

**change your  
narrative**

**SOMEONE I CARE FOR  
STRUGGLES BECAUSE OF BULLYING,  
WHAT DO I DO?**

**- Parent Edition -**

**Change Your Narrative: Someone I Care For Struggles Because Of Bullying, What Do I Do? Parent Edition**

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[www.ChangeYourNarrative.org](http://www.ChangeYourNarrative.org)

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**α**  
PRESS

SHIFTING INCOMPLETE STORIES  
OF BULLYING TOWARDS

TRUTH



# How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

## **I Am Glad You Are Here...**

The world needs individuals who care for one another. If you are reading this book because you want to provide encouragement and support to those who struggle, I want to say how proud of you I am.

I also want to acknowledge its hard to know *how* to help someone. We may want to be the one to provide a solution, but often this is out of our control.

Even so, I believe learning about the issue can help us know how to be there for others. When we match our concern and empathy, along with insightful knowledge, it can help us to be prepared to point our families in the right direction.

## **I Want To Be Clear In The Beginning...**

Unless you are a professional who has been trained to know how to step in and offer solutions to those who struggle because of bullying, you may not be able to fix the root cause of why someone you care for struggles with bullies.

This does not mean, however, that they do not need you. Having support from someone who has insight into the issues surrounding bullying and who knows what professional resources are available—is key. The best thing anyone who is struggling mental health can do is seek out professional care. We can not take away the good or bad thoughts or feelings of another. But, we all can strive to be supportive loved ones. The fact you are reading this tells me this is who you want to be.

The things which you and I *can* do, is seek to be the most prepared we can be in order to be individuals who can point our families towards getting the best possible help they can.

My goal is to help you to learn how to understand the complex topic of bullying a little bit better, so you have insight into how to care for a child who may struggle.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book.

## **For Immediate Help:**

Covenant House- 1800-999-9999

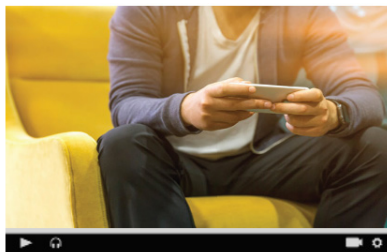
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>



SHIFTING THE NARRATIVE  
*of lost hope*

# What Is Bullying?

[The American Psychological Association](#) defines bullying as, “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.”<sup>1</sup>

Bullying can take several forms. Some are more pronounced, while others can be subtle. No matter the form of bullying, mistreatment of any kind can cause significant distress or harm to another.

[HelpGuide.org](#) shares three main categories of bullying, including<sup>2</sup>:

- Physical Bullying
- Verbal Bullying
- Relational Bullying
- Cyberbullying

Each form of bullying is stemmed from a bully’s desire for power. Yet, the platform or environment in which it occurs, as well as the form of torment varies.

**Physical bullying** is characterized by hitting, kicking, or causing any physical damage to another person’s body. It may or may not be paired with verbal, relational, or cyberbullying.

**Verbal bullying** is characterized by a verbal defamation of another person. This can be cruel statements about an individual’s looks, personality, affiliations, religion, orientation, or a host of any other personal features.

**Relational bullying** is characterized by exclusion or relational positioning in which someone's desire for belonging is used against them. Although physical contact is not generally paired with this form of bullying, the negative impact can be significant.

**Cyberbullying** is characterized by cruel online communication either in social media platforms, website comments, messaging forums, or a host of other digital spaces. Cyberbullying presents additional problems for the bullied in that online forums provide access for thousands to witness damaging statements.

If you, or someone you care for, are being bullied, I want you to know it is valid if you feel pain, whether or not that pain is physical.

While the goal of a bully is to diminish another in order to gain a sense of power, your identity comes from more than anything a person or group of people do or say.

I am here to let you know you are more, and your story— is far from over.

