



# *What is* **Bullying?**

Bullying is when a person or a group repeatedly target an individual with the intent to cause harm. It involves an imbalance of power or strength, which goes on for a period of time. This is a form of peer abuse.

## **Bullying comes in all forms**

- Hitting, kicking, shoving, spitting
- Social exclusion or isolation
- Spreading lies or rumors
- Having money or other things taken
- Damaging personal property

## **Statistics**

- Bullying is a widespread problem in our schools and communities.
- Approximately 20% of high school students, 40% of 6th graders and 90% of LGBT students reported being bullied on school property in the past 12 months
- 20% of high school students say they have seriously considered suicide within the last 12 months
- 160,000 kids in this country stay home from school for fear of being bullied



## **Prevention Programs/Workshops**

BiasHELP staff conducts specially-tailored workshops and trainings to youth and adults on a wide variety of topics:

- ✓ The Continuum of Prejudicial Behavior
- ✓ NYS Hate Crimes Law
- ✓ Stereotypes/Cultural Diversity
- ✓ Bullying/Technobullying
- ✓ Violence Prevention
- ✓ Gangs
- ✓ Youth Violence/Relational Aggression
- ✓ Sexual Harassment/Gender Bias
- ✓ Anger Management
- ✓ Suicide Prevention
- ✓ LGBTQ Issues

### **Pricing for the trainings/workshops:**

\$200/45 min • \$400/Half Day • \$600 Full Day

## **Staff Development Trainings**

BiasHELP staff conducts specially-tailored workshops and trainings to staff of schools and organizations on a wide variety of topics.

✓see above topics • \$600 & up/Staff Training

## **Anger Management Workshops**

BiasHELP staff are trained in Moral Recognition Therapy (MRT) and are available to facilitate group anger management workshops that are court mandated or voluntary. We accept referrals from the courts, probation departments, schools & organizations.

\*Weekly sessions start at \$150 per session

\*Educational materials priced separately

## **Technical assistance to youth serving organizations with LINCS**

BiasHELP staff will work with organizations to assist in strengthening their infrastructure and management teams, enhancing fiscal accountability and better demonstrate management programmatic outcomes.

### **Please call for pricing**

If you are interested in any of our programs or want to report bullying, technobullying or any bias incident call the

**BiasHELP hotline at 1-877-363-2427**

visit our websites at

**BiasHELP.org** or **STOPtechNObullying.org**  
or e-mail **Education@biashelp.org**

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