

COUNSELOR CORNER

Newsletter for the families of Painted Hills Middle School
October 2020



OCTOBER IS NATIONAL BULLYING PREVENTION AWARENESS MONTH

According to the Centers for Disease Control (CDC), reports of cyberbullying are highest among middle school students compared to their high school and elementary school counterparts. In the era of distance learning, now is a critical time for parents and educators to be mindful of this growing problem. **Bullying** is defined as unwanted aggressive behavior that involves a real or perceived imbalance of power. The behavior is repeated over time and causes fear or harm.

HOW CAN YOU HELP STOP BULLYING?

- Help children understand what bullying is and how to stand up to it safely.
- Encourage students to report bullying.
- Sprigeo report: [click here](#)
- Model kindness and respect so that children can emulate this type of behavior.
- For more information, visit the [National Bullying Prevention center](#).