

**FREE**  
*your*  
**FEELS**™

**DOMESTIC  
VIOLENCE  
AWARENESS/  
BULLY  
PREVENTION**

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**RESOURCE TOOLKIT**



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**DOMESTIC  
VIOLENCE  
AWARENESS /  
BULLY  
PREVENTION**

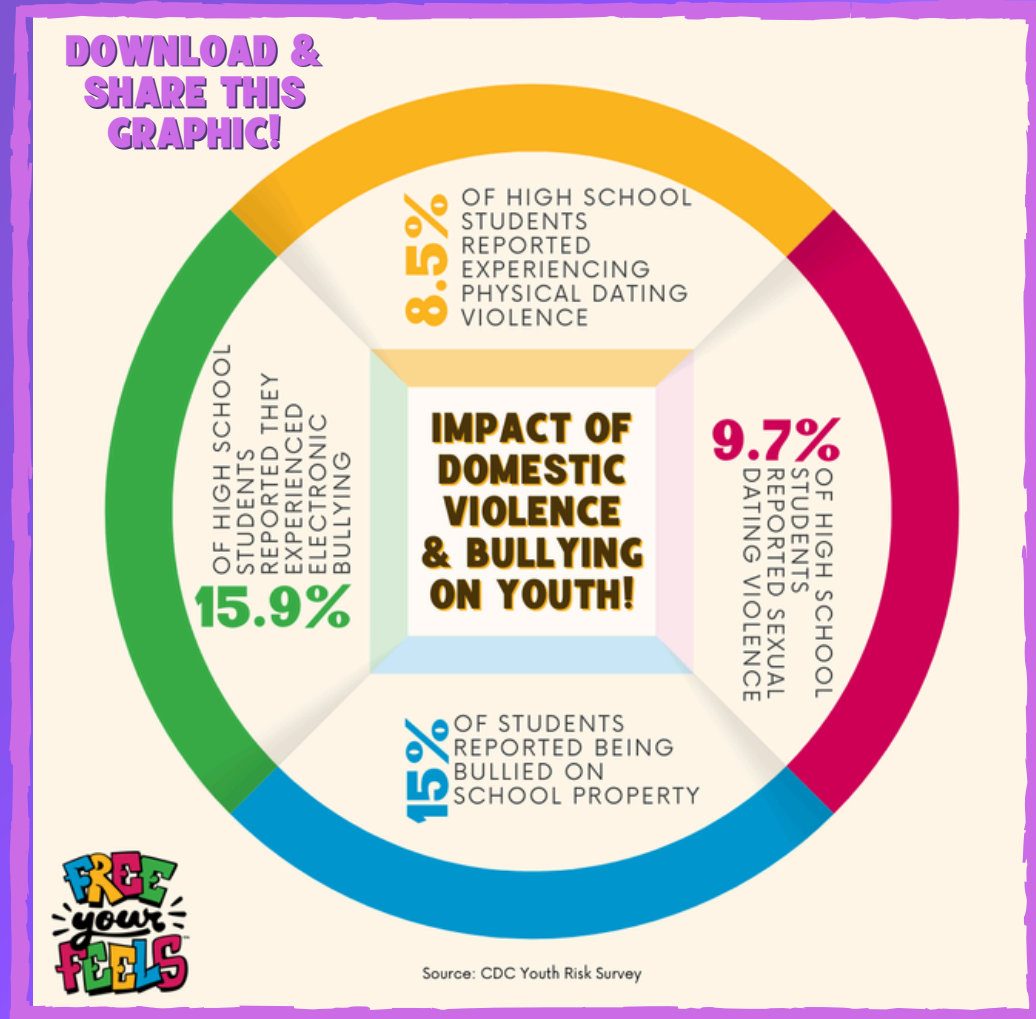
# INTRO



This October, we recognize both National Bullying Prevention Month and Intimate Partner/Domestic Violence Awareness Month.

We're highlighting current data on bullying and violence among young people and their impact on mental health while also providing tools and resources to respond to and prevent these issues. Bullying and violence can arise in various forms - including verbal abuse, physical aggression, social exclusion, and digital harassment through social media, texts, or emails.

Youth are significantly impacted by both domestic violence and bullying, with serious implications for their mental health and overall well-being. This graphic shows results from The CDC's Youth Behavior Risk 2021 survey!



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# INTRO



The connection between domestic violence and bullying is also evident in the data. Studies have shown that children who witness domestic violence at home are more likely to engage in bullying and violent behavior themselves.<sup>23</sup> This cycle of violence can perpetuate trauma and mental health challenges across generations. By addressing both domestic violence and bullying, we can help break this cycle and support the mental health of young people, creating safer and healthier environments for them to thrive.

