating violence is more common than one might think, especially among teens and young adults, and it has serious implications for teens' mental health and overall well-being. According to the CDC's 2021 Youth Risk Behavior Survey:

- 8.5% of high school students reported experiencing physical dating violence.
- 9.7% reported experiencing sexual dating violence.

Dating violence can be overt (obvious) or hidden (covert) and can manifest verbally, physically, in-person, or through online digital spaces such as social media, texts, or email.

Regardless of its form, teen dating violence has lasting negative impact on physical and emotional health. The good news is that violence is preventable. Healthy relationships, both with oneself and others, are crucial for preventing violence. The impact of violence on young people can be devastating, but there are effective strategies to both prevent violence and promote positive relationships. Through awareness, intervention, and the promotion of empathy and kindness, we can prevent violence.

**HEALTHY**

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

**UNHEALTHY**

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically/financially

**ABUSIVE**

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Relationships exist on a spectrum from healthy to abusive, with unhealthy relationships falling somewhere in between. Risk factors increase the likelihood of someone becoming involved with violence, while protective factors can help shield individuals from these harmful behaviors.

**FREE your FEELS**

**ABOUT BULLYING**

**WHAT TO LOOK FOR...**

**SOcial**

- Being teased or bullied
- Exclusion from groups
- Spreading rumors
- Intimidation
- Verbal abuse
- Physical abuse
- Stalking
- Sexual harassment
- Online bullying

**CYber**

- Flaming (online fights)
- Flouting (posting embarrassing photos)
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**OUR VOICE**

If you are bullied or see it, connect with your inner voice:

- "You don't get to treat people like that."
- "I see what you're doing, and it's not okay."
- "I'm not sure why you keep saying these things about me, but I don't care."
- "Let's move on!"
- "Stop — I won't accept your disrespect."

You don't need insults — speaking up with confidence shows you're in control.

**Follow for more resources!**

**@freeyourfeelsga**

Instagram, Twitter, Facebook, YouTube icons

**Teen Dating Violence ASL Resource**

**FREE your FEELS**

**TEEN DATING VIOLENCE ASL RESOURCES**

with Cherrell Reeves

Watch on YouTube



FYF Healthy Relationship Resource, now accessible in ASL Video.



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## **QUESTIONS? CONTACT**

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