



AMERICAN MENTAL
WELLNESS ASSOCIATION

Bullying Sucks.

Being a victim of bullying can really mess with your self esteem. It can make you feel worthless, unloved, hopeless, and afraid. But bullying doesn't have to continue, and it doesn't have to ruin your life.

Speak Up

If no one knows what's happening, no one can help. Talk to a trusted teacher, family member, or school counselor about what's happening.

Reach Out

Gain support from other friends or groups. Consider attending a bullying support group or finding resources online to help.

Learn More

Bullying is a complex social interaction. Learn more about types of bullying, victims, bystanders, and how you can take an active role in preventing bullying in your school.

