



National Bullying Prevention Month 60 Sec PSA

It's happening all around us – in our schools, in our workplaces, in our homes, and even on our mobile devices. Bullying may look a little different these days, but it's still just as harmful as it's ever been.

October is National Bullying Prevention Month. Together, we can lessen the lasting effects of bullying – especially when it comes to bullying among children and teens. Bullying can have devastating and costly consequences. Not only does it affect the person being bullied, but it also affects those who bully others and those who witness bullying as it happens.

Doing your part to prevent bullying can be easier than you think. Pay attention. Educate yourself and your children about all forms of bullying. Don't ignore it. Intervene if and when you're able. Help hold bullies accountable. Your actions can make a world of difference and possibly even save a life.

For more information and resources related to bullying, visit our website at Alabama-Public-Health-dot-gov.

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