## DATES TO SHOW SUPPORT:



### WEAR AND SHARE ORANGE

Send a visible message of building **COMMUNITY** through kindness, acceptance, and inclusion to prevent bullying.



**PURPLE THURSDAY** occurs on the third Thursday of October. Encouraging people to wear purple to show support for those who have experienced domestic violence and abuse and let them know that help is available for themselves and their families.



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# FOR EVERYONE



Understanding the risk factors and protective factors for bullying and violence is essential for effective prevention and intervention. Risk factors can increase the likelihood of someone becoming involved in bullying or violence. Conversely, protective factors can help shield individuals from these harmful behaviors. By recognizing and addressing these factors, we can create safer, more supportive environments that reduce the incidence of bullying and violence.

## ACTION

Learn more about the factors that can either heighten or reduce the risk of youth experiencing or engaging in violence. Please note that this chart does not cover all possible risk factors.

**BULLYING PROTECTIVE FACTORS**

INDIVIDUAL	FAMILY
<ul style="list-style-type: none"> <li>• High academic achievement and aspirations</li> <li>• Positive social orientation</li> <li>• Highly developed social skills</li> <li>• Intolerance towards deviance</li> </ul>	<ul style="list-style-type: none"> <li>• Connectedness to family or other non-familial adults</li> <li>• Ability to discuss problems with parents</li> <li>• Frequent shared activities with parents</li> <li>• Family use of constructive strategies for coping with problems</li> <li>• Consistent parental presence</li> </ul>
PEER AND SOCIAL	COMMUNITY
<ul style="list-style-type: none"> <li>• Strong, positive peer relationships at school</li> <li>• Involvement in prosocial/positive activities</li> <li>• Commitment to school</li> <li>• Exposure to school climates with parental and teacher engagement</li> <li>• Clear behavior rules; intensive supervision</li> </ul>	<ul style="list-style-type: none"> <li>• Access to economic and financial opportunities</li> <li>• Safe and stable housing</li> <li>• Safe and engaging after-school activities and programs</li> <li>• Residents feel connected and involved</li> <li>• Violence is not tolerated</li> </ul>

SOURCE: CDC

DOWNLOAD & SHARE

**BULLYING RISK FACTORS**

INDIVIDUAL	FAMILY
<ul style="list-style-type: none"> <li>• History of early aggressive behavior</li> <li>• High emotional distress</li> <li>• Lack of behavior control</li> <li>• Exposure to violence and conflict at home</li> <li>• Involvement with drugs and alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Low parental involvement</li> <li>• Authoritarian upbringing</li> <li>• Low parental education and income</li> <li>• Parental substance abuse or criminal history</li> <li>• Low emotional attachment</li> </ul>
PEER AND SOCIAL	COMMUNITY
<ul style="list-style-type: none"> <li>• Gang involvement</li> <li>• Social rejection</li> <li>• Poor academic performance</li> <li>• Association with delinquent peers,</li> <li>• Low commitment to school</li> </ul>	<ul style="list-style-type: none"> <li>• Low economic opportunities</li> <li>• High concentrations of poor residents</li> <li>• High level of family disruption</li> <li>• Low levels of community participation</li> <li>• Socially disorganized neighborhoods</li> </ul>

SOURCE: CDC

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# FOR YOUTH



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

## ACTION

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

**FREE your FEELS**

### INDICATIONS OR WARNING SIGNS OF ABUSE FROM YOUR PARTNER INCLUDE:

- ✗ Checking your phone, email, or social media accounts without your permission.
- ✗ Any form of physical harm.
- ✗ Putting you down frequently, especially in front of others.
- ✗ Pressuring you or forcing you to have sex.
- ✗ Extreme jealousy or insecurity.
- ✗ Possessiveness or controlling behavior.

source: [loveisrespect.org](http://loveisrespect.org)

Teens can anonymously discuss their situation with a dating violence expert at the National Teen Dating Violence Hotline in several ways:

CALL: 1-866-331-8474  
TEXT: "LOVEIS" TO 22522  
CHAT: ONLINE AT [LOVEISRESPECT.ORG](http://LOVEISRESPECT.ORG)

