

The Effects of Bullying on Mental Health

Eleanor, Auri, Ruby, Gavin, Jackson, Grayson,
Andrew, and Jasmine



Our issue is the effects of bullying on mental health and our root cause is that bullying stems from insecurity.

One in three children and youth have either experienced bullying or have bullied others. Also one of the leading causes of bullying is insecurity.

Our goal is to prevent student insecurity. By advocating for counseling and coping skills, we will break the cycle of mental health issues that link to bullying.

The Issue



Two ways that you can take action on a personal level are that you can be an upstander which means to stand up for others and you can post about not bullying on any digital media.

Two ways that you can take action on the community level is that you can talk to your local school district about taking measures against bullying or talking to local city council.

Take Action



Eleanor: I learned how to come to consensus.

Auri: I learned how to work as a team.

Ruby: I learned about advocacy.

Gavin: There are a lot more things to being a good citizen than you think.

Andrew: I learned that there is more to bullying.

Jackson: Everyone needs a little joy in their life.

Grayson: I learned that petition is one of your given rights.

What We Learned



<https://ed.buffalo.edu/content/dam/ed/alberti/docs/Facts-About-Bullying-for-Middle-School-Students.pdf>

<https://www.betterhelp.com/advice/self-esteem/the-top-reasons-why-people-bully/>

<https://www.teachingchannel.com/k12-hub/blog/4-powerful-resources-to-prevent-and-stop-bullying/>

<https://humanrights.gov.au/our-work/commission-general/what-bullying>

<https://www.ednc.org/the-invention-of-bullying/>

https://3rdmil.com/facts_about_bullying_you_need_to_know/

Resources

