



The Academy of Science of South Africa (ASSAf)
invites you to a discussion on

Mental Health and Bullying

Date: 9 September 2022
Time: 12:00 to 13:30
Register [Click here](#) to register
Venue: Zoom (Link to be provided upon registration)

Background

Bullying among adolescents has been identified as a significant public health concern. It is a life-changing experience that has drastically affected more than a third of adolescents in schools globally¹. There are important negative consequences to victims, perpetrators, schools, families and communities at large. Several studies have shown that victims of bullying are at increased odds of adverse outcomes including physical health problems², emotional and behavioural problems³, and psychiatric disorders⁴. At the mental health level, evidence has linked being a victim of bullying to higher rates of depression, insomnia, feelings of hopelessness, loneliness^{5,6} low self-esteem⁷, suicide ideation and suicide attempts⁸. Due to the potential mental health effects on everyone involved, it's important to heed the warning signs of bullying and to highlight intervention and prevention strategies.

This webinar seeks to understand the impact of bullying on mental health, the mental health of those who experience and witness it and to identifying intervention and prevention strategies.

Moderator

Professor Mark Tomlinson, Institute for Life Course Health Research, University of Stellenbosch

Speakers

Mrs Vanessa Hemp, Clinical Psychologist

Professor Anthony Pillay, Principal Clinical Psychologist, Department of Behavioural Medicine, University of KwaZulu-Natal & Fort Napier Hospital

Mr Sifiso Ngobese, Director: Sport and Enrichment in Education, Department of Basic Education



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8. Brunstein Klomek A., Sourander A., Gould M. The association of suicide and bullying in childhood longitudinal research findings. *Can J Psychiatry*. 2010;55(5):282–288.



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