NATIONAL BULLYING PREVENTION MONTH

Be the Change. Speak Up. Make a Difference.

Kindness • Respect • Inclusion • Safety

Bullying isn't just words... it's actions, too.

WHAT IS BULLYING?

Bullying is repeated unwanted behavior that hurts, threatens, or humiliates another person. It can be physical, verbal, social, or online.

Bullying commonly affects youth ages 11–18.



USE THE MCPSS SPEAK UP APP

MCPSS SPEAK UP

It's quick. It's easy. It's anonymous.

- Report bullying, safety concerns, or anything that feels wrong.
- No one will know it's you.
- Available on most school-issued devices.

Your voice matters!

Need Immediiate Help?

911	For emergencies (when someone is in danger or needs immediate help)
211	For community resources, food, housing, and support services
988	Suicide & Crisis Lifeline (24/7, free and confidential)

TALK TO A TRUSTED ADULT

- Family Members
- School Counselors
- Teachers
- School Administrators
- School Resource Officers
- Coaches & Mentors
- Other Trusted Adults



REAL SUPPORT. REAL PEOPLE.

WHERE CAN BULLYING HAPPEN?

- School/classrooms
- Hallways
- Bathrooms
- Cafeteria
- School buses
- Sports/after-school activities
- Online/social media
- Neighborhood/ community spaces

To talk or for access to resources, please contact our Community Health Worker Team:

Email: chws@southalabama.edu

Phone: 251-415-8737

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