

LEND A HAND *and* TAKE A STAND

National Bullying Prevention Month



October is Bullying Prevention Month.

We all know schools are a primary place where bullying can happen. Young people who experience bullying are more likely to feel lonely and want to avoid school. They are more likely to have symptoms of depression that can contribute to their risk for suicide. Young people who bully others and those that witness bullying can also experience negative mental health effects. Helping to make a supportive and safe school climate where all students are accepted is key to making sure all students can learn and grow. Ensuring that staff knows how to accurately identify bullying and how to respond correctly is a vital part of any school's bullying prevention plan.

Did you know?

The 2023 General Assembly passed [SB 1072](#) which requires principals or their designees to notify the parent of any student involved in an alleged incident of bullying within 24 hours of learning of the allegation of bullying. ([§ 22.1-279.6](#)).

School teams should ensure that a system is developed for how alleged bullying incidents will be reported, addressed, and communicated to the parents of those involved. This means:

- All staff are aware of this change in *Code* and what they should do when there is a report of bullying, or they suspect bullying.
- Families, students, and staff understand the types of bullying and the definition of bullying.
- Staff should also learn about what to look for as warning signs that some students might be involved in bullying and who might be at more risk for being involved.
- All school staff need to know what to do; as well as; what not to do when bullying behaviors occur or are reported to them.

Source: Virginia Department of Education Office of Safe Schools

Bullying Prevention Related Resources

The following organizations and agencies have compiled a library of Bullying Prevention Resources for schools.

- [Virginia Department of Criminal Justice Services – Virginia Center for School and Campus Safety](#)
- [Virginia Department of Education](#)
- [U.S. Department of Health and Human Services](#)
- [The National Child Traumatic Stress Network \(NCTSN\)](#) has compiled a list of helpful resources for parents and caregivers, children and teens, mental health providers, educators and school staff, and policy makers.

Flyers and Posters to Assist in Prevention and Awareness

- [Bullying Definition and Types Posters](#) (color)
- [If Your Child Reports Bullying Handout for Parents](#)
- [Bullying Definition and Types Posters](#) (black and white)
- [If a Student Reports Bullying Handout for Teachers](#)

Videos to Assist in Prevention and Awareness

- [How Educators Can Respond to Bullying](#) (2 minutes)
- [What to do when online gaming gets mean](#) (32 seconds)
- [Teasing and Bullying are Different](#) (45 seconds)
- [What to do if you are cyberbullied](#) (43 seconds)
- [What to do when no adult is around](#) (47 seconds)
- [What to do if you've been bullied](#) (39 seconds)
- [What to do when you see bullying happen](#) (36 seconds)
- [What to do if you bullied someone](#) (37 seconds)