



Join the #FacebookFriday Online Chat about Bullying, Cyberbullying and it's impact on Mental Health

Friday, 23 April 2021 1pm -
2pm & 7pm - 8pm

"Sadly, bullying is not a new phenomenon in our society. The harsh reality is that it is a growing culture that is almost "normalized", particularly in our schools and places of work. It is a reflection of just how angry, violent and power-hungry we

have become as a people" says SADAG Board Member Nkini Phasha.

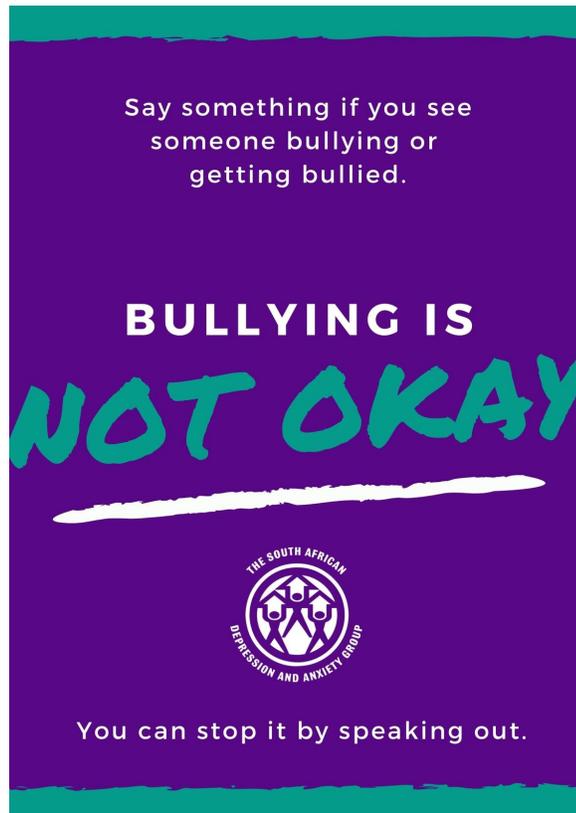
Bullying can lead to long lasting emotional and psychological scars, with far reaching and severe consequences such as suicide. In recent years, we have also seen that bullying has evolved into cyberspace, in what we call cyberbullying.

When dealing with bullying, we often focus our attention on the victim of bullying, and rightfully so. However, we must also be cognizant of the fact that people who are hurting, hurt other people. The bully is more often a victim too, who is acting out their own emotional and psychological distress. **Some believe that in order to rid our society of bullying culture, we need to tackle the root cause by implementing multifaceted and practical anti-bullying programs, starting from within our homes and then hopefully these will "spill-over" into public spaces and cyberspace.**

Many children and teens do not know how to report Bullying or Cyberbullying or even how to tell their parents or teachers about a bullying problem. It can also be very embarrassing for them. It is

important for parents, teachers and loved ones to learn more about bullying, cyberbullying and the impact that it has mental health.

Get advice on SADAG's FREE #FacebookFriday Q&A with Registered Counsellor, Cayley Jorgenson and Trauma Therapist, Janine Shamos, for useful advice, tips and information. The chat is LIVE TOMORROW between 1pm - 2pm and again from 7pm - 8pm as we offer FREE help, support and tools to better manage bullying.



[Click Here to join the Facebook Chat](#)

SADAG provides FREE telephonic counselling, support, information and nationwide referrals to Support Groups, Psychologists, Psychiatrists, Clinics and more. To speak to a counsellor call 0800 21 22 23 or SMS 31393 (7 days a week, 365 days a year).

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