**FOR URGENT SUPPORT CALL OR TEXT 988.**

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**FREE your FEELS**

### KNOW THE SIGNS OF A HEALTHY RELATIONSHIP!

**COMMON CHARACTERISTICS OF A HEALTHY RELATIONSHIP INCLUDE:**

- **Mutual respect** — you treat your partner as an equal and value their time and interests.
- **Good communication** — you "free your feels" openly, you're a good listener, and you can have healthy disagreements. In disagreements, both partners avoid disrespectful language, belittling, insults, and shaming.
- **Healthy boundaries** — Boundaries help define what you are comfortable with & how you would like to be treated by others. They help you honor your needs, goals, feelings, & values. Boundaries can be emotional, physical, or even digital.

source: [loveisrespect.org](http://loveisrespect.org)

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**FREE your FEELS**

### UNHEALTHY RELATIONSHIP

**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

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# FOR YOUTH



Bullying occurs when an individual repeatedly inflicts harm or intimidation on another person intentionally. Bullying manifests in various ways, including name-calling, exclusion, rumor-spreading, and physical aggression.

## ACTION:

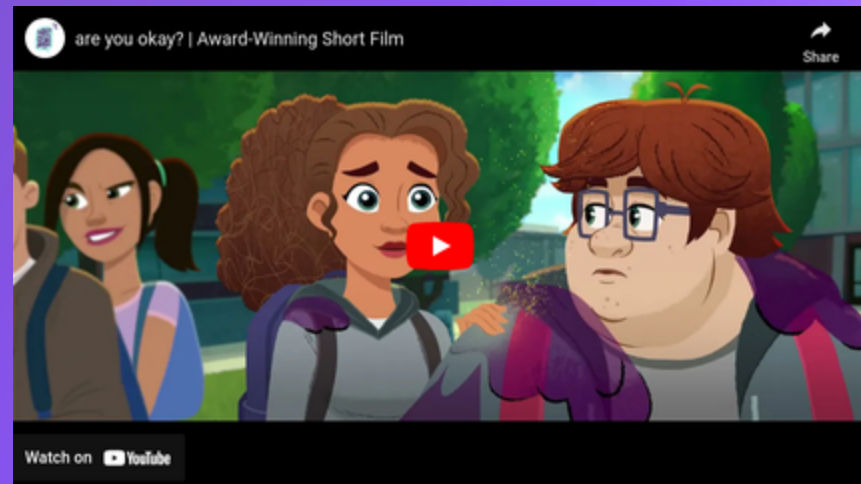
Explore the website [www.StopBullying.gov](http://www.StopBullying.gov) – which is a federal government initiative (specifically, overseen by members of the Department of Education and the Department of Health and Human Services). The program provides resources, guidance, and support to address bullying and promotes a safe environment for all youth.



### Stop Bullying Home Page

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

sb StopBullying.gov / Mar 21



Check out 'are you okay?', an award-winning short film about the impact and effects of cyberbullying. For more resources, please visit [fightchildabuse.org](http://fightchildabuse.org)

FOR URGENT SUPPORT [TEXT OR CALL 988](https://text.988.org), OR  
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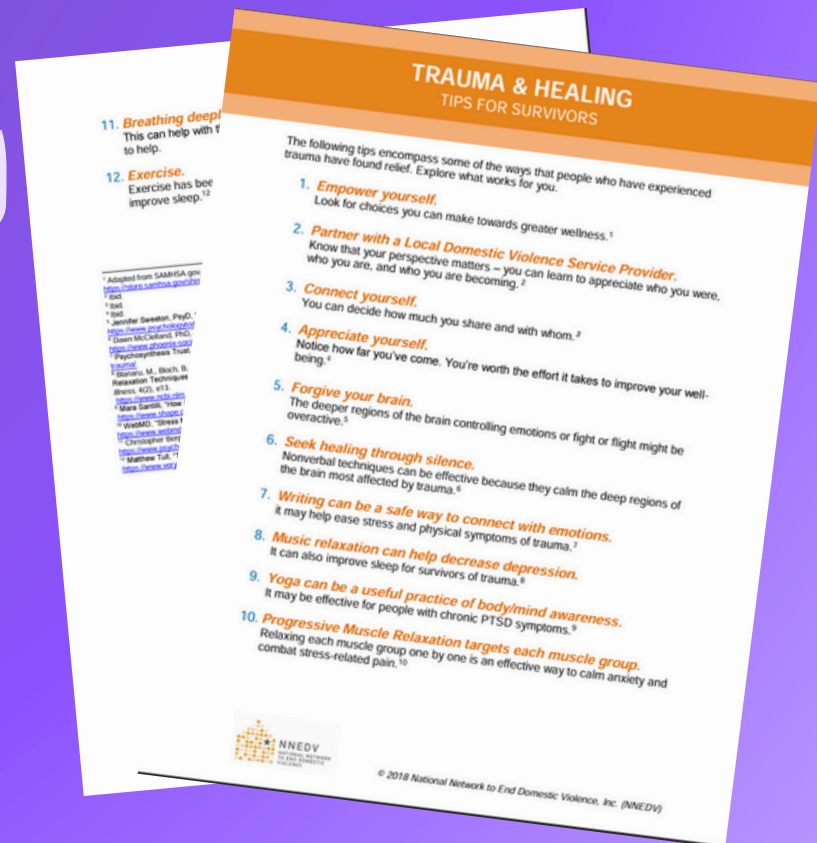
# FOR PARENTS & CAREGIVERS



