

Don't Be a Bully Month

Bullying remains a serious issue affecting millions of students worldwide. To combat this, August 2025 has been designated as "Don't Be a Bully Month," an initiative aimed at raising awareness and preventing bullying in all its forms. According to the [National Bullying Prevention Center](#):

- 1 in 5 students (19.2%) report being bullied.
- Girls (21.8%) are more likely to report bullying than boys (16.7%).
- Cyberbullying continues to be a major issue, with differences in how genders experience it:
 - Girls are more likely to face rumor-spreading.
 - Boys are more likely to experience online threats of harm.

Globally, about 30% of students report being bullied ([eClinicalMedicine](#)), proving that despite awareness efforts, bullying persists, making continued action essential.

The Lasting Effects of Bullying

Kids who are bullied may suffer:

- Mental health struggles (depression, anxiety, loneliness) that can last into adulthood.
- Physical health complaints (stress-related illnesses).
- Lower academic performance (dropping grades, skipping school, or even dropping out).

Kids who bully others also face long-term consequences, including:

- Higher risk of substance abuse (alcohol/drugs).
- Increased aggression (fighting, vandalism, early sexual activity).
- Legal troubles (criminal behavior, domestic abuse as adults).

How You Can Help

Don't Be a Bully Month emphasizes early intervention, mental health support, and community action. Here's how you can contribute:

- Educate Yourself & Others
 - Attend workshops on bullying prevention and mental health.
 - Share resources (like [StopBullying.gov](#)) with parents, teachers, and peers.
- Advocate for Change
 - Support anti-bullying policies in schools and workplaces.
 - Contact local representatives to push for stronger legislation.
- Spread Kindness
 - Use #DontBeABully on social media to promote respect.
 - Call out bullying when you see it. Be an upstander, not a bystander.

Bullying doesn't just hurt individuals; it harms entire communities. This August, take a stand by raising awareness, supporting victims, and fostering safe, inclusive spaces everywhere.

