

FOR IMMEDIATE RELEASE

National Bullying Prevention Month 2020

Pensacola, Fla. (October 1, 2020) – In October we heighten our awareness of bullying during National Bullying Prevention Month. Bullying is a form of youth violence and can place a child in danger physically, mentally or emotionally. It's not "playful" behavior. It is unwanted aggressive behavior. Some bullying actions include: hitting, name-calling, tripping, teasing, spreading rumors, or leaving someone out of a group. Cyberbullying occurs on a digital device and crosses the line into unlawful or criminal behavior. Lakeview Center wants to help you know the signs and what actions you can take to protect the children in your life.

Signs of Bullying

- Unexplained injuries
- Lost or destroyed belongings
- Frequent illness or pains
- Difficulty sleeping
- Nightmares
- Declining school performance

Actions that can Prevent Bullying

- Talk to your child about bullying.
- Keep the lines of communication open.
- Encourage your kids to do things they like.
- Be a good role model for how to treat others.
- Teach your child safety (avoid isolated areas/situations, etc.)
- Support friends who are bullied to show it's not right and they have a friend.
- Report bullying when it happens to anyone.

"The highest levels of bullying are reported in middle schools, but it occurs at all age levels – grade school through college," said Edna L. Williams, LMHC, Director of Lakeview Center Children's Behavioral Health. "It helps to make sure our kids know how to identify bullying, report it, and to support other kids who are being bullied. It's also helpful for them to know helpful strategies for safety."

To learn more about behavioral health services for children, visit elakeviewcenter.org. Resources also can be found at cdc.gov/injury/features/stop-bullying/index.html.

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or Tish.Pennewill@bhcpns.org.

About Lakeview Center, Inc. Behavioral Health

The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to eLakeviewCenter.org.

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