

DART Prevention Coalition

JUNE: LET'S DISCUSS BULLYING & CYBERBULLYING

June is National Safety Month.



Community safety isn't just physical—it's emotional and psychological too.



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

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Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the **DART Facebook** page for our shareable posts!

BULLYING & CYBERBULLYING ONE-PAGER



Offline or Online, Bullying Hurts — Let's End it Together



When Bullying Follows You Home

Bullying remains a significant issue affecting youth nationwide, with both in-person and online forms causing serious harm. Stopbullying.gov reports that about **19% of students in grades 6-12 report being bullied**, with about **22% of those students being bullied online or by text**. As technology becomes more deeply integrated into youth's daily lives, cyberbullying has emerged as a particularly harmful form of bullying given its ability to reach people at all times and at any location.

Bullying & Substance Use

Youth who experience bullying are at an increased risk for depression, anxiety, poor academic outcomes and more likely to engage in risky behavior—including substance use. Youth who experience both school bullying and cyberbullying had an increased risk of using alcohol, marijuana or tobacco products or misusing prescription drugs to cope than those who do not experience bullying. Adolescents involved in any form of bullying increased their rate for risky consumption by three or more times.

What Can You Do to Help End Bullying?

Ending bullying isn't a one-person job—it takes everyone. One of the most important things you can do to combat bullying is to **Be an Upstander!** An upstander is a person who speaks up when they witness bullying situations, whether that be stepping in to support a peer or getting help from a trusted adult. There is power in bystander intervention—57% of bullying situations stop when a peer intervenes on behalf of the youth being bullied.

Other Ways to Help End Bullying

Helping as a Friend, Peer, Parent or Adult

- **Listen without Judgment** – Be someone they feel comfortable sharing their experiences with.
- **Encourage Empathy and Respect** – Use books, media and conversations to build compassion.
- **Raise Awareness** – Whether in the school, workplace or community, raise awareness about the impacts of bullying as well as the risks of early substance use.
- **Support Bullying Prevention** – Promote anti-bullying programs and peer support systems.
- **Create Safe Spaces** – Offer environments where youth feel seen, supported and safe to discuss their struggles without fear of stigma, judgment or ridicule.
- **Be a Positive Role Model** – The behaviors we model for young people are important and impact their development—including bullying and substance use. Positive parenting styles are associated with increased empathy in young people and negative styles are associated with higher rates of bullying and substance use.
- **Parent Involvement** – Talk to your children about emotional health and substance use.

Helping Yourself

- **Think Before You Post** – Never share anything online that you wouldn't want your teachers, family or future employers to see. Once something is online, it can be very difficult to remove.
- **Protect Personal Information** – Be cautious about sharing details like your location, school or telephone number.
- **Report and Block Bullies** – Most platforms allow you to report abusive behavior and block the user. Don't hesitate to use these tools.
- **Talk to a Trusted Adult** – Reach out to someone you trust and tell them what's going on—they can help.

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rwjbh.org/DARTresources

Source:
Stopbullying.gov

**Click Here to Download and Share the One-
Pager**

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Be an Upstander:

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Model Positive Behavior:

Youth who **learn** about the **dangers of bullying** behavior or the risks of substance use are less likely to participate.



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Encourage Empathy and Respect:

Use books, media and conversations to **build compassion.**



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StopBullying.gov

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

Do Something: 11 Facts About Bullying

DoSomething.org is a global movement of millions of young people making positive change, online and off. Click for the 11 facts you want are below, and the sources for the facts are at the very bottom of the page. After you learn something, Do Something! Find out how to take action here.

Talk, They Hear You

SAMHSA's national youth substance use prevention campaign helps parents and caregivers, educators, and community members get informed, be prepared, and take action to prevent underage drinking and other substance use.



Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](#) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources

Find these Awareness Campaign images (and more) on our Facebook!



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