

BULLYING PREVENTION STRATEGIES

Guidance for Health and Safety Professionals

How Bullying Effects Students' Health and Safety

Physical Health

Students who are bullied are more likely to suffer from headaches, stomach pain, sleep problems, poor appetites, and more.

Mental Health

Students who are bullied are more likely to suffer from low self-esteem, loneliness, anxiety, and depression.

Higher Risks of Suicide

Though not the sole factor, students who are bullied are more likely to have suicidal thoughts and to attempt suicide.

Academic Well-Being

Students who are bullied are more likely to exhibit delinquent behaviors, bring weapons into school, and hold beliefs that support violence.

Best Practices for Health and Safety Professionals

Early Detection

Ask screening questions during patient visits to understand how a child is functioning in school. If the symptoms above exist, remember that bullying can be a potential cause.

Effective Intervention

Have resources and support networks for bullying and bullying prevention on hand. This information should be given to parents and caregivers so they too can help the patient.



Understanding Your Relationship to Bullying and its Challenges

Bullying is intentional, aggressive, and repeated behavior targeted against someone(s) who cannot easily defend themselves. There is an observable or perceived imbalance of power between those who are bullied and those who are bullying. As health and safety professionals, you can see the effects of bullying firsthand and are often the first people to detect bullying. However, evidence-based screening tools and bullying prevention practices are not widespread or widely used. Furthermore, bullying is a complex issue that cannot be solved by you alone. Health and safety professionals need help from fellow professionals in their field as well as the help of schools and community projects to create the safe and healthy environments children need.

Your expertise makes your voice potent in creating beneficial changes for your community. Resources and effective prevention practices that you use can be shared with school- and community based-practitioners, giving them the proper tools to help students where bullying occurs. You can promote bullying prevention training and education amongst your peers and within your community. Furthermore, your voice can promote and support school-safe practices and policies to help address bullying behaviors. Lastly, pushing for more national research on bullying can lead to breakthroughs that will help not just your community but the nation as a whole combat bullying.

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