



Health and Wellness Tip of the Week Week 41 – October 7, 2019

A Bit About Bullying

In recent years, we have heard more about bullying than ever before. Bullying can happen in many places, settings and scenes. Often, bullying occurs online or by cell phone. An estimated one in three U.S. students, say they have been bullied at school.

Talk to your kids about bullying and help them grasp what it is, why it's harmful and how to react if it happens to them or someone near them. And teach them not to bully but treat everyone with kindness.

Source: Stopbullying.gov

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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