



**NATIONAL BULLYING
PREVENTION MONTH
&
INTIMATE PARTNER
VIOLENCE AWARENESS
MONTH**

OCTOBER 2023



Table of Contents

October-National Bullying Prevention Month /Intimate Partner Violence Awareness Month

Background	3-4
For Everyone	5
For Youth	6-7
For Parents & Caregivers	8-9
For Educators & Professionals	10-11
For Schools	12



**NATIONAL BULLYING
PREVENTION MONTH**

&

**INTIMATE PARTNER
VIOLENCE
AWARENESS MONTH**

BACKGROUND



This October, we're observing National Bullying Prevention Month as well as Intimate Partner Violence Month. We'll illuminate current data involving bullying and violence among young people and the impact it has on mental health. We'll also provide tools and resources to respond to and prevent bullying and other forms of violence.

According to the most recent CDC Youth Risk Behavior Survey Report, several experiences of violence are increasing for certain groups of youth. Data across 2011-2021 show:

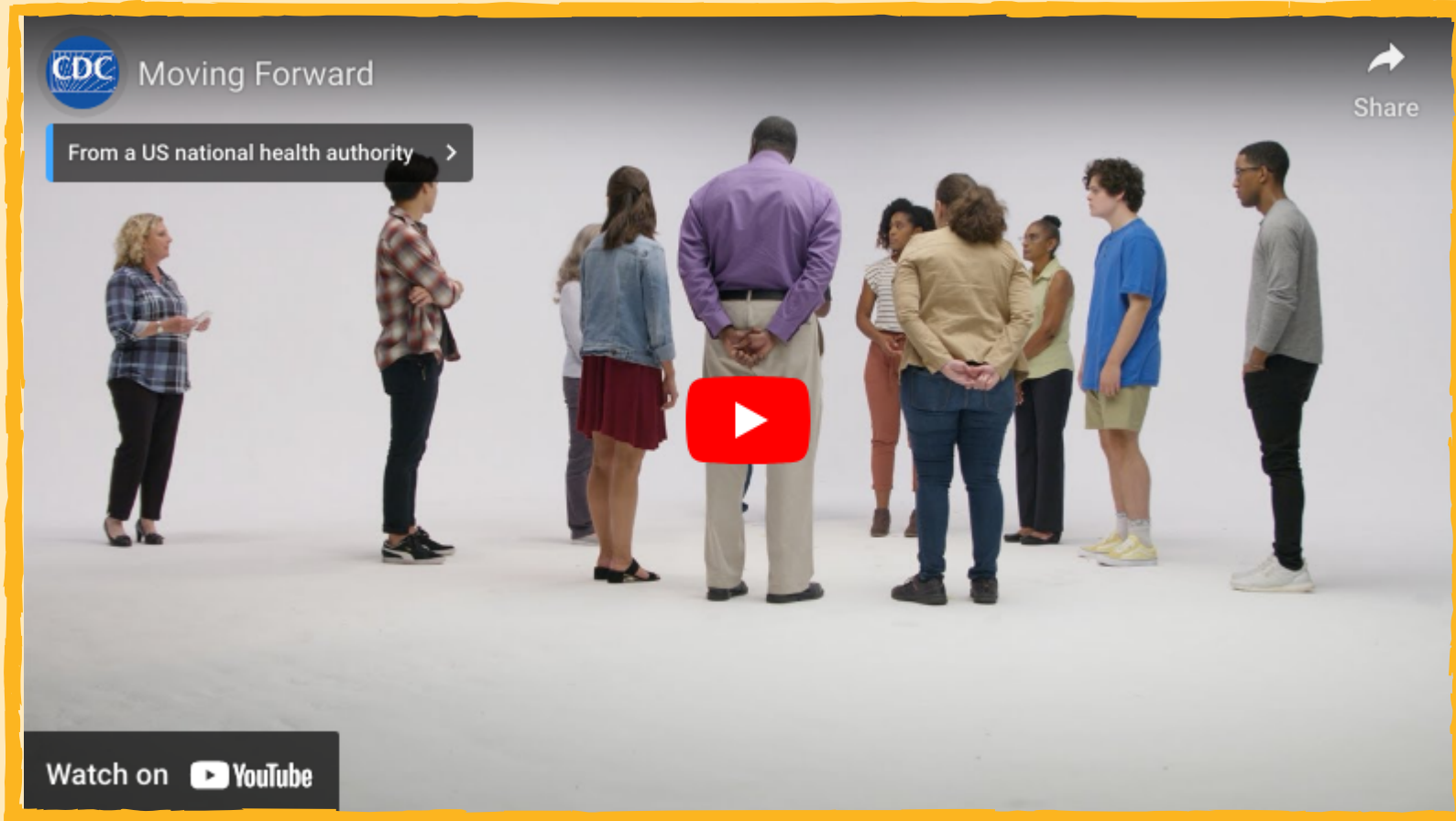
- Increases among male students experiencing electronic bullying
- Increases among female students experiencing sexual violence, and
- Increases in the amount of youth who did not go to school because of safety concerns

Violence and bullying can be overt or covert, and can be verbal, physical, in-person, or through digital spaces such as social media, texts, or email. Regardless of its form, it negatively impacts physical and emotional health, so keeping young people safe is a priority. We can prevent violence through awareness and intervention, and by promoting empathy and kindness.



