

WELLNESS WEEKLY

Washingtonville High School

October 25, 2021

October is

National Bullying Prevention Month

Founded by PACER's National Bullying Prevention Center in 2006

Take the Pledge

Make a commitment to:

- support others who have been hurt or harmed
- treat others with kindness
- be more accepting of people's differences
- help include those who are left out

Show your support— Pledge [HERE](#)

[Bullying Prevention 101](#) is a quick guide that provides helpful information on what bullying is, who is involved, the roles played, and bullying prevention rights, along with ideas for advocacy and self-advocacy.

A lot of teens describe bullying as, "When someone tries to make you feel less about who you are as a person, and you aren't able to make it stop."



**PACER's
National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/Bullying