

## **Sample Awareness Posts for Facebook and Twitter**

*Below are some sample Tweets, Facebook posts, and Instagram post you can use to promote awareness for National Bullying Prevention Month.*

### **Adults**

**October is National Bullying Prevention Month, make sure to address any form of bullying and assure that students are not alone in this.**

Take the time during National Bullying Prevention Month to raise awareness on how bullying can be detrimental to the well-being of all students from all walks of life. Stay up to date on how you can help bring awareness during National Bullying Prevention Month at <https://tinyurl.com/y2bvwoaq>.

Parents, learn what you can do to prevent cyberbullying and help your child maintain a positive online experience at <https://www.stopbullying.gov/cyberbullying/prevention>.

The Anti-Bullying Institute offers FREE bullying prevention parent webinars on the topic of Bullying and Cyberbullying in English and Spanish. For more information, please visit <https://tinyurl.com/bullyingparent-classes>.

Spread positivity by sharing a "Post it Positive," to encourage acceptance and kindness. <https://tinyurl.com/postitpositive>

Learn what Phone App's your child is using to connect with other people. For more information check out the Anti-Bullying Institute's list of phone apps your child might be using. <https://tinyurl.com/teensphoneapps>

20.2% of students report being bullied. That is 1 in every 5 students that experience bullying. [National Center for Educational Statistics, 2019](#)

Engage in school activities that aim to build a more respectful and inclusive community that prevents bullying. Parents and educators, learn how you can start building these safe spaces at <https://www.stopbullying.gov/prevention/engage-parents>.

Targets of bullying may experience psychological, physical, and academic effects. Learn more about additional resources to prevent bullying at <https://tinyurl.com/antibullyinginstitute>.

41% of students who reported being at school think the bullying would happen again.  
<https://nces.ed.gov/pubs2019/2019054.pdf>

95% of teens in the U.S. are online, and the vast majority access the internet on their mobile device, making it the most common medium for cyber bullying.  
<https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying>

Male students have a higher percentage (6% vs 4%) of being physically bullied, whereas female students have a higher percentage of being subjects of rumors (18% vs 9%).  
<https://nces.ed.gov/pubs2019/2019054.pdf>. (National Center for Educational Statistics, 2019).

Schools with bullying prevention programs decrease bullying up to 25%. Learn how the Anti Bullying Institute helps enhance school bullying prevention programs at <https://tinyurl.com/kindnessprograms>. (<https://fas.org/sgp/crs/misc/R43254.pdf>, McCallion & Feder, 2013)

Students among the ages of 12-18 report being bullied at school, 15% where bullied online or by text. <https://nces.ed.gov/pubs2019/2019054.pdf> (National Center for Educational Statistics, 2019).

Students with learning disabilities, Autism Spectrum Disorder, emotional/behaviors disorders, health impairments, and speech impairments report greater rates of victimization than their non-disabled peers. Learn how you can build a more inclusive and kind environment that accepts students for who they are at <https://www.stopbullying.gov/resources/what-you-can-do>. (Rose, C. A., & Gage, N.A. (2016)

Teachers take the time to listen and check up on your students and see if they are doing well during distance learning. Learn more at <https://www.stopbullying.gov/resources/what-you-can-do>.

Parents check up on your child by talking to ensure an open and safe line of communication. It makes it easier for your child to tell you when something happens. Learn how to stay in the know at <https://www.stopbullying.gov/resources/what-you-can-do#parents>.

Community leaders ensure the well-being of all children from bullying in the form of spreading awareness or sharing resources to combat bullying practices. Learn more as to how community members can make a huge contribution in the well-being of all children at <https://www.stopbullying.gov/resources/what-you-can-do#community>.

## **Students**

Share these cards to spread kindness during National Bullying Prevention Month.  
<https://tinyurl.com/y5brdtns>

Being an upstander can make a big difference for those that are being bullied. Learn how you can intervene at <https://www.stopbullying.gov/prevention/bystanders-to-bullying>.

Take thoughtful consideration as to how words can hurt others. Share this post to help stop bullying and make a difference. <https://tinyurl.com/NBPM-Poster>

During National Bullying Prevention Month choose to spread kindness in the form of a genuine compliment.

Give someone a Shout Out to remind them of how awesome they are! Download our Shout Out cards at <https://tinyurl.com/shoutoutcards>.

Be mindful of what you post on social media platforms and how it can potentially impact others. Take the time to learn about how bullying can occur online at <https://www.stopbullying.gov/cyberbullying/what-is-it>.

Be kind and respectful towards others on social media and block the “haters.” To learn more on how to navigate social media platforms, check out this link <https://www.stopbullying.gov/cyberbullying/how-to-deal-with-haters>.

Do not be a bystander, be an upstander! Learn how being an upstander can have positive effects on others at <https://www.stopbullying.gov/prevention/bystanders-to-bullying>.

Take advantage of the Anti-Bullying Institute’s online resources to better assist you if you or anyone you know is a target of bullying. <https://tinyurl.com/y5y2ekek>

Show empathy and kindness to everyone, you do not know what others may be going through.

*For additional resources and more information on our bullying prevention programming, please visit [www.AntiBullyingInstitute.org](http://www.AntiBullyingInstitute.org).*