### **What Is Bullying? - Video Discussion**



<https://youtu.be/qdWX1-N-iqA>

# What Is Adult Bullying?

Though we may be tempted to believe bullying is an adolescent issue, up to 31% of adults in a recent survey reported being bullied, in which the bullying was defined as being subjected to repeated, negative behavior intended to harm or intimidate.<sup>3</sup>

[BullyingStatistics.org](https://www.bullyingstatistics.org) names several types of adult bullies, including<sup>4</sup>:

- Narcissistic Adult Bully
- Impulsive Adult Bully
- Physical Bully
- Verbal Assault Bully
- Secondary Adult Bully

These forms of mistreatment can commonly occur online in the home, or in the workplace.

Forbes released an article stating survey statistics showed up to 75% of workers reported some form of workplace bullying<sup>5</sup> and has numerous tips for how to handle mistreatment within the workplace available here:

Forbes - [75% Of Workers Are Being Bullied](#)

Thier follow up article, [“How To Atop A Workplace Bully In Their Tracks”](#) also provides powerful tips.

## How Many Individuals Struggle?

- Among high school students, 15.5% are cyberbullied and 20.2% are bullied on school property.<sup>6</sup>
- Only 40–50% of cyberbullying targets are aware of the identity of the perpetrator.<sup>7</sup>
- A meta-analysis found that students facing peer victimization are 2.2 times more likely to have suicide ideation and 2.6 times more likely to attempt suicide than students not facing victimization.<sup>8</sup>
- A slightly higher portion of female than of male students report being bullied at school (23% vs. 19%). In contrast, a higher percentage of male than of female students report being physically bullied (6% vs. 4%) and threatened with harm (5% vs. 3%).<sup>9</sup>
- Bullied students reported that bullying occurred in the following places: the hallway or stairwell at school (42%), inside the classroom (34%), in the cafeteria (22%), outside on school grounds (19%), on the school bus (10%), and in the bathroom or locker room (9%).<sup>9</sup>
- 31% of adults in a recent survey reported being bullied.<sup>3</sup>
- 75% of workers reported some form of workplace bullying<sup>5</sup>

# Guilt Versus Shame

When it comes to bullying, individuals will often take a sense of shame into their identity and believe they are worth less than they are because of another's words or actions. I am here to tell you there is an important distinction between guilt and shame.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. But in the case of bullying, victims rarely do anything to trigger the mistreatment. Instead, a bully uses shame to try to take power over an individual by claiming they have a right to name another person's identity. But it is not true.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

## Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

YOU'RE BRAVER  
THAN YOU BELIEVE,  
AND STRONGER  
THAN YOU SEEM,

**AND**  
SMARTER THAN  
YOU THINK.  
A.A. MILNE

**Engage**  
*Vulnerably...*

# What To Do If Someone Shares About Bullying

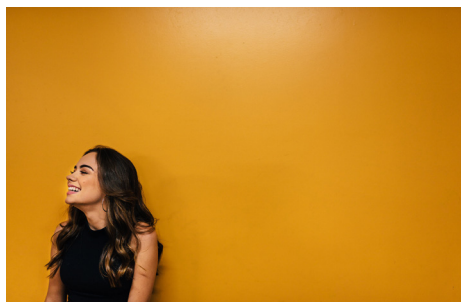
Learning that someone you care for is being bullied can be painful. No one wants a friend or loved one to feel internal or external pain.

The reasons, cause and effect behaviors, and thoughts and emotions which cause bullying vary greatly. As you lean in and learn more, you can enter into conversations with a healthy perspective. In order to do so, we suggest to:

- Build Them Up
- Point To Help
- Educate Yourself

*For a more in-depth discussion about these points, check out the video below.*

## What To Do When Someone Shares? - Discussion



<https://youtu.be/oWV0AA3WEhw>

## **If I Intervene, Will It Damage Our Relationship?**

If you believe someone you care for is in danger of harm themselves, it can be easy to become frozen, unsure what to do or how to help. It may even feel as if intervening would make things worse—and possibly be seen as an act of betrayal.