BACKGROUND

FREE
your
FEELS™



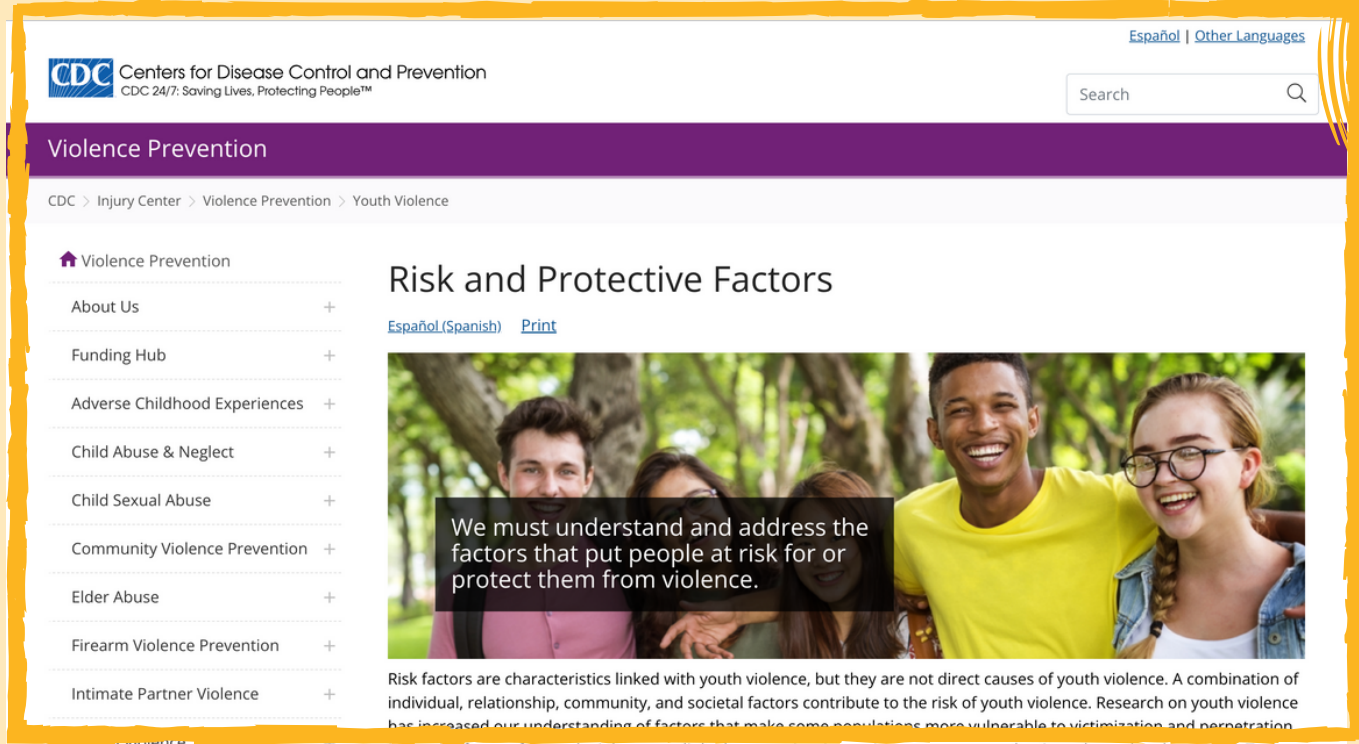
FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225



FOR EVERYONE

FREE
your
FEELS

In the previous video, you saw how various factors, positive or negative, have an impact on our lives and future trajectory. It's crucial that we all understand the factors that can put people at risk for violence (risk factors), as well as the factors that can protect them from violence (protective factors).



TAKE ACTION

Learn more about the factors that may increase or decrease the risk of youth experiencing or enacting violence. This chart does not encompass all risk factors.





