BULLYING is associated with approximately 10% OF SUICIDE COMPLETIONS IN THE U.S.

In the U.S., GIRLS ARE MORE LIKELY TO have experienced cyberbullying than boys (26% vs. 16%).

STAND UP STAND STRONG TOGETHER WE PREVENT

PROTECTIVE FACTORS

SUCH AS CONNECTION TO CULTURE AND SPIRITUALITY are wonderful ways to increase protection against suicidal ideation. BULLYING IS NOT NATIVE. IT DOES NOT HONOR TRADITION OR CULTURE.

Learning skills to STAND UP TO BULLIES and telling trusted adults about any bullying that is going on can help protect against continued bullying.

PREVENT BULLYING & CYBERBULLYING

KNOW THE SIGNS. ASK ABOUT BULLYING IF THE TEEN(S):

- Regularly comes home with bruises & scrapes
- Is often upset after school, extracurricular activities, or being on the internet/receiving texts
- Randomly stops using the computer or a cell phone
- Seems depressed, sad, and/or frustrated
- Has suicidal thoughts and/or attempts
- Withdraws from friends/family

SET CONSEQUENCES

- Let the teen know that bullying and cyberbullying behaviors are not acceptable online, over the phone (texting too), or in person.
- Provide consequences immediately if bullying or cyberbullying behaviors are shown.

COMMUNICATE

- Discuss bullying with teens and be sure they know it is a serious problem.
- If the teen is being bullied, let them know it is not their fault. Decide as a team how the teen and you would like to try and improve the situation. This may include contacting the school, parents of the bully, and possibly even law enforcement.
- Teach your teen the skills and language to use against a bully if they or a friend is being bullied or cyberbullied.
- Teach your teen about safe and responsible internet use.
- Communicate to your teen through positive role-modeling. Not engaging in aggressive or bullying/cyberbullying behaviors yourself sends a message to your teen that it is unacceptable even for adults.

RESOURCES

Stop Bullying – www.stopbullying.gov
National Suicide Prevention Lifeline, 24 hours/day – 1-800-273-8255 or www.suicidepreventionlifeline.org

FOR MORE INFORMATION

THRIVE Staff - Northwest Portland Area Indian Health Board
Phone: 503.228.4185 • Email: npaihb@npaihb.org

Indian Health Service - Division of Behavioral Health
Phone: 301.443.2038

THRIVE