



FOR IMMEDIATE RELEASE
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Oakland Family Services Stands Up to Adolescent Bullying

FARMINGTON HILLS, MI- Oakland Family Services is teaching adolescents how to deal with school bullies through their new program “Let’s Talk About Bullying”— a six-week support and education group for kids aged 12 – 14 years old.

“Let’s Talk About Bullying” was created by Oakland Family Services after meeting with social workers and counselors in the Farmington Hills school district. The education professionals expressed that victims of the bullying population were being underserved and there was a great need for support services for them.

“As Anti-Bullying programs begin to be phased out, it’s important to remember that school bullying behavior is as prevalent today as it has been in the past,” explained David Clemans, program developer/facilitator. “Children who have been physically or emotionally victimized by other children need a safe and supportive place to deal with their strong emotions in order to ensure their future success.”

“Let’s Talk About Bullying” works to increase self-esteem, social and communication skills, and helps adolescents to better manage dealing with negative and/or strong emotions. It is also structured to decrease their sense of isolation (loneliness), risk of school violence, and other self-destructive behavior choices.

“Let’s Talk about Bullying” meets Tuesday nights from 5:30pm - 7:00pm at the Farmington Hills office of Oakland Family Services. The group is led by a certified therapist, at a cost of \$25 per meeting, and addresses topics including: education on bullying, learning new ways of coping with being picked on or teased, short and long term solutions for dealing with bullies, assertiveness and social skills training, changing self-defeating behaviors, and much more.

Oakland Family Services is a private, nonprofit, human service agency that provides **prevention, education, support and treatment programs** to families and individuals throughout Oakland County and southeastern Michigan.

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