If you or your child have experienced and/or witnessed violence, it's crucial to address and heal from that trauma. Exposure to violence can have profound and lasting effects on mental and emotional well-being. Healing from this trauma is crucial for better life outcomes, including mental health and relationships. Additionally, addressing trauma helps break generational cycles of distress, enabling individuals to be better caregivers as well as create healthier environments for future generations.

## ACTION

Explore this tip sheet for trauma-responsive healing practices and strategies.



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# FOR PARENTS & CAREGIVERS



Caregivers play a crucial role in teaching children to stand up for themselves and what is right. It's essential to help them understand how to prevent bullying by discussing the issue and encouraging them to speak up. Guide your child on what actions to take if they witness or experience bullying.



## For Parents

As a parent, you want to protect your children and you want to teach them how to stick up for themselves and for what is right. Help your child learn how to prevent bullying by talking to them about the issue and...

DoDEA

# ACTION

Caregivers can access a comprehensive webpage of helpful resources, such as digital awareness for parents; common myths about children who bully; warning signs a child is being bullied; understanding the school's responsibility; and [more here](#).

FOR URGENT SUPPORT [TEXT OR CALL 988](#), OR  
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# FOR EDUCATORS & PROFESSIONALS



When adults understand the emotions, moods, and challenges of young people, they can respond more effectively. The Georgia Statewide Afterschool Network provides a toolkit for administrators, educators, providers, families, and other adults working with children in structured settings. This toolkit covers common emotions and behaviors in youth (like violence, aggression, bullying, and defiance), signs of a crisis, and resources for managing behaviors and accessing support.

## ACTION

Access the  
**Behavioral Health  
Toolkit today!**



### TEMPER TANTRUMS

Tantrums occur  
For example, child  
or frustration. A  
with emotions. A  
In addition, fre

### SELF-HARM

Self-harm (also known as self-injury or self-mutilation) includes anything to injure self intentionally. Self-harm can be a way of dealing with deep distress and emotional pain. For example, it may help express feelings without words, distract from life, or illness but a symptom of a  
pe. [55]

### DEFIANCE

Most young people can be overwhelmed, Noncooperative beha  
groups, like teenagers. However, stud  
behavior may have a different rea  
punishment compared to ch

#### Types of disorders rel

- **Oppositional Defiant Disorder (OD** argumentative, unruly behavior, or
- **Conduct Disorder (CD)**, a persistent others, such as bullying and stealing school or running away from home
- **Disruptive Mood Dysregulation Di** outbursts and irritable or depressive
- **Attention-Deficit Hyperactivity Di** inattention, impulsivity, and hyper diagnosis to co-occur with ODD. Be aggressive behavior. Therefore, on

#### Supporting youth wit

- **Give Positive Attention.** Non-com attention. Even though it is negativ
- **Use Positive Language.** Learning t struggling with compliance. For e follow directions. Don't get out of y everyone to sit down, listen, and fo
- **Reinforce Positive Behavior.** Swit seeking out demonstrations of pos steps toward flexibility, complianc
- **Avoid Power Struggles.** When adu Instead, use a warning such as an " For example, "If you don't finish yo participate in the next activity. Off consequences when necessary.
- **Give Effective Instructions.** Somel of attention may be why a young p attention before giving instruction youth are paying attention to abso



## Behavioral Health Toolkit

For Afterschool Programs

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# FOR EDUCATORS & PROFESSIONALS



Every child deserves to feel safe at school. As educators, you understand that bullying disrupts the school atmosphere and hinders learning, affecting both victims and perpetrators, therefore creating a no-bullying environment is crucial.

## ACTION

This webpage houses a variety of anti-bullying resources for school administrators, educators, and other personnel.



### For Educators

Every child is entitled to feel safe in the classroom, hallways, or on the playground.



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## QUESTIONS? CONTACT

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