



## **A Push to End Bullying and Suicide**

Recently, Mr. John Halligan came to my high school to present Ryan's Story.

Ryan's Story is an anti-bullying, suicide prevention presentation that is given to students and parents around the world. Ryan Halligan took his own life in 2003 at age thirteen due to bullying and cyberbullying from his peers.

Bullying, defined as a repeated act intended to intimidate, humiliate or ridicule, is a very serious (and illegal) action that is seen throughout elementary, middle, and high schools. In our technological world, cyberbullying, which is bullying through the use of technology, is becoming more of an issue every day.

In New York State, the Youth Risk Behavior Survey (YRBS) collects data from teens about issues related to suicide. In 2013, 23.8% of teens surveyed said they felt sad and/or hopeless, 13.7% claimed to have created a suicide plan that year, 7.1% attempted suicide, and 2.4% of those surveyed attempted suicide that led to special medical attention. Suicide is the third leading cause of death among children. Over 22% of children and teens have been affected by bullying in some way.

For more information regarding bullying, cyberbullying, suicide, and depression, or to arrange for a presentation at your school, visit [www.ryansstory.org](http://www.ryansstory.org).

Nicole Avidon, Nassau Region PTA Youth Member

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