



Bullying in Schools

October is National Bullying Prevention Month, dedicated to recognizing the impact and harm that bullying can have on children of all ages.

We, the Sisters of the Virginia Association of Ministers' Wives and Ministers' Widows stand with the Department of Education to remind us as a community that Bullying Prevention and Harassment in the schools takes the efforts of all of us, from the students, to the families, to the teachers on all levels.

We have learned that bullying can be very, very harmful. Its effects

- can cause students to want to skip school,
- lower their self-esteem,
- causes depression,
- causes students to harm themselves.

Always pay attention to your children, have frequent discussions, if they say they have a problem, listen to them and more importantly act on it, don't just brush it under the rug.

My Sisters, let's join in this fight of **No Bullying** in school. **Wear something Orange, one day this month to represent no Bullying.** It is for a worthy cause.

*Leading Ladies Gracefully Making a Difference
Strengthening and Empowering*

"For such a time as this." Esther 4:14b

Dr. Ellen Jamerson, Chaplain
State President