

# TOP 5 Myths Parents Are Told About Bullying


SAFE From Bullying  
Confidence. Clarity. Calm.



by Christopher Roberts

# Why This Matters


## Did you know?

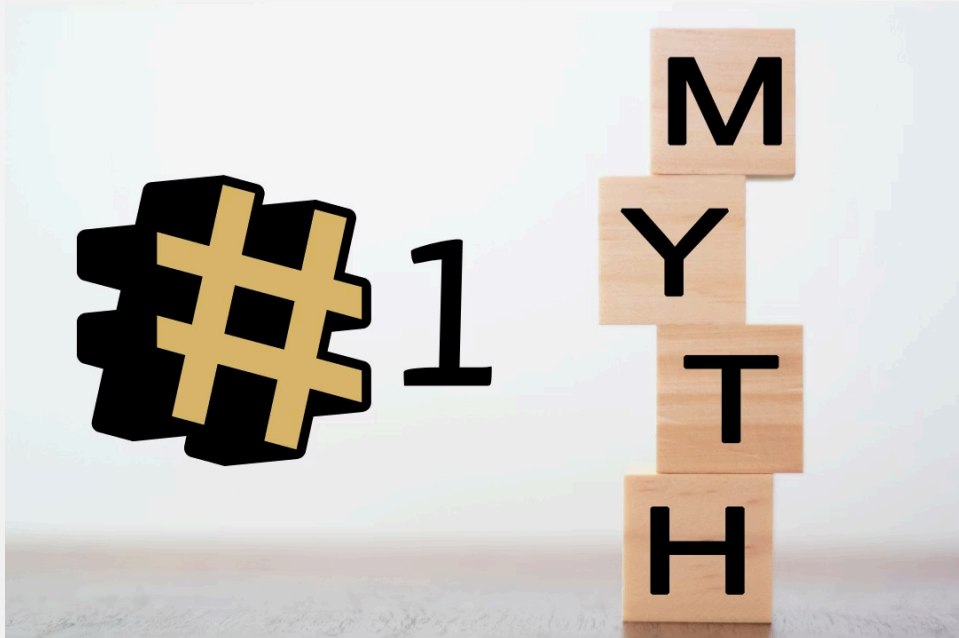
 **59%** of teens have been bullied or harassed online (Pew Research, 2022)

## It is increasing

**52.3%** of students reported being bullied at school in the past 30 days in 2019, a **35% increase** from 2016.

## Long-term effects

 Bullying survivors report **long-term mental health effects**, including anxiety and depression

