

# September 2011

Amador  
Child Abuse  
Prevention  
Council



## Upcoming Events:

### September 7th

Strengthening Families  
by Building Protective  
Factors workshop

### September 14th

Children & Families  
Program Committee  
Meeting—9am at Health  
& Human Services

### September 17th

#### First 5 Dad & Me

Call 257-1092 for loca-  
tion and information.

### September 19th

**Amador CAPC Annual  
Orientation Meeting**  
10-11:30am Health &  
Human Services, Room B

Want to know what the  
council's all about, or get  
involved? Come to our  
September meeting. You  
can even bring a friend!

**Amador Child Abuse Prevention Council**

(sponsored by the  
Amador Community Foundation)

845 E. State Hwy. 88, #183  
Jackson, CA 95642

209-223-5921

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[www.amadorcapc.org](http://www.amadorcapc.org)

## The Effects of Bullying

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

According to [StopBullying.gov](http://StopBullying.gov), research has found bullying has significant effects for those who are bullied, those who bully others, and those who witness bullying.

### People Who are Bullied:

Have higher risk of depression and anxiety, including the following symptoms, that may persist into adulthood:

- Increased feelings of sadness and loneliness.
- Changes in sleep and eating patterns.
- Loss of interest in activities.
- Have increased thoughts of suicide that may persist into adulthood.
- Are more likely to have health complaints.
- Have decreased academic achievement and school participation.
- Are more likely to miss, skip, or drop out of school.
- Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

### People Who Bully Others:

- Have a higher risk of abusing alcohol and other drugs in adolescence and as adults.
- Are more likely to get into fights, vandalize property, and drop out of school.
- Are more likely to engage in early sexual activity.
- Are more likely to have criminal convictions and traffic citations as adults. In one study, 60% of boys who bullied others in middle school had a criminal conviction by age 24.
- Are more likely to be abusive toward their romantic partners, spouses or children as adults.

### People Who Witness Bullying:

- Have increased use of tobacco, alcohol or other drugs.
- Have increased mental health problems, including depression and anxiety.
- Are more likely to miss or skip school.

Parents and educators can play a key role in preventing and stopping bullying. Please learn more at [StopBullying.gov](http://StopBullying.gov), an official U.S. Government Web site managed by the [Department of Health & Human Services](http://DepartmentofHealthandHumanServices.gov) in partnership with the [Department of Education](http://DepartmentofEducation.gov) and [Department of Justice](http://DepartmentofJustice.gov).

**Because, every child deserves to feel safe!**

