



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

OCTOBER 2023



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

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**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

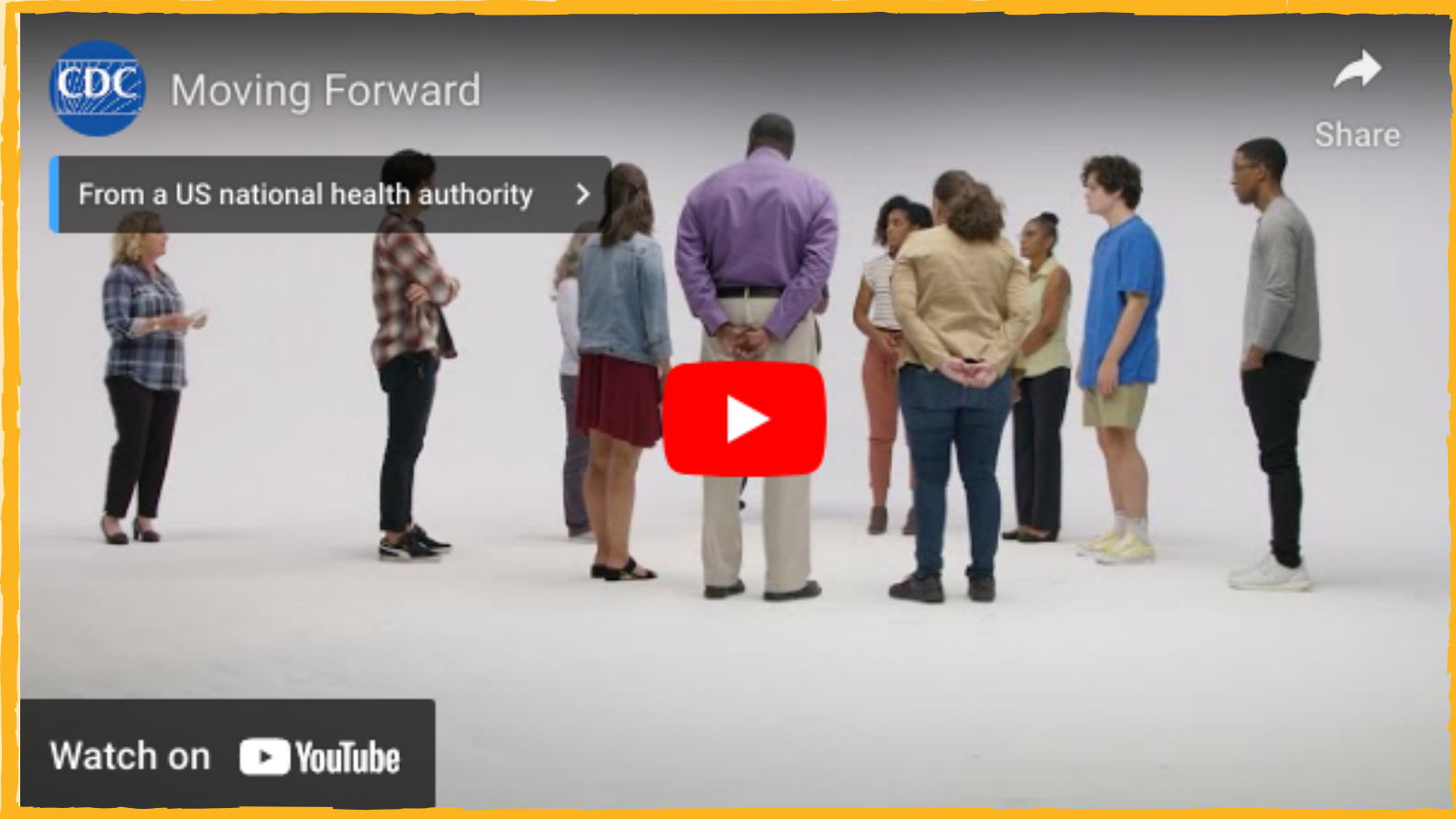
Violence and bullying can be overt or covert, and can be verbal, physical, in-person, or through digital spaces such as social media, texts, or email. Regardless of its form, it negatively impacts physical and emotional health, so keeping young people safe is a priority. We can prevent violence through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

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



BACKGROUND

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FOR EVERYONE

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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.