If it feels like time to act—it probably is. Yet, intervening can have ramifications for your child—and your relationship. This is valid and must be discussed.

I do not know all of the ins and outs of your specific situation. But, you can talk with someone who can give direct guidance for what you are facing, provide you with educational tips which match your situation, and help you feel confident in taking your next step.

This is why I highly recommend you calling a hotline. They can help you gauge the situation and know what your options are to get someone help. As always, if you believe someone is in immediate threat of harm you should call 911 immediately.

Yet, the question remains, “What about backlash?”

This is where it is important for you to get support for yourself. Talk with a friend, community leader, counselor—anyone who can help you walk through the act of helping someone and the aftermath. Will there be a disruption in your relationship? It is possible. Yet, it is important to intervene when someone has plans to harm themselves.

With that being said—your actions prove you are there for the individual and want them to be safe and well. In essence, it means you are also committing to be with them throughout an entire journey as they learn how to walk towards being healthy and whole.

This is a long and difficult process. Maintaining this role in someone's life will take a significant amount of energy, both emotionally and mentally. It is vital to be consistent in someone's life. In short, this means don't start the process and then back out. Don't make a call to intervene in one act, and yet leave someone you care for on their own after a single phone call is made.

This might mean you have to make changes in your relationship, talk about things which are uncomfortable, or introduce new dynamics of support and resources.

Your relationship with someone you care for is unique. This means you need individual support for yourself and the person you care for. Take the steps to get professional insight to help you answer all of the questions you have about how to best be there and find the right type of help for them and yourself.

### **Is It Betrayal If I Intervene? - Video Discussion**



<https://youtu.be/VGF7Zf0RyOI>

# Helpful and Non-Helpful Parent Reactions

If you think your child might be bullied or be involved in bullying and you want to make sure your reaction is positive as you enter into conversations about it, consider these helpful and non-helpful ways to engage with a family member.

- **Helpful:** Offer supportive statements and encouragement **after** listening and seeking to understand.
- **Non-Helpful:** Offering supportive statements and encouragement **instead** of listening and seeking to understand.

The factors which leads someone to believe bullying is the only answer to unburden a tremendous sense of inner pain are layered, unique, and have built up over time. They deserve time and space to be unpacked.

- **Helpful:** Keeping emotions focused on **them**.
- **Non-Helpful:** Keeping emotions focused on **you**.

This is incredibly challenging. You will feel intense emotions yourself as your child explains their own thoughts and feelings. These can range from sadness or fear over their struggle and what they could choose to do, anger that they would consider something with consequences—or a mixture of personal feelings you have in light of them sharing.

These feelings are valid and deserve room to be processed in a healthy way. But, that way is not with your child. You will need to turn to your own peer-level or professional support systems in order to help you work through fear, sadness, anger, or any other overwhelming emotion.

- **Helpful:** Finding the appropriate help in the right time frame.
- **Non-Helpful:** Making rash decisions out of fear combined with a lack of understanding the process—leading to hovering.

Depending on the unique factors of your situation, your first step may vary. It takes a great deal of insight into the complex issue of bullying. It is important for caregivers to be sure to have educated insight into what are the appropriate steps to take—and in what order.

Now that this challenge has entered your family, it will alter the dynamics of your relationships for a season. The goal is to make sure those new dynamics are healthy and promote the well-being of any individual who struggles—instead of pushing them to hide in further silence. To know the difference will take skilled guidance. For that, we recommend connecting with a local professional or hotline counselor. Do whatever it takes to find the best support for you as you and your family make critical decisions for your family's overall health.

