

Girls' Health

Girls And Bullying

(NAPSA)—It may surprise you to know that almost half of all young people have been bullied at some time during their school years.

When people think of bullying they usually think of shoving, threatening and name-calling, but among girls, bullying can also take the form of teasing, spreading rumors and ignoring someone.



www.4girls.gov offers interesting facts about bullying and tips on how to stop it.

No matter what form bullying takes, it can hurt a girl both physically and emotionally—and affect her long after she becomes an adult. Bullying can damage a girl's self-esteem, make her afraid to go to school and cause her to become depressed.

There are steps that students, parents and teachers can take to learn more about bullying, prevent it from happening and avoid becoming a victim. Many of these steps are found at a helpful Web site, 4girls.gov, developed by the Department of Health and Human Services. For more information, visit www.4girls.gov.