The screenshot shows the CDC website's 'Violence Prevention' section. The main heading is 'Risk and Protective Factors'. Below the heading is a photo of four diverse young people smiling. A text box overlaid on the photo reads: 'We must understand and address the factors that put people at risk for or protect them from violence.' To the left of the photo is a navigation menu with items like 'About Us', 'Funding Hub', 'Adverse Childhood Experiences', etc. At the top of the page, there are links for 'Español | Other Languages' and a search bar.

FOR EVERYONE



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!

HEALTHY RELATIONSHIPS
Healthy social connections play an important role in our overall well-being and quality of life. Learning about healthy relationships can help us develop decision-making and relationship-building skills. Fostering healthy relationships with friends, family, schoolmates, teachers, and others can have a positive effect on our sense of self, emotional development, and future relationships.

START WITH SELF-COMPASSION
Self-compassion is "the process of turning compassion inward. We are kind and understanding rather than harshly self-critical when we fail, make mistakes, or feel inadequate. We give ourselves support and encouragement rather than being cold and judgmental when challenges and difficulty arise in our lives."
Before we can fully build a healthy relationship with others, it's helpful to start by creating a positive relationship with ourselves. How can we practice self-compassion? Awareness, connection, and kindness are three elements to keep in mind when caring for yourself:

1 AWARENESS
Check-in with yourself when you experience something difficult. Can you identify the source of the problem? Treat yourself like you would a close friend and ask yourself "how are you feeling?". See if you can name your emotions or physical feelings, such as "sad", "nervous", or "shaky"?

2 CONNECTION
You are not alone. Remember that there are many other people out there who have experienced similar feelings, but under different circumstances. Sharing how you feel is important. You can reach out to someone you trust, or listen to the stories of others who've felt the way you feel.

3 KINDNESS
How would you help a friend in a similar situation? Ask yourself "what do I need to support me right now?" - Try going for a walk, taking deep breaths, or meditating. Give yourself encouragement, words of kindness, and reassurance as you would a good friend.

WHAT IS A HEALTHY RELATIONSHIP?
Self-compassion strategies can build greater self-clarity, which will ultimately contribute to creating healthier relationships with others. However, the unfortunate reality is that relationships are not always healthy. All relationships exist on a spectrum ranging from healthy to abusive! It's critical to know the warning signs and be able to identify healthy, unhealthy, and abusive behavior in relationships.

UNHEALTHY
You may be in an unhealthy relationship if your partner is:
• Not communicating
• Not respectful
• 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
• Intimidating
• Accusing the other of cheating when it's untrue
• Denying their actions are abusive
• Controlling
• Isolating their partner from others

Relationship is becoming unhealthy, or even abusive if signs of abuse from your partner include:
• Extreme jealousy or insecurity
• Possessiveness or controlling behavior
• Intimidating, berating, or mood swings
• Pressuring you or forcing you to have sex
• Verbal or physical abuse

Relationship is becoming unhealthy, or even abusive if signs of abuse from your partner include:
• In disagreements, you're a good listener, and you're willing to compromise, but your partner avoids disagreements.
• In disagreements, both partners avoid disrespectful behavior.
• You spend a lot of time away from each other and participate in activities with other people.
• Your partner as an equal and value their time and yours.
• In disagreements, you're a good listener, and you're willing to compromise, but your partner avoids disagreements.

SAFE (7233) or at www.advyb.org or using www.ocady.org/gsc

SCAN FOR LOCAL & ADDITIONAL RESOURCES, AND DATA SOURCES

WWW.FREEYOURFEELS.ORG

BONUS ACTION

Register for the virtual session "But they LOVE me - Dating Violence and Young People" on October 16.

