

# THE DOMINO EFFECT OF BULLYING



*How has this happened again? What can be done?* These are the questions we are asking ourselves after yet another mass shooting. Shockingly, there have now been hundreds of similar incidents. This first came to our attention in 1999 with the mass shooting in Columbine. A child's anguish of being bullied is too often ending in tragic situations. This is certainly not the only reason but, unfortunately, too many school and college campus shootings as well as teen suicides are being traced directly back to bullying.

Recent research from the CDC has shown that bullying is extremely common. 1 in 5 high school students are bullied on school grounds and 1 in 6 are victims of cyberbullying. This domino effect should be an alarm for all of us. Negative and painful experiences in a child's life can easily tumble into a series of more extreme events. Not addressing situations early on, in both family and school settings, are too often setting a heartbreaking sequence into motion. Victims of bullying can experience lasting effects on their mental health and overall well-being, including depression, isolation, anxiety, substance abuse, poor school performance, and a higher dropout rate. The most extreme case scenarios are ending in violence where the anger and frustration turn inward and/or externally, resulting in suicidal or homicidal thoughts and tragedy. Beyond the unfathomable number of deaths and wounded, children who witness violence can be profoundly traumatized for years to come.

We urge parents, school officials, and our community and government leaders to help interrupt this domino chain of loss by proactively intervening with communication, education, and counseling. Family Service League addresses a wide variety of behavioral health issues that impact adolescents and their families.

**For information on services contact us at [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org), 631-427-3700, or [www.fsl-li.org](http://www.fsl-li.org)**

*FSL is  
Restoring Hope.  
Rebuilding Lives!*



Let's help build a stronger, safer future for all children.

If you, or a loved one, are struggling please reach out...  
Call FSL's 24-hour DASH crisis hotline **631-952-3333** if you are experiencing a severe mental health or substance abuse issue. Visit the "**Find Help**" page of [www.FSL-LI.org](http://www.FSL-LI.org) for information about services for children and adults.



Since 1926, FSL has provided all aspects of human services, including mental health counseling, addiction prevention & treatment, crisis care, early education, and family & senior services. Today, in communities across Long Island, FSL is Restoring Hope & Rebuilding Lives. Equity, inclusion, rapid access, and self-determination are at the core of everything we do. You can help by making a tax-deductible gift - click the Donate button or text **FSL24** to **91999**.

**DONATE AND MAKE A DIFFERENCE TODAY!**

*Thank you!*

**631-427-3700** [restorehope@fsl-li.org](mailto:restorehope@fsl-li.org) [www.fsl-li.org](http://www.fsl-li.org)

**MISSION OF FAMILY SERVICE LEAGUE**

Transforming lives and communities through mental health, addiction, housing, and essential human services.