

## House Education

04/22/2021 01:30 PM

## HB21-1221 Bullying Prevention &amp; Education In Schools

## Typed Text of Testimony Submitted

Name, Position, Representing	Typed Text of Testimony
moe keller  For  mental health colorado	<p data-bbox="565 684 1419 716">Testimony for HB21-1221, Bullying Prevention and Education in Schools</p> <p data-bbox="565 806 1469 951">Mental Health Colorado is a non- profit, non- partisan organization promoting healthier minds, across the life span. We are in support of HB21-1221, Bullying Prevention and Education in Schools, and respectfully request your yes vote.</p> <p data-bbox="565 982 1451 1163">Research shows the devastating effects of bullying on youth, which effects the victim, the bully and witnesses of bullying. According to StopBullying.gov, children who are bullied can experience negative physical, social, emotional, academic, and mental health issues. Kids who are bullied are more likely to experience:</p> <ul data-bbox="565 1194 1469 1493" style="list-style-type: none"> <li data-bbox="565 1194 1403 1299">• Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.</li> <li data-bbox="565 1331 878 1362">• Health complaints</li> <li data-bbox="565 1394 1469 1493">• Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.</li> </ul> <p data-bbox="565 1524 1451 1629">A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.</p> <p data-bbox="565 1724 1461 1904">Using a stakeholder process, inclusive of parents of youth who have been bullied, ensures that the community recognizes the problem and affords them an opportunity to develop a plan to resolve the bullying issue in their neighborhood schools. Over the years, we have seen an alarming increase of cyber bullying with youth. HB21-1221 recognizes this and includes cyber</p>

	<p>bullying, both on and off school grounds, as part of the design the stakeholder group is required to address.</p> <p>We know that Prevention and Early intervention are extremely important factors when considering the mental health of children and youth. Mental Health America’s anonymous screenings site has shown a huge spike in the number of young people seeking assistance with their anxiety and depression. While much of this spike is due to the effects of Covid on our schools and society at large, bullying is a constant problem and has been ignored for far too long.</p> <p>Please support HB21-1221, Bullying Prevention and Education in Schools.</p> <p>Thank you,</p> <p>Sincerely,</p> <p>Moe Keller, Director of Advocacy Mental Health Colorado</p>
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