BULLYING RISK FACTORS

INDIVIDUAL

- History of early aggressive behavior
- High emotional distress
- Lack of behavior control
- Exposure to violence and conflict at home
- Involvement with drugs and alcohol

FAMILY

- Low parental involvement
- Authoritarian upbringing
- Low parental education and income
- Parental substance abuse or criminal history
- Low emotional attachment

PEER AND SOCIAL

- Gang involvement
- Social rejection
- Poor academic performance
- Association with delinquent peers,
- Low commitment to school

COMMUNITY

- Low economic opportunities
- High concentrations of poor residents
- High level of family disruption
- Low levels of community participation
- Socially disorganized neighborhoods

SOURCE: CDC



BULLYING PROTECTIVE FACTORS

INDIVIDUAL

- High academic achievement and aspirations
- Positive social orientation
- Highly developed social skills
- Intolerance towards deviance

FAMILY

- Connectedness to family or other non-familial adults
- Ability to discuss problems with parents
- Frequent shared activities with parents
- Family use of constructive strategies for coping with problems
- Consistent parental presence

PEER AND SOCIAL

- Strong, positive peer relationships at school
- Involvement in prosocial/positive activities
- Commitment to school
- Exposure to school climates with parental and teacher engagement
- Clear behavior rules; intensive supervision

COMMUNITY

- Access to economic and financial opportunities
- Safe and stable housing
- Safe and engaging after-school activities and programs
- Residents feel connected and involved
- Violence is not tolerated

SOURCE: CDC

FOR YOUTH



Healthy relationships, with self and others, are essential to protecting against violence. The impacts of violence on young people can be devastating, but there are strategies to prevent violence as well as to promote positive relationships.

TAKE ACTION

Review this [FYF flyer](#) to learn more about healthy relationships!



BONUS ACTION

Register for the virtual [session](#) "But they LOVE me – Dating Violence and Young People" on October 16.

FOR YOUTH

FREE
your
FEELS

Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions (source: American Psychological Association). If you have been bullied or cyberbullied and need help, take action below.

HelpChat Crisis Line

The STOMP Out Bullying™ Live HelpChat Crisis Line

Are you being or have you been **Bullied** or **Cyberbullied**?
(Bullying is a continued form of harassment. Cyberbullying is continued form harassment online.)
Are you going through a rough time because of it?
Do you **Need Help**?

HelpChat Crisis Line

[Terms of Use and Privacy Policy](#)

Counselors Available:

Tuesday's
7:00PM - 12:00AM EST

[About Bullying and Cyberbullying](#)
[LGBTQ+ Bullying](#)
[Various Health Resources](#)



TAKE ACTION

If you're between the ages of 13-24 and need support as a result of bullying, visit this page to access an anti-bullying online chat and/or crisis line.



FOR URGENT SUPPORT TEXT OR CALL 988, OR CALL THE GA CRISIS AND ACCESS LINE: 1-800-715-4225

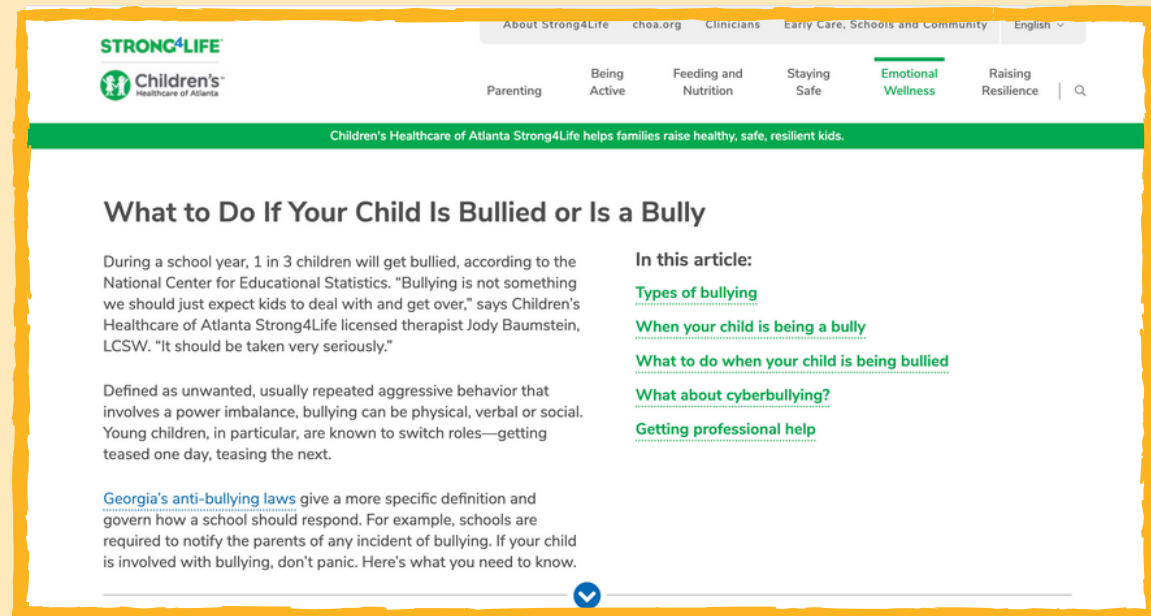
FOR PARENTS & CAREGIVERS



Caregivers – if your child is involved in bullying, Children’s Healthcare of Atlanta Strong4Life has helpful information for you to know! Learn the types of bullying, what to do when your child is a bully or is being bullied, dive deeper into cyberbullying, and know where to go for professional help if needed.