**CREATE A**  

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**TRAINING PLACE**  

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**AND STRATEGY SPACE**

# What Kind Of Mental Health Help Exists?

Due to the possible intensive nature of bullying and the fact it speaks to deep internal struggles, finding help for mental health struggles usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that anything which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

## What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

**Happify** includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

**What's Up** aids individuals in discovering the cause of feelings and thoughts through guided questioning.



**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

**Panic Relief** provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

**PTSD Coach** provides ways to understand PTSD along with how to find additional help.

**BeyondBlue App** provides tools to build and implement a safety plan.



## **Communities Which Offer Support**

### **Stomp Our Bullying**

<https://stompoutbullying.org/#get-help>

Offers a HelpChat line, parent and educator resources, and a host of educational insight for students and adults.

### **Stop Bullying**

<https://www.stopbullying.gov>

Tips for identifying, standing up to, and planning safety amidst bullying.

### **Kids Against Bullying**

<http://www.kidsagainstbullying.org>

Provides a kid-friendly site, with information on what to do if you are a bully or target.. Advocates for inclusion..

### **Cyberbully Hotline**

<http://cyberbullyhotline.com>

Offers anonymous bully reporting

### **Dove**

<https://www.dove.com/us/en/dove-self-esteem-project.html>

Provides articles and resources in order to create a community of wholeness.

### **To Write Love On Her Arms -**

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

### **Remedy Live -**

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues plus trained advocates ready to connect.

### **Heads Up Guys -**

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

### **OK2 Talk -**

<https://ok2talk.org>

Offers online support, for teens and young adults who battle mental health.

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A thousand disappointments  
IN THE PAST CANNOT

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equal the power of

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**ONE POSITIVE**

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**action right**

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NOW. GO AHEAD

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**& go for it.**

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**UNKNOWN AUTHOR**

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## **A Conversation On Mental Health Medications And Natural Remedy**

When thinking about sharing a story with a support professional, young people may believe the first thing they will do is prescribe talk therapy or medication.


This is likely to be true. If that concerns them or your family, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what one can expect when considering options.

In the video below, we have links to articles and voices which are more qualified to share.

**Please note:** In the instance of bullying or any past abuse, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding health and mental well-being.

### **What Is The Right Type Of Help? - Video Discussion**



 Watch video

<https://youtu.be/Vnch5AvmWAM>

## Reiterating Why You Offer Support

When a child struggles because of bullying, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for family members offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have serious complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with mental health is to continuously and consistently reiterate *the why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of bullying?”

I wholeheartedly believe it is because our love for that person gives us compassion and insight into three things: their future, their pathway, and their value.

## **Their Future**

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

## **Their Pathway**

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

## **Their Value**

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

### **Reiterating Why You Offer Support - Video Discussion**



<https://youtu.be/fP4Xpr9jDz0>

THERE IS NO SHAME IN

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**PAUSING**

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TAKE THE TIME

TO REMEMBER WHY YOU ARE FIGHTING  
IT WILL GIVE YOU STRENGTH TO CONTINUE

## The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

*For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.*

### The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

**FAILURE IS AN EVENT, NEVER  
XXX a person. XXX**

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**◀◀◀ *dale carnegie* ▶▶▶**

# What To Do When A Loved One Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

*For a more in-depth discussion about these points, and how to overcome them, check out the video below.*

## When A Loved On Pushes Back - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>

# Building A Mental Health Safety Plan

If you are taking a stand against mental health struggles, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway helps you continue to seek wholeness.

**Please note:** Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*. You can check out their advice here: <http://challengethestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

## Building A Safety Plan - Video Discussion



[https://youtu.be/L8y7\\_wCzuVI](https://youtu.be/L8y7_wCzuVI)

## 4 Check Ins To Gauge If Its Time To Move Towards A Safety Plan

Deciding if its an off moment or a battle of depression or anxiety.

### 1. Check In With Yourself

Give yourself the space to see how you are *really* doing.

### 2. Check In With Rest And Play

Do something you love—just because you love it.

### 3. Check In With Support

If you have begun to notice signals that depression wants to claim your story—it's probably time to check in with individuals who care for you.