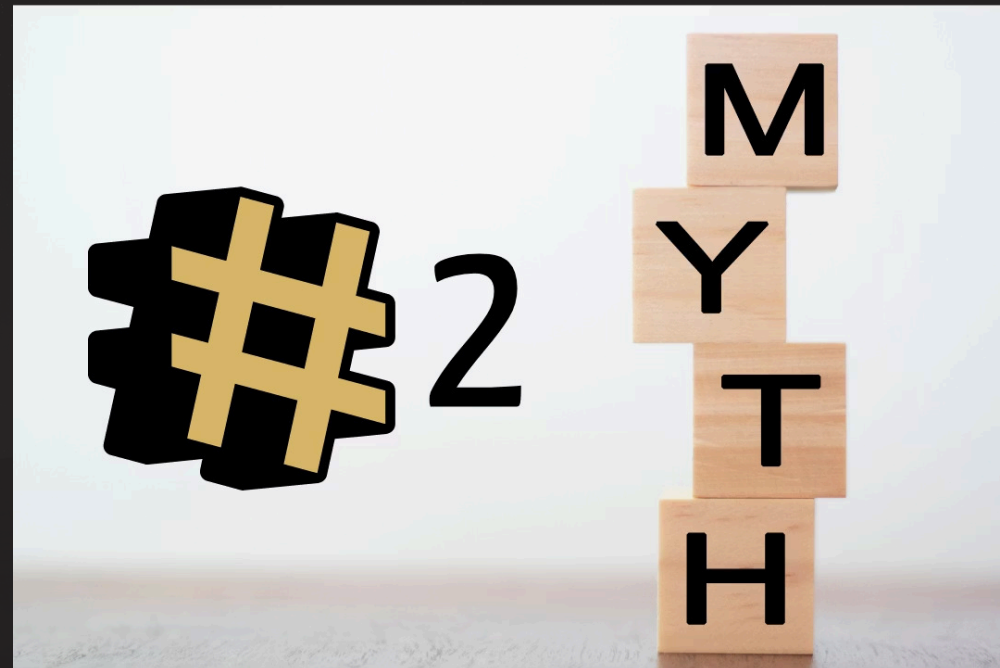


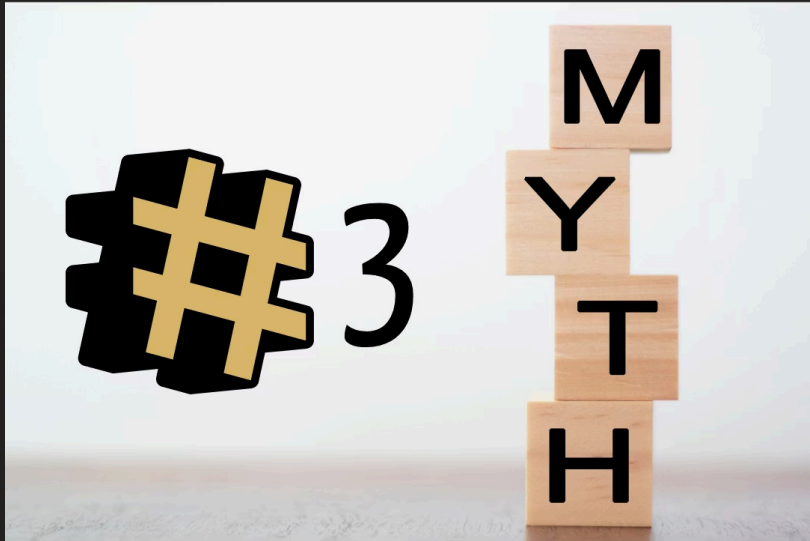
**“Just tell a teacher  
and it’ll be taken care  
of.”**

**TRUTH:** Most teachers care—but they’re caught between school politics, overwhelmed admins, and limited training. Don’t assume action is happening. Schools often **prioritize process** over protection—while your child is still facing the problem.

**“Avoid the bully and they’ll stop.”**

**TRUTH:** Avoidance doesn’t stop bullying —it often isolates the victim. We teach **kids how to carry themselves with confidence**, respond to verbal intimidation, and use safety strategies when adults aren’t around.



