



**Halt the Hate** is a nonprofit organization focused on raising awareness around adult bullying and providing support for adults affected.

There is a significant lack of conversation surrounding this issue involving adults, and we plan to change that.

**We empower, encourage,  
and stand against adult bullying together!**



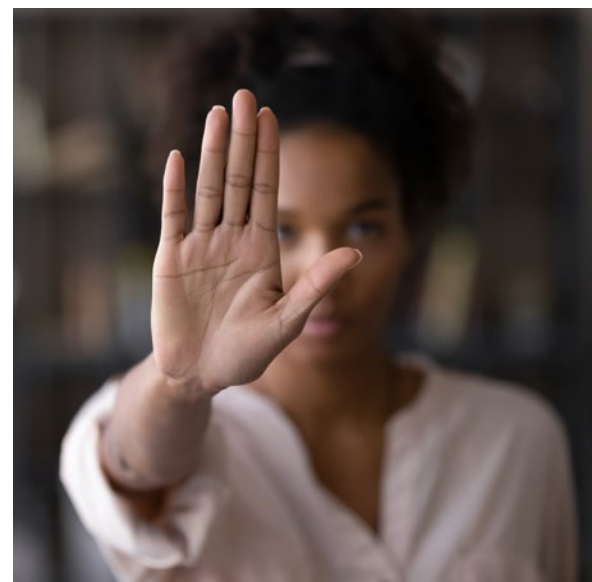
**HaltTheHate.org**



**Halt.TheHate**



**Alexandrak@haltthehate.org**



We aim to raise awareness around adult bullying and to help victims take a stand, cope, and overcome the damage.

Together, we can extinguish the flames of adult bullying.

Together, we can **HALT THE HATE!**

*Board President, Founder Alexandra Arezou Krienos*



Adult bullies are often more sophisticated, relying on passive-aggressive tactics to attack their prey. The effects of bullying can be detrimental to one's life, such as job loss, damaged relationships, or reputation—notably, a severe impact on one's mental health.

Adult bullying happens, and not infrequently. The high-tech version of this is cyberbullying. Society tends to ignore it due to its stigma and potential consequences.

In today's world, women's uplifting and supportive movement is growing stronger. Amidst this positive change, adult bullying remains a serious issue with all genders.

There seems to be a shortage of both material and conversation surrounding adult bullying despite its pervasiveness.

