



# BULLIED

## You're Not Alone

**2.1 million children are bullied every year. 4,400 of those high school students commit suicide. Every day, 160,000 students stay home from school for fear of being bullied. The victims often do not know where to turn, and this film is their chance to be heard. To fight this global crisis we've brought together teachers, legislators, the bullied victims, and the bullies themselves. Throughout each episode, experts in psychology discuss the causes behind bullying and possible solutions for solving a bully crisis. The series provides both children and adults with information for getting the help they need.**



### **Cyber Bullying**

One in every four students is bullied online. The growing world of cyber bullying is reaching new heights, as youth struggle to hide their differences for fear of abandonment and public humiliation. Cyber bullying does not discriminate between boys, girls, physical differences or mental challenges; and the cyber bully takes victims at will, since he or she can remain anonymous. Jacob Zellmann tells how being cyber bullied led him to the brink of suicide. Intervention and support from loved ones kept him alive, and now Jacob is an active advocate against bullying.

### **Homophobia**

A vast majority of bullied students are harassed because of their sexual orientation. In a society that is growing in tolerance many students still face humiliation from their peers and even family members. At the core of the episode we listen to Emma, a young high school student struggling to gain the acceptance of her mother and fellow classmates. Experts provide information on support groups and resources in place to empower those in the gay or lesbian community. Take a stand with these young students that are fighting for equality and acceptance.

### **Psychological Bullying**

When most people think of bullying, they think of physical abuse. However, bullying goes beyond the physical and can encompass the verbal. It might seem odd, but verbal bullying can in some cases be just as harmful as physical. Learn what emotional bullying can do to an individual's self-esteem, why it's often a silent killer and how it can be put an end. Gain perspective from the victims that refused to speak out against the verbal abuse, resulting in depression that almost cost them their own life. Now the conversation is flowing and students are speaking up against their verbal attackers and are helping other students speak up before it's too late.

### **Physical Bullying**

Students reveal the devastating affects of being physically bullied in school and in public. We hear from Liz, a student whose health was threatened to the point of seeking home schooling. Despite her efforts to find sanctuary, her attackers followed her home and violently assaulted her mother. We visit a high school that started a Peer Mentors program, a 'student helping student' group with new solutions to end bullying. The cameras roll on the peer mentors at work, breaking down the hateful stereotypes that cause bullying and fostering a more peaceful environment at school. Take a stand with them against physical bullying.

### **Living with a Challenge (Disabilities)**

Walk a mile in their shoes and witness first hand the struggles people with a disability face on a daily basis. Nick George, a young man with Asperger's syndrome, shares his experiences. Tony Bartoli lives with cerebral palsy. Bullied as a youth and constantly pushed down emotionally and physically, he found strength in the people who stood up for him and faced the bullies. Now as an adult, Tony tours internationally giving motivational speeches and showing how he found optimism while battling an ever worsening condition. Featured experts examine the warning signs for the parents that suspect their child might be bullied. Abuse does not always come from classmates or other students. To his horror, Stuart discovered that his son Akian, an elementary school student with autism, was repeatedly bullied by a teacher and aide. Conny Dahn, a special needs teacher, describes her experience turning around the culture of bullying in her daughter's school.



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