



Feedback



Wayne County, NY



# BULLYING FACTS

NCTSN

The National Child Traumatic Stress Network

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance

The behavior is repeated, or has the potential to be repeated, over time (US Department of Health & Human Services)

## Bullying Happens in Many Ways

### Bullying

#### Verbal

Teasing  
Name Calling  
Inappropriate Sexual Comments  
Taunting  
Threatening to Cause Harm

#### Social

Being Purposefully Exclusive  
Telling Others Not to be Friends with Someone  
Spreading Rumors  
Embarrassing Someone in Public

#### Physical

Hitting / Kicking / Punching  
Spitting  
Tripping / Pushing  
Taking or Breaking Someone's Things

#### Cyber

Takes Place Using Technology  
Includes Cell Phones, Computers, and Tablets  
Using Social Media Sites, Text Messages, and Websites

## FACT

1 in 5

high school students are bullied in the US



That's  
**8.2 Million**  
every year



6 Things to do if you are being bullied

5 Things to do if you are being bullied online



## Resources:

<https://www.pacer.org/bullying/nbpm/>  
<https://www.stopbullying.gov/resources/get-help-now>

## TIPS FOR TEENS TO EASE ANXIETY

- DEEP BREATHING**
- BE ACTIVE**  
EXERCISE, SPORTS, WALKING, ETC.
- AVOID CAFFEINE**
- SLEEP WELL**  
TEENS NEED 8.5-9.24 HOURS
- IDENTIFY HEALTHY COPING SKILLS**  
MUSIC, JOURNALING, MOVIES, DRAWING, ETC.

## PRINCE EA



This is the message I really needed to hear throughout high school and college.  
**You Are Enough Already.**





# PARENT NEWS



## National Lead Poisoning Prevention Week

October 20-26, 2024



Get the facts



Get your child tested



Get your home tested

Bright futures begin lead-free



#LeadFreeKids  
#NLPPW2024



## Wayne County Healthcare Resources

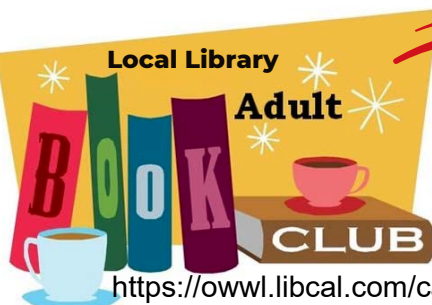
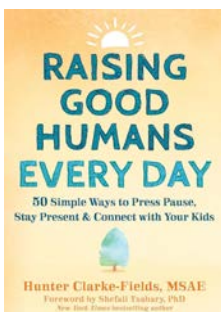
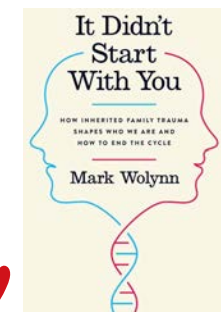
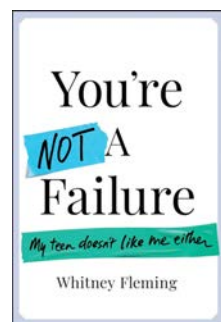
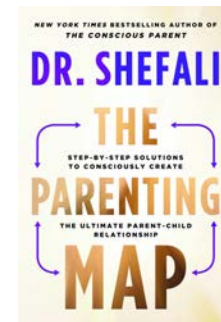
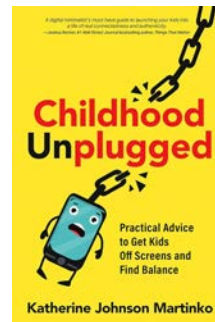
Doctor's offices, urgent care facilities,  
and dentist offices in Wayne County, NY.



**DID YOU KNOW?** NYS law says all children need to be lead tested at 1 and 2 years of age. Contact or child's doctor or call Wayne County Public Health (315-946-5749) for information regarding lead poisoning.



This year's Fire Prevention Week campaign strives to educate everyone about the importance of having working smoke alarms in the home. Take time this month to check you smoke alarms and practice a fire drill with your family.



<https://owwl.libcal.com/calendar>



WAYNE COUNTY  
FOOD  
PANTRIES