TAKE ACTION

Access all the
above, and more,
by visiting
Strong4Life.org



FOR PARENTS & CAREGIVERS

FREE
your
FEELS™

Examples of violence among youth include bullying; sexual violence; threats with weapons; fights; and gang-related violence. There are six known, research-based strategies to prevent youth violence:

- **Promote family environments that support healthy development**
- **Provide quality education early in life**
- **Strengthen youth's skills**
- **Connect youth to caring adults and activities**
- **Create protective community environments**
- **Intervene to lessen harms and prevent future risk**



TAKE ACTION

The Centers for Disease Control and Prevention (CDC) offers the [Youth Violence Prevention Resources for Action](#) with strategies to help caregivers and communities incorporate prevention activities to prevent youth violence and its consequences.

FOR EDUCATORS & PROFESSIONALS



While violence between parents, caregivers, or other adults in a young person's life may not be witnessed by every child, it has a negative impact on those who are witness to violence. There is hope and there are strategies to help protect against possible scenarios of violence and their effects on youth.

A screenshot of the NTTAC website. The header includes the NTTAC logo and the text "National Training & Technical Assistance Center for Child, Youth, & Family Mental Health". Navigation links include "NTTAC TEAM", "EVENTS", "TRAINING AND TECHNICAL ASSISTANCE", "RESOURCES", "GRANTEE CORNER", and "CONTACT US". The main content area features a link "< Back to Upcoming Events", the title "Intimate Partner Violence (IPV) Awareness Month Webinar Series", and the schedule "Every Monday in October from 1-2:30 p.m. ET". A blue button labeled "REGISTER TODAY!" is prominent. Below this is a "DESCRIPTION" section with the text: "NTTAC invites you to join us during the month of October to honor Intimate Partner Violence Awareness Month, its impact on the mental health and wellbeing of children, youth, and families, and the strength and resilience of survivors." At the bottom, it states: "This series is intended for anyone working in a system of care or any helping profession that serves".

TAKE ACTION

Intimate Partner
Violence (IPV)
Awareness FREE Virtual
sessions offered every
Monday in October



FOR EDUCATORS & PROFESSIONALS



If adults can understand emotions, moods, and challenges, they can better respond to young people in their care. The Georgia Statewide Afterschool Network offers a toolkit with information for administrators, educators, providers, families, and other adults interacting with children in structured settings. This toolkit highlights emotions and behaviors seen in youth (such as aggression, bullying, defiance, and more), signs and symptoms of a crisis in a young person, and resources for managing behaviors and accessing support.



BENEFITS OF SOCIAL-EMOTIONAL COMPETENCE

Social and emotional competence involves managing feelings, building healthy peer relationships, responsible decision-making, self-management, self-awareness, and social awareness both inside and outside the classroom.²⁹¹ When youth learn to manage their emotions in childhood, it leads to positive attitudes and behaviors later in life. Youth with social-emotional competence demonstrate:

EMPATHY & COMPASSION
Empathetic of others and offers support

ACADEMIC ACHIEVEMENT
Better performance in school and their career

POSITIVE RELATIONSHIPS
More positive and stable relationships

HEALTHY COPING SKILLS
Resilience and effective coping skills with a positive sense of self

CONFIDENT SELF-ESTEEM
Higher emotional intelligence and competency

GOOD MENTAL WELL-BEING
Good mental health and well-being with fewer behavior challenges

5

TAKE ACTION

Access the Behavioral Health Toolkit from
GSAN
(Georgia Statewide Afterschool network)

A purple megaphone icon with sound waves, pointing towards the "TAKE ACTION" section.

FOR SCHOOLS

FREE
your
FEELS

It's important for educators and school staff to foster a safe space for all students and to recognize when a student is being bullied, even if it's cyberbullying. Creating a supportive and physically and emotionally safe environment in schools can help end bullying.

TAKE ACTION

Stompbullyingout.org uses a variety of anti-bullying resources for educators and school staff.





QUESTIONS? CONTACT

Maria Ramos
Sr. Program Specialist
Voices for Georgia's Children
freeyourfeels@gmail.com