

What can we do about bullying?



JOSÉ LUIS'S STORY

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PRODUCED BY



HEALTH, RECOVERY & WELLNESS
Ventura County Health Care Agency



BULLIES ARE BOTHERING JOSE LUIS AT SCHOOL

"Hey loser, you dropped something!"



THEY STOP HIM ON THE WAY HOME TOO.



*PATRICIA
WATCHES AND
DOESN'T SAY
ANYTHING.*



MOTHER: "What's the matter, José Luis?"



MOTHER: "José Luis won't say, but I know something is wrong. He's sad and quiet and doesn't seem to have any friends. I think he's being picked on."

HER FRIEND MARIA: "It sounds like he is being bullied.
Let's talk to his teacher."



MOTHER: "My son has been very sad and quiet lately. He seems scared to go to school – I think he is being bullied."

MEANWHILE...



PATRICIA: "The kids are mean to him. They call him names. I feel bad about it."

HER FATHER: "You're right to feel bad. When I came to this country as a little boy, bullies messed with me, too."



PATRICIA: "What happened?"

HER FATHER: "I left school because I was scared, and never went back. It made life a lot harder. You need to help stand up for him and make sure adults at school know what's going on."

THE NEXT DAY AT SCHOOL...



TEACHER: "We all need to let bullies know it's not okay. If you see someone being picked on, it's important to tell an adult."

LATER



MARCO: "I said, get out of my way!"

PATRICIA & FRIENDS: "Hey, back off!"

"Yeah, leave him alone."

"Come on, let's get to class."



PATRICIA: "You should eat with us tomorrow."

I'm so glad
they stood up for me.

He's
actually
cool.

What can we do about bullying?

Bullying is unwanted, aggressive behavior that causes serious harm. Bullying can be a problem for anyone and there are many ways children are bullied. Learn more at: www.WellnessEveryDay.org/bullying



Signs that may mean that your child is being bullied:

- Seems sad or scared
- Doesn't want to go to school
- Problems eating or sleeping

If you think your child is being bullied, get help right away:

- Tell a teacher, school administrator or counselor. Translators are available.
- Encourage your children to talk to you.
- Reach out to a community organization or other parents.





www.WellnessEveryDay.org/bullying



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Ventura County Health Care Agency

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“Among individuals, as among nations, when there is respect, there is peace.”

— DON BENITO JUAREZ GARCIA, MEXICAN PRESIDENT FROM OAXACA