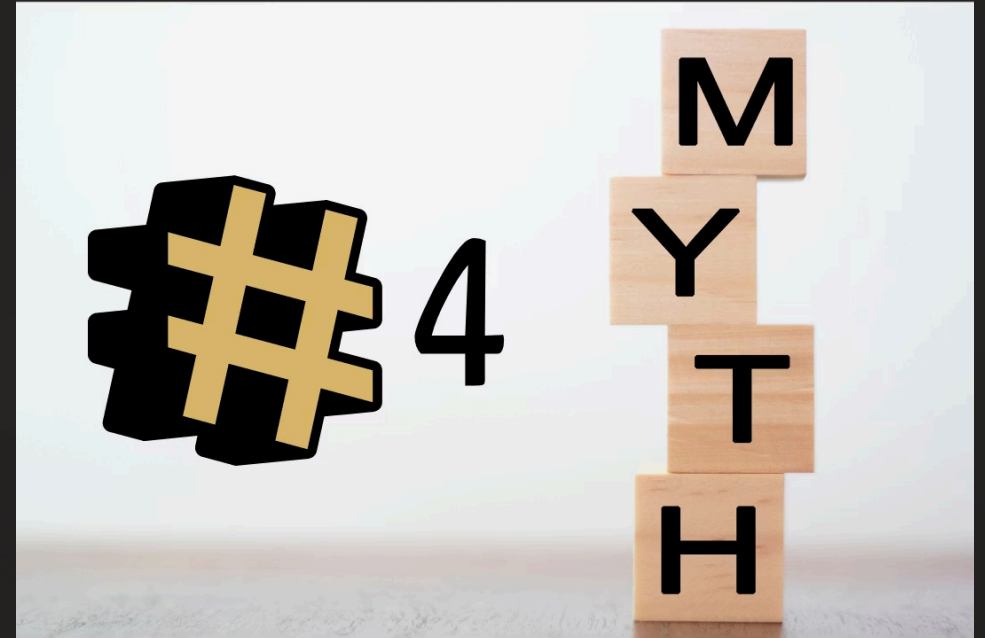


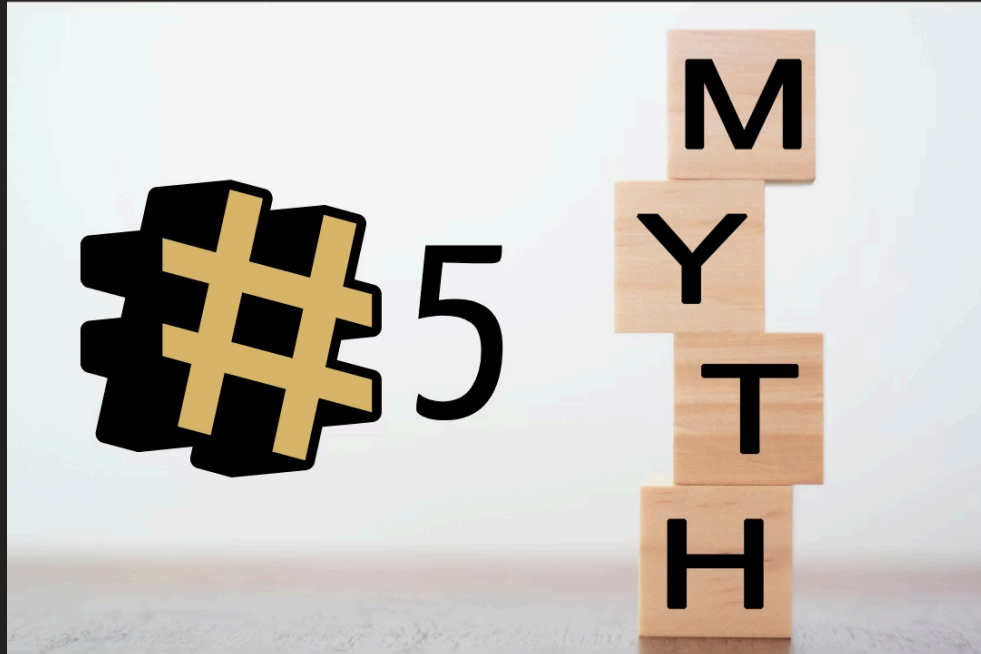
**“Our school had a big anti-bullying rally—now things will change.”**

**TRUTH:** Awareness is great—but it’s temporary. Pep talks and posters don’t create safety plans or change behavior. **Real change happens through consistent practice**, family involvement, and strategies that actually prepare kids for what to do next. That’s what SAFE delivers.

**“Standing up to bullies  
only makes it worse.”**

**TRUTH:** It can—if kids are unprepared. But we teach boundary-setting, verbal responses, and **last-resort safety skills** in an empathetic, family-supported way.





**“Bullying is a kid problem—it doesn’t happen to adults.”**

**TRUTH:** It’s more common than people realize. **Adults face bullying too**—online, in workplaces, in relationships. The worst part? Many think they’re the only one. But **bullying doesn’t stop at high school**—and feeling silenced or isolated doesn’t mean you’re weak.

# Want to learn more about SAFE From Bullying?

The SAFE program equips families with practical strategies to address bullying effectively. Our comprehensive approach includes:



## Family-centered training

Involving parents and children together in the learning process



## Practical skills development

Real-world techniques that build confidence and safety



## Ongoing support

Resources and guidance as you implement these strategies

Ready to create a safer environment for your family?



**Email Us**

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**Visit Our Website**

[www.safeinternational.biz](http://www.safeinternational.biz)



**Call Us**

1-613-363-3286

Don't wait for the situation to escalate—take proactive steps today.