



# DEI Perspectives

## Bullying Prevention Month – October 2024

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National Bullying Prevention Month was created by PACER, an organization that acts as champions on behalf of children with disabilities, and started as a weekly observation in 2006. In 2010, the observation changed to monthly.

Bullying Prevention Month aims to educate communities on how to prevent bullying. The focus drives in on the effects of bullying and how to empower schools, parents and victims. Bullying can occur in multiple ways. It can be verbal, physical, social exclusion or digital (ex: social media).

It's always important to talk about the dangers and trauma that bullying brings to its victims. Research shows that bullying can lead to disorders such as chronic depression, suicidal thoughts, anxiety and poor health.

Additionally, bullying also can have long-lasting repercussions, including difficulty trusting and forming healthy relationships/friendships. Unfortunately, bullying begins at a very young age, and children will carry these traumatic experiences into adulthood.



### Why Bullying Prevention Month is Important:

- **IT SAVES LIVES:** Bullying itself can be violent and dangerous. Stomping out bullying is imperative to improving and saving lives.
- **IT RAISES AWARENESS:** We may think of one specific form of bullying but there are multiple forms, all of which we should learn and educate ourselves about.
- **IT ENCOURAGES BRAVERY:** Be brave. Stand up against bullying, speak out, support each other, create safe and respectful spaces. Remember, your courage can inspire others to do the same.



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### Actions/Proactive Steps:

- **Speak Up:** If you witness bullying, don't stay silent. Speaking out can deter the bully and show support for the victim. Let the bully know their behavior is unacceptable.
- **Support the Victim:** Offer support to the person being bullied. Let them know they are not alone. Offering a kind word can make a big difference.
- **Report the Bullying:** Reporting ensures that the appropriate authorities can take action.
- **Be Inclusive:** Make an effort to include EVERYONE. A welcoming environment reduces the chances of bullying.
- **Set a Positive Example:** Demonstrate kindness, respect and empathy in your own actions. Others are likely to follow your lead, especially children.
- **Educate Yourself and Others:** Learn about the effects of bullying and share this knowledge with others.

### Resources:

- **StopBullying.gov:** <https://www.stopbullying.gov/> – This government website offers a wealth of information on bullying prevention.
- **PACER's National Bullying Prevention Center:** <https://www.PACER.org> – PACER offers resources and programs to prevent bullying, especially among children with disabilities. They also provide tools, activities and information to help students, parents and educators to take action.
- **Cyberbullying Research Center:** <https://cyberbullying.org/> – This organization provides research-based information on cyberbullying and offers resources for prevention and response.