



The **Just Say Whoa® to Bullying** program takes a unique approach to teaching bullying prevention by helping children to recognize and respect the differences in one another. By understanding that everyone has something valuable to offer, children learn acceptance, tolerance, respect, and understanding of others.

By instilling these core values and encouraging good character, **Just Say Whoa® to Bullying** builds a foundation of understanding and promotes a positive social environment, which – in turn – fosters kindness and good citizenship.

In addition, this innovative program is the first of its kind to teach bullying prevention using animal-assisted activities with miniature therapy horses. While often used to help teach children with learning disabilities, truancy, and behavioral issues, animal-assisted activities can also be used with mainstream children to capture their attention, teach to the moment, and reinforce what they learn.

We are excited to be teaming up with local Police Departments to present this program in the Andover Elementary Schools as well as surrounding towns. Bullying is an epidemic in our nation and we are committed to helping the children of our community.

SOME FACTS:

Every seven minutes, a child is being bullied. Statistics are staggering.

- Nearly 1 in 3 students (27.8%) report being bullied during the school year
- 90% of 4th through 8th graders report being victims of bullying.
- It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students.

But did you also know that nearly 75% of school shootings have been linked to harassment and bullying? 87% of students surveyed report that bullying is the primary motivator in school shootings.

There are four types of bullying and the results of bullying are widespread. Students who are bullied are at increased risk for depression, anxiety, sleep difficulties, and problems in school. Conversely, bullies are at an increased risk for substance use, academic problems, and violence either later in adolescence or during adulthood.

ABOUT US:

Lifting Spirits Miniature Therapy Horses is a nonprofit, 501(c)3 organization. Our registered mini therapy horses visit hospitals, skilled nursing facilities, and pediatric centers throughout the greater MA and southern NH areas.