



PHYSICAL ,MENTAL,AND BEHAVIORAL
HEALTH

BY ALEXANDRIA CITY HIGH SCHOOL

Edder Acosta perez



ON HOW WE CAN STOP BULLYING IN ACPS

You can use the same title as the title of your survey.

ON HOW TO STOP BULLYING

Explain your issue in 4–6 sentences: Bullying is something that is affecting people at Alexandria City High School. We need to make people feel safer. I think schools should look more into bullying because you never know how it can impact the students in school and out of school and their mental health .A way I think they can fix it is do a program/workshop after school for the students that are getting bullied and the bully so then can learn on why bullying is bad and school .It matter Because it can hurt people felling and make them fell unsafe and can stop students from learning. Another way we can stop bullying is by teaching students what bullying does to students.

BASELINE DATA & GOAL

What Do We Know + What Is the Goal? we know bullying people in wrong to do and it can impact them a lot . The goal is for bullying to stop in school for a safer place and so students can learn

Show 1 piece of real data (from Titan Changemaker Data or another source) that proves the problem exists. THIS MUST BE A NUMBER! Nationwide, about 1 in 5 students (19.2%) between the ages of 12 and 18 report being bullied at school. (stop bullying.gov)

Then write your goal: What do you want to improve or change? THIS MUST BE A NUMBER! The goal is for 100% of students to not be bullied anymore.

CYCP GOAL & STRATEGIC AREA

Which Children & Youth Community Plan (CYCP) goal connects to your issue? Alexandria City High school

Mayor of Alexandria has an end bullying campaign. It is to create a safe and free environment all over Alexandria from bullying.

<https://www.alexandriava.gov/EndBullying>

WHAT IS HAPPENING RIGHT NOW?

Discuss how ACPS/ACHS is currently doing in regard to your issue.

I ask students who should talk about bullying in school. 11% said parents /teachers . I also ask students how Cyberbully is wrong? Why? 22% of students said because you never know how it can affect the student . I ask students how schools can stop bullying. 11% of the students said they tell the bully to stop and also come up with ways to prevent it.

Following the graphs, please answer these questions:

- What strategies or actions have already been tried
- Whether those strategies are working or not working

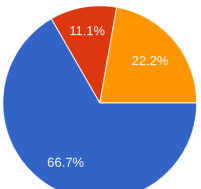
**Tip - Use your data to show that this issue still needs improvement, fixing, or changing.*



THIS IS 63% OF STUDENTS SAID
SPEAKING UP AND GETTING HELP
SHOW THAT STUDENTS KNOW
HOW TO STOP A BULLY IN
SCHOOL

what should students do if they are getting bullied ?

27 responses

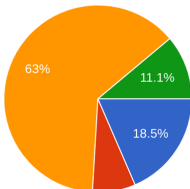


- Tell a trusted adult , teacher or couns
- Skip school
- Bully others back
- keeping it a secret forever

THIS SHOW 44% OF STUDENTS SAID
ENCOURAGE RESPECT AND SAFETY CAN HELP
OUT THE SCHOOL A LOT FROM STOPPING
BULLYING IN SCHOOL .

which action can help stop bullying?

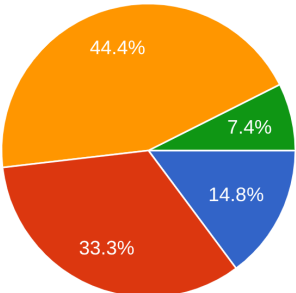
27 responses



- Laughing at the person getting bullied
- Sharing Rumors
- speaking up and getting help
- unsafe behavior

what can schools do to help prevent bullying?

27 responses



- Igor reports of bullying
- Punish students unfairly
- Encourage respect and safety
- Cancel all activities

WHAT HAS ALREADY BEEN TRIED?

Explain what the school, city, or other groups are already doing about this issue. Yes the Alexandria City High School do have something just in case if they a students is bullied they have a Anonymous Reporting System, where students can call 911 where they give students help.

WHO CAN HELP?

List stakeholders or groups that could help solve this issue. Explain how each stakeholder or group could help. School Principle can help out with showing students it bad to bully

You must include 2 stakeholders. And also School Counselor help out with the students that get bullied at school.

Include their logos too!



WHAT HAS BEEN DONE SO FAR?

Quantity: What actions have been taken? The bully/student mostly get suspended for 1-2 week

Quality: How well are those actions working?

doesn't really do anything but they need to start to do something to make sure students don't get bullied no more

IS IT ACTUALLY HELPING?

Use data to explain if the actions taken so far are making a difference. No it don't go far but it should to make sure they don't bully no more .

Are people better off or not? No they need to make sure all ACPS School are a safe place for students.

WHAT SHOULD CHANGE? (YOUR SOLUTION)

Explain your solution in detail.

Use your survey data to support your idea. I Think to fix Bullying at ACPS Alexandria City High School by doing program/workshop[p with the students and the bullied and then will have a lesson on why bullying is Bad at school and they will have to keep on going until they completed it , so they wont bully in school no more and teacher will also have to show students lesson in class on why to stop bullying in school .

WHAT WILL HAPPEN NEXT?

If your solution is used, what will improve? I think that bullying will stop and students will stop.

Who will benefit and how? it will Benefit the students the school and students parents .

CITATIONS

Citations in APA format:

Eickert, C. (2025). *Titan Changemaker Listening Session Handout* [Handout].

<https://www.alexandriava.gov/EndBullying>

<https://www.acps.k12.va.us/families/bullying-prevention>

LEARN MORE

List at least 2 helpful resources, and explain how they help. School Principle, School Counselor they both can make a big difference in the school