

BULLYING is associated with approximately
10% OF SUICIDE COMPLETIONS IN THE U.S.

In the U.S., **GIRLS ARE MORE LIKELY TO**
have experienced cyberbullying than boys
(26% vs. 16%).

PROTECTIVE FACTORS

Such as **CONNECTION TO CULTURE AND SPIRITUALITY** are wonderful
ways to increase protection against suicidal ideation. **BULLYING IS NOT**
NATIVE. IT DOES NOT HONOR TRADITION OR CULTURE.

Learning skills to **STAND UP TO BULLIES** and telling trusted adults about
any bullying that is going on can help protect against continued bullying.

TOGETHER
STAND UP
STAND STRONG
WE PREVENT

PREVENT BULLYING & CYBERBULLYING

KNOW THE SIGNS. ASK ABOUT BULLYING IF THE TEEN(S):

- Regularly comes home with bruises & scrapes
- Is often upset after school, extracurricular activities, or being on the internet/receiving texts
- Randomly stops using the computer or a cell phone
- Seems depressed, sad, and/or frustrated
- Has suicidal thoughts and/or attempts
- Withdraws from friends/family

SET CONSEQUENCES

- Let the teen know that bullying and cyberbullying behaviors are not acceptable online, over the phone (texting too), or in person.
- Provide consequences immediately if bullying or cyberbullying behaviors are shown.

COMMUNICATE

- **DISCUSS** bullying with teens and be sure they know it is a serious problem.
- If the teen is being bullied, let them know it is not their fault. Decide as a team how the teen and you would like to try and improve the situation. This may include contacting the school, parents of the bully, and possibly even law enforcement.
- **TEACH** your teen the skills and language to use against a bully if they or a friend is being bullied or cyberbullied.
- Teach your teen about safe and responsible internet use.
- **COMMUNICATE** to your teen through positive role-modeling. Not engaging in aggressive or bullying/cyberbullying behaviors yourself sends a message to your teen that it is unacceptable even for adults.

RESOURCES

Stop Bullying – www.stopbullying.gov
National Suicide Prevention Lifeline, 24 hours/day – 1-800-273-8255 or www.suicidepreventionlifeline.org

FOR MORE INFORMATION

THRIVE Staff - Northwest Portland Area Indian Health Board
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Indian Health Service - Division of Behavioral Health
Phone: 301.443.2038

