



Suicide Prevention

It's Every Body's Business!

'Say **NO**WAY2bullying!'

Bullying can kill!

We're ALL born with the same, wonderful, intrinsic, value and self worth!

Bullies always try to steal this away from us!

*"There is a strong link between bullying and suicides. In the last few years a string of suicides in the United States and around the world has called attention to this problem. It happens to both boys and girls. The method is direct bullying person to person and cyber bullying using the Internet.

Bullied victims are 7 to 9% more likely to consider suicide according to a study by Yale University. Studies in Britain have found half of the suicides among youth related to bullying. According to a study by *ABC News (in *USA) over 30,000* children stay home every day due to the fear of being bullied. Bullying can be related to physical, emotional, cyber bullying, and sexting, circulating nude or suggestive pictures of a person or messages.

A young male from Ireland hanged himself after frequent cyber bullying on a social network that he belonged to. He was teased about his father being a farmer and peers made fun of his dating habits. This constant barrage of bullying lead to depression and suicide."* *Source *nobullying.com*

The Ideal World vs Reality!

In an ideal world, due to increased awareness particularly by schools and caring, vigilant parents, the instance of bullying should gradually reduce.

In the REAL world, bullying is not just confined to schools but tertiary, army, navy, airforce etc, and sometimes workplaces, and bullies and bullying is not going to go away - any time soon. Due to the insidious nature of the way bullies operate, made more deadly by the very high usage of social media, the potential for people to 'get caught' in a bullying situation **which they feel unable to get themselves out of** is huge! Some tips ...

- Reach out to someone U trust or
- Be 'that trusted person' for someone else.
- Get professional help* if needed. Remember...

We are ALL born with the same 'beautiful' value.

😊 **Don't let ANY bully take it away!** 😊

***Kids Helpline 1800 55 1800.**

24/7 Young people age 5-25, www.kidshelp.com.au

***If UR Suicidal.** Urgent? Emergency 000. Lifeline 13 11 14.

Suicide Callback Line 1300 659 467.

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