



YOUTH HEALTH BULLETIN



SEPTEMBER 2022

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THIS MONTH'S TOPIC:

DEALING WITH BULLIES

Bullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed, and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, tease, or scare them. Bullies might do things like:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving other kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on



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sites like Instagram, sharing embarrassing pictures or videos, and making fake profiles or websites.

What to do

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

What to do if YOU are being bullied:

- **Tell the bully to stop:** There might be a chance the person bullying you does not realize how they are making you feel. Once they know, they may stop.
- **Find a buddy:** Buddy up with a friend so you are never alone with the bully.
- **Avoid the bully:** If you know the bully is nearby, try to walk a different way to class, go to a different bathroom, and play in a different part of the playground.
- **Tell an adult:** Your parents, a teacher, or your principal can help.

What to do if you see another kid being bullied:

- **Stand up to the bully:** Do not watch or join in. Tell the bully that what they are doing is not cool, and invite the bullied kid to walk away with you by saying "C'mon, let's go."



- **Stop any rumors:** If someone tells you something mean or embarrassing about someone else, do not pass it on.
- **Tell a teacher:** Tell them everything you know, and keep them updated. This way, the teacher can help stop the bully, and give support to the person being bullied.
- **Be kind to the kid that is getting bullied:** Ask them if they are OK. Say "hi," and smile at them when you see them, and invite them to play with you at lunchtime.

As school starts this year, remember to treat everyone with respect. Be sure to stop and think before you say or do something that could hurt someone. Keep in mind that everyone is different. Not better or worse. Just different. In addition, if you think you have bullied someone in the past, apologize. Everyone feels better.

REFERENCES:

- <https://kidshealth.org/en/kids/bullies.html>
- Association of Cyberbullying Experiences and Perpetration With Suicidality in Early Adolescence. Arnon S., Brunstein Klomek A., Visoki E., Moore T. M., Argabright S. T., DiDomenico G. E., Benton T. D., Barzilay R. JAMA Netw Open. 2022 Jun 1;5(6):e2218746. doi: 10.1001/jamanetworkopen.2022.18746. PMID: 35759263.
- <https://afsp.org/national-suicide-prevention-week>

ADULT
HEALTH BULLETIN

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