

STANDING STRONG AGAINST BULLYING

WHAT IS BULLYING AND IS IT REALLY A BIG DEAL?

As our children return to school, it's important to talk about bullying—a serious issue that can affect mental, emotional, and spiritual health. Bullying is repeated, harmful behavior meant to hurt or control another person. It can happen in person, online, or even through exclusion and rumors.

These experiences can lead to depression, anxiety, low self-esteem, and poor school performance. In our Native communities, we recognize that every young person carries a sacred spirit. No one deserves to be treated with disrespect or cruelty.

BULLYING CAN LOOK LIKE:

- Name-calling or teasing
- Spreading lies or gossip
- Pushing, hitting, or threatening
- Leaving someone out on purpose
- Cyberbullying (texts, posts, or messages meant to hurt)

Remember: A child's greatest protection comes from knowing they are not alone. Our families, schools, and communities must work together to create spaces of safety, respect, and belonging.

If your child is being bullied, or if you're not sure how to help, talk with a counselor, school staff member, or behavioral health provider. Healing starts with support.



HOW TO SUPPORT OUR YOUNG RELATIVES DEALING WITH A BULLY

Talk with them daily. Ask about their day and listen without judgment.

Teach them that bullying is never their fault.

Help them build confidence through connection to culture, language, and tradition.

Encourage them to speak up—whether they experience bullying or see it happening to someone else.



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am–Midnight.

