



GPS Group Peer Support Launches Program to Combat Growing Crisis of Youth Bullying

New Session Empowers Parents and Caregivers to Help Children Heal from Isolation and Trauma

Boston, MA, November 17, 2025 -- [GPS Group Peer Support](#), the strength-based, trauma-informed approach to group therapeutic care, announced the release of their new program, GPS For Supporting Young People Being Bullied and Excluded. Bullying is a growing crisis, and for many young people, it leads to feelings of shame, isolation, anger, or confusion. National data shows that about 1 in 5 U.S. students report being bullied at school, with nearly 15% reporting online bullying. Compounding this, escalating political and cultural discourse has contributed to a rise in targeted harassment and identity-based bullying, leaving parents and caregivers