



MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

February 2022 Snapshot

[De-constructing Bullying](#)

The tween years can be particularly difficult for youth who experience bullying. They can feel isolated, powerless and afraid of the repercussions if they speak out or seek help. Bullying affects adolescents to a concerning extent and can happen to anyone.