FOR YOUTH



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 PARENTS & CAREGIVERS

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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



A screenshot of the Strong4Life website. The page title is "What to Do If Your Child Is Bullied or Is a Bully". The article text includes: "During a school year, 1 in 3 children will get bullied, according to the National Center for Educational Statistics. 'Bullying is not something we should just expect kids to deal with and get over,' says Children's Healthcare of Atlanta Strong4Life licensed therapist Jody Baumstein, LCSW. 'It should be taken very seriously.'" and "Defined as unwanted, usually repeated aggressive behavior that involves a power imbalance, bullying can be physical, verbal or social. Young children, in particular, are known to switch roles—getting teased one day, teasing the next." The article also lists links for "Types of bullying", "When your child is being a bully", "What to do when your child is being bullied", "What about cyberbullying?", and "Getting professional help". The website header includes "STRONG4LIFE", "Children's Healthcare of Atlanta", and navigation links like "Parenting", "Being Active", "Feeding and Nutrition", "Staying Safe", "Emotional Wellness", and "Raising Resilience".

FOR PARENTS & CAREGIVERS



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

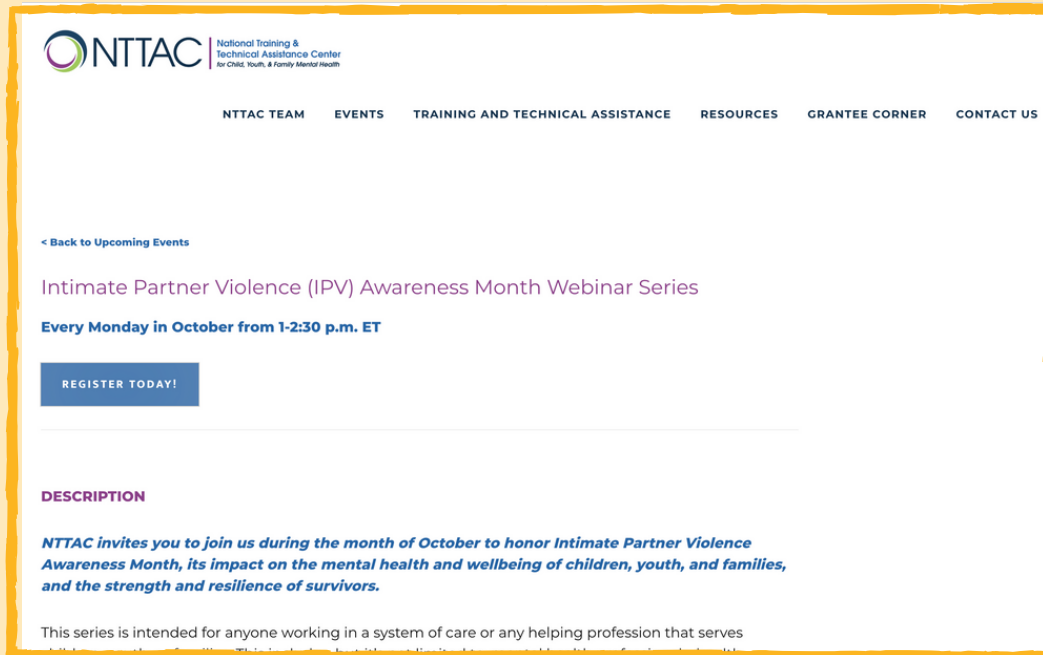
The Centers for Disease Control and Prevention (CDC) offers the [Youth Violence Prevention Resources for Action](#) with strategies to help caregivers and communities incorporate prevention activities to prevent youth violence and its consequences.



FOR EDUCATORS & PROFESSIONALS

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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.



NTTAC National Training & Technical Assistance Center for Child, Youth, & Family Mental Health

NTTAC TEAM EVENTS TRAINING AND TECHNICAL ASSISTANCE RESOURCES GRANTEE CORNER CONTACT US

[< Back to Upcoming Events](#)

Intimate Partner Violence (IPV) Awareness Month Webinar Series

Every Monday in October from 1-2:30 p.m. ET

REGISTER TODAY!

DESCRIPTION

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.

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



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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.²⁹ 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 pointing towards the text.

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FOR SCHOOLS



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

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