### 4. Check In With Resources

If depression is fighting hard, it might be time to fight back by adding additional resources to your tool kit.

*For a more in-depth discussion, check out the video below.*

### Deeper Into A Safety Plan - Video Discussion



<https://youtu.be/7nxBCu8NXVs>

## The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each person to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

### The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

## Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—they.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

### Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>



## Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

## Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

## **Please Note:**

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

**If you are in immediate harm or danger call 911.**

## **Additional Resources:**

24/7/365 Crisis Call Center Hotline:  
1 (1800) 273-8255

National Suicide Prevention Lifeline  
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



## **Resource Guide:**

Apps Which Offer Support  
Communities Which Offer Support

### **Resources For:**

Parents

Families

Ministry Leaders

Teachers

Men

Teenagers Who Struggle

Teenagers Whose Friends Struggle



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

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Provides action points and support specifically for men from men.

### **OK2 Talk -**

<https://ok2talk.org>

Offers online support, for teens and young adults who battle mental health.



## **Resources for Parents**

### **Stomp Our Bullying**

<https://stompoutbullying.org/get-help/parents-page/>

Offers a wide range of educational insight into the topics of bullying and what you can do to support your child.

### **Raising Children – Bullying And School Problems**

<https://raisingchildren.net.au/for-professionals/mental-health-resources/bullying-school-problems>

Offers a catalog of parenting articles aimed at addressing the concerns of bullying and cyberbullying.

### **10 Indications Your Child Is Being Bullied**

<https://www.activebeat.com/your-health/children/10-indications-that-your-child-is-being-bullied/>

Offers key indicators to look for to determine if your child is being bullied.

## **Bullying Action Plan**

<https://www.pacer.org/publications/bullypdf/BP-25.pdf>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to form an action plan of things they can do.

## **The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying**

by Raychelle Cassada Lohmann PhD LPC, Julia V. Taylor PhD

<https://www.amazon.com/dp/1608824500>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

## **My Child Is Being Bullied—What Should I Do?**

<https://www.empoweringparents.com/article/my-child-is-being-bullied-what-should-i-do/>

Provides several questions which concerned parents may be asking themselves, along with insight in what to do.

## **My Child Was Bullied—Here's What I Did**

<https://www.washingtonpost.com/lifestyle/2019/05/17/my-child-was-being-bullied-school-heres-what-i-did-what-you-can-do-too/>

One parents story and advice to other parents.



## **Resources For Ministry Leaders**

### **5 Facts On Bullying Youth Leaders Need To Know**

<https://theyouthcartel.com/5-facts-on-bullying-youth-leaders-need-to-know/>

Specific tips on youth workers can use to relationally lead their groups.

### **How To Identify Adolescent Bullying**

<http://www.nea.org/home/53359.htm>

Provides tips for understanding and identifying bullying amongst children and adolescents.

### **5 Vital Things Youth Workers Should Keep In Mind**

<https://orangeblogs.org/xp3students/5-vital-things-youth-workers-keep-mind-talking-bullying/>

Tips on how to stay connected to what is happening in your group.

## **How To Talk About Bullying – Student Action Plan**

<https://pacerteensagainstbullying.org/advocacy-for-self/student-action-plan/>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to share their experience of being bullied.

## **Facing Bullies – A Student Ministry Approach**

<https://www.youthworker.com/articles/facing-bullies/>

Takes a non-confrontational approach. Offers Scriptural insight to how to manage emotions and fight back against bullying by not allowing a response—thus yielding power. Provides questions youth workers can ask their students in a group discussion.

## **Youth Worker Video Round Up – What Do I Do If I Am Being Bullied?**

<https://www.youtube.com/watch?v=9BIMZ66X9ZI&feature=youtu.be>

5 youth workers collaborate on a video, targeting students, answering the question, “What do I do when I am bullied?”

## **10 Free Ways Your Church Can Stop Mental Health Stigma**

<https://churchandmentalhealth.com/10-free-ways-your-church-can-stop-mental-health-stigma/>

Offers actionable steps to create a haven of support within your community.



