

Harm, Intimidate, Coerce?

Bully



EDUCATE

Learn this before it gets worse

There are dangerous people in the world such as narcissists, psychopaths, sociopaths, and other types of bullies.



CAUSES

These are the Culprits !

Media that glamorizes bullying (Mean Girls Movie), music that promotes violence, traumatized people, envious people, people who seek control and learned behavior



PREPARE

Do what you have too

Protecting yourself and your loved ones requires preparatory measures.



EFFECTS

What can happen to us !

Mental health issues, physical health issues, behavioral changes, social dissociation, academic regression, and more.



SOLUTIONS

Take Action 🚩

Step 1: Private Life
Step 2: Public Life
Step 3: Societal Change
Step 4: Future Generations
Step 5: Remembrance

Causes

A Bully Is Created:

If they are trying to cope with emotional trauma,
dealing with insecurities / envy, they desire control,
or have learned behavior.



CINEMA



MUSIC



TRAUMA



CONTROL



LEARNED

Effects

Mental Health: Depression, Anxiety, Low Self-Esteem, PTSD

Physical Health: Headaches, Stomachaches, Insomnia

Academic: Lack of Participation, Lower Grades

Behavioral: Eating Patterns, Self-Harm, Loss of Interest

Social Impact: Social Withdrawal, Trust Issues



MENTAL HEALTH



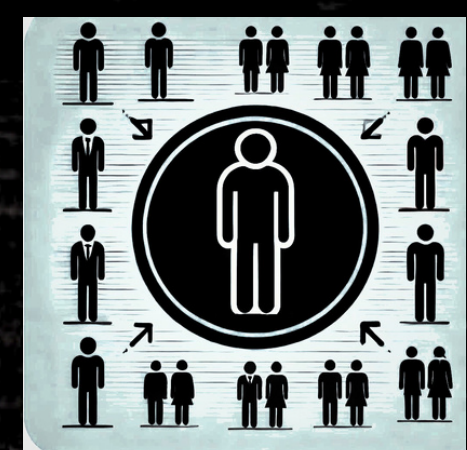
PHYSICAL HEALTH



ACADEMIC



BEHAVIORAL



SOCIAL IMPACT

Preparation

Many times the bully in your life is unexpected !



Spot The Signs

Recognize the victim quickly

ADVOCACY



Learn Self Defense

Recognize their style

CLASSES



Make The Situation A Priority

Know the types of Bullying

TAKE ACTION

Education

The More You Know The Better !

FOR PARENTS National Report USA

THE PAINFUL ENDING C.D.C Report on Adolescent Suicide

INTERNET MATTERS Bullying Resources

GOVERNMENT HELP Bullying Resources

FOR KIDS Children are The Future

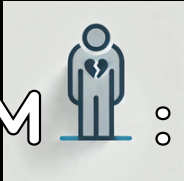


Solutions

Addressing bullying as a community whenever it happens.
Building a culture of love, respect and unity.

STEP 1:

DEFEND THE VICTIM



: Bullies like to victimize the isolated

Bullying As An Art

STEP 2:

EDUCATE YOUR CHILDREN



: Create more protectors

Kindness + Respect

STEP 3:

EMBRACE FORGIVENESS



: Equality is important

The Scientific Study

Governments are implementing laws to reduce bullying

STEP 1:

REGULATE SOCIETY:



: Protect people with laws

Civil Rights Act 1964

STEP 2:

REGULATE STATES:



: Each state chooses how to address it

State Laws List

STEP 3:

REGULATE INDUSTRY:



: Legislation to address bullying at work

Healthy Workplace Bill