

Greetings Falcons,

Happy Wellness Wednesday.

As you may well know, bullying is widespread in the United States. It negatively impacts all youth involved including those who are bullied, those who bully others, and those who witness bullying (known as bystanders).

According to the Center for Disease Control and Prevention (CDC), about 1 in 5 high school students report being bullied on school property and more than 1 in 6 high school students report being bullied electronically in the last year.

Some youth experience bullying more than others. Recent CDC statistics indicate that nearly 40% of high school students who identify as LGBTQ+ and about 33% of those who were not sure of their sexual identity experienced bullying at school or electronically in the last year, compared to 22% of heterosexual high school students. About 30% of female high school students experienced bullying at school or electronically in the last year, compared to about 19% of males. **These numbers will continue to increase if we don't take action.**

Be someone's hero. Speak up when you witness bullying, in person or electronically. Demonstrate kindness to the one being bullied. Involve trusted adults to get the support needed to make the bullying stop.

<https://youtu.be/64LNwrd0fHg>

If you are being bullied, do not suffer alone. Please let someone know – a parent, friend, teacher, family member, or counselor. We are here to help you.

This week's affirmation:

I am wonderfully made. We all are.

Take care and be well,
Ms. McDougall