## **Resources For Teachers**

### **Stomp Out Bullying**

<https://stompoutbullying.org/get-help/educators-page/>

Provides a vast library of resources for educators.

### **Anti-Harassment, Intimidation and Bullying Academic Resources**

[https://saferschools.ohio.gov/content/anti\\_harassment\\_intimidation\\_and\\_bullying\\_resources](https://saferschools.ohio.gov/content/anti_harassment_intimidation_and_bullying_resources)

Ohio State's model of anti-bullying tools used within their education system. Complete with numerous resources for educators.

## **How To Identify Adolescent Bullying**

<http://www.nea.org/home/53359.htm>

Provides tips for understanding and identifying bullying amongst children and adolescents.

## **Tips For Talking About Your Mental Health**

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

## **When Bullying Becomes Sexual Harassment**

<https://stompoutbullying.org/get-help/teens-what-do-about-sexual-harassment/>

Provides insights for students to understand the gravity of potential sexual harassment. Site page can be used as a discussion piece.

## **10 Indications A Child Is Being Bullied**

<https://www.activebeat.com/your-health/children/10-indications-that-your-child-is-being-bullied/>

Offers key indicators to look for to determine if a child is being bullied.

# Resources For Men Battling Depression

## Heads Up Guys

<https://headsuguy.org/mens-depression/suicide/>

Site offers male-specific action steps.

## Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

## Suicide Prevention Resource Center

<https://www.sprc.org/populations/men>

Male-centered mental health resources.

## Face It Foundation

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

## Your Head: An Owner's Manual PDF Resource

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

## Resources For Teenagers

### **How To Tell Someone You Are Being Bullied – Student Action Plan**

<https://pacerteensagainstbullying.org/advocacy-for-self/student-action-plan/>

Teens Against Bullying offers a downloadable PDF worksheet which helps students know how to share their experience of being bullied.

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## **Resources For Adults Who Struggle**

### **Adult Bullying: The Epidemic No One Talks About**

[https://www.youtube.com/watch?v=O\\_4uB-j-zgQ](https://www.youtube.com/watch?v=O_4uB-j-zgQ)

Kevin discusses his firsthand account and shares research on workplace, family, and adult bullies—and what you can do about it.

### **How Adult Bullying Impacts Mental And Physical Health**

<https://health.usnews.com/wellness/mind/articles/2017-12-15/how-adult-bullying-impacts-your-mental-and-physical-health>

### **How To Handle An Adult Bully In Your Life**

<https://www.cnn.com/2019/09/20/health/adult-bully-survivor-tips-wellness/index.html>

Discusses types of bullies and ways to protect yourself.

### **Keys To Deal With The Family Bully**

<https://www.verywellfamily.com/dealing-with-the-family-bully-460696>

### **Tips For Handling Adult Bullying In The Workplace**

<https://lifehacker.com/how-to-handle-being-bullied-as-an-adult-1726099137>

Provides insight into what this can forms of workplace bullying happen and what you can do about it.

## **Bullying Adults In The Workplace**

<https://www.pinnaclehealth.org/wellness-library/blog-and-healthwise/blog-home/post/bullying-adults-in-the-workplace>

Addresses the question, “What is workplace bullying?” And what you can do to promote your own mental and emotional health.

## **75% Of Workers Are Being Bullied - Here's What To Do About It**

<https://www.forbes.com/sites/christinecomaford/2016/08/27/the-enormous-toll-workplace-bullying-takes-on-your-bottom-line/#2857e4af5595>

## **How To Stop A Workplace Bully In Their Tracks**

<https://www.forbes.com/sites/christinecomaford/2014/03/12/bust-workplace-bullies-and-clear-conflict-in-3-essential-steps/#6bf92d207912>



# change your narrative

## The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



[ImChangingIt.com](http://ImChangingIt.com)





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