



# Working in the Community to Prevent and Reduce Bullying

It is not clear how often kids get bullied because of their race, ethnicity, or national origin. It is also unclear how often kids of the same group bully each other. Research is still growing. However, we do know that Black and Hispanic youth who are bullied are more likely to suffer academically than their white peers.

When youth who experience bullying talk about it, the language they use may vary. It differs according to age, sex, and level of education, as well as cultural and ethnic background.

## Helping youth who experience bullying

**Offer hope.** The way you respond to someone who experiences bullying is critical. Start with letting them know you believe them and that you care about them. Normalize feelings. Ask questions. State plainly that you plan to be there to help them solve the problem. Expressing faith sometimes helps with a positive outcome.

**Normalize seeking help.** Many factors affect whether adolescents seek help. Encourage teens and youth to talk to trusted adults, caregivers, friends, counselors or therapists about bullying.

**Translate evidence-based research into practice.** Adopt the evidence-based practices listed in the resource section of the Anti-Bullying webpage developed by the MA Department of Public Health. Complete an evidence-based training. We recommend the Olweus Bullying Prevention Training for Community Youth Organizations.

**Build skills.** Work with school counselors and mental health partners to learn how you can support youth in distress.

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## Resources

[Understanding Bullying Behavior What Educators Should Know and Can Do – Dr. Elizabeth Englander](#)

[Bullying and Bystanders: What the Experts Say PACER Center \(video\)](#)

[How to talk about bullying – StopBullying.gov](#)

[How to support kids who experience bullying](#)

[What You Can Do – StopBullying.gov](#)

[What Teens Can Do – StopBullying.gov](#)

[Spirit Day take a pledge against bullying – glaad.org](#)

[Parent Events and Programs – MARC](#)