

## Bullying is a problem for all of our children.

Children who bully have more problems, such as alcohol and drug abuse, fighting, and lower academic achievement. As adults they are more likely to commit crimes and abuse substances.

Children who are bullied have more physical health complaints and are more likely to smoke or drink. As adults they tend to have more problems with depression, anxiety, sadness, and loneliness.

Children who witness bullying are more likely to use tobacco, alcohol, and other drugs. They are more likely to have mental health problems and miss or skip school.

## Bullying is a problem all schools need to solve.

### Bullying leads to:

Lower academic achievement  
Decreased school attendance  
Higher dropout rate

### How to prevent bullying?

- 1 Establish anti-bullying policies and procedures
- 2 Change norms about bullying
- 3 Support every adult in the school with training
- 4 Increase students' social-emotional skills

### Social-emotional learning:

- ✓ Teaches skills students need to resist bullying:
  - Emotion Management
  - Problem Solving
  - Empathy
  - Friendship Building
  - Assertiveness
- ✓ Creates a physically and emotionally safe school climate
- ✓ Increases students' grades and achievement test scores

Social-emotional learning helps make school a safe, positive place for all students.

Social-emotional learning helps schools prevent bullying.

