

NATIONAL BULLYING PREVENTION MONTH

Bullying can come in many forms and victims can feel helpless and unsure of how to stop the situation.

Bystander intervention is effective, but understanding how to prevent it can be more important. Dr. Dan Owleus, a Norwegian psychologist, spearheaded an effort to understand and prevent bullying in the early 1970's.

Responding to suicides of bullied kids, he developed a program that helped to inform

American anti-bullying efforts that began in 1999 after the

Columbine School shooting. This tragedy spurred anti-bullying legislation and policies that empowered teachers and bystanders to help prevent another similar event.



HOW CAN YOU IDENTIFY WHEN SOMEONE IS BEING BULLIED?



VERBAL BULLYING: This involves the spoken word that threatens, taunts, teases, calls the victim names or is disrespectful.



PHYSICAL BULLYING: This form of aggression can be hitting, kicking or any other type of unwanted touching.



RELATIONAL BULLYING: This kind of bullying excludes the victim from groups or activities and can involve attempts to damage a reputation or telling others to not be friends with the victim.



CYBERBULLYING: This has gotten a lot of attention as the computer age evolves. Bullies can use social media, texting and the internet to spread lies, rumors and innuendo about the victim.

The U.S. Department of Human Services has a hotline available 24/7 to anybody needing assistance on how to stop bullying. If you need help with a bullying issue, please call 800-273-TALK(8255).

The United States has two separate numbers for suicide prevention:

- National Suicide Prevention Lifeline at 800-273-8255 and for Spanish, 888-628-9454
- National Hopeline Network at 800-784-2433

UAW-FORD DIVERSITY DIGEST
OCTOBER 2021



STOP BULLYING
STAND UP. SPEAK OUT.

Sources:
1. <https://www.google.com/amp/s/nationaltoday.com/national-stop-bullying-day/amp/>
2. <https://nationaldaycalendar.com/national-stop-bullying-day-second-wednesday-in-october/>

Photo Sources:

Top Right: <https://blogs.houstonisd.org/news/2019/10/01/october-is-national-bullying-prevention-awareness-month-2/>
Bottom Right: <https://cpschools.com/october-is-bullying-prevention-month/>