



**THRIVE**  
www.npaihb.org



## STAND UP TO BULLYING

Native American communities have always represented unity and strength. Today, we must continue this tradition and come together to help those in need.

Bullying has become a serious problem in Indian Country and studies have found that bullying and victimization can be significantly related to suicidal ideation and attempts. With the right tools for knowledge and understanding, bullying can be prevented and those in need can find the help they deserve.

To learn more about preventing bullying and cyberbullying please visit [www.stopbullying.gov](http://www.stopbullying.gov) and if you or someone you know is in crisis, please call the National Suicide Prevention Lifeline at 800.273.8255 or visit their website at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).