UNITE AGAINST COVID-19 BULLYING

Due to COVID-19 related Anti-Asian bias, there has been an increase in bullying targeting Asian American children in schools and online. These incidents can have significant mental health consequences for children, including harming their self-esteem, relationships with friends and family, and ability to succeed in schools and activities.
WHAT DOES COVID-19 BULLYING LOOK LIKE AND HOW TO HELP:

WHAT DOES IT LOOK LIKE?

- Cyberbullying in the form of rude comments and threats to others of different opinions
- Calling someone names based on their vaccination status
- Faulting someone for wearing a mask
- Exclusion based on racial bias and fear of infection

FOR STUDENTS:

- Report bullying to a trusted adult like a parent or teacher
- Do not encourage bullying if you see it happening
- Use online resources such as social media app reporting features if you see bullying taking place

FOR PARENTS OR CAREGIVERS:

- Listen and work with your child to develop an action plan against bullying
- Don’t judge. Hear them out and weigh the outcomes with your child
- Offer resources, talk to teachers, school counselors, and other parents to find a resource that would work best for the situation

MORE INFORMATION:

- StopBullying.gov
- ActToChange.org
- Report Bullying or Get Help:
  - StopBullying.gov/resources/get-help-now
  - Napaba.org/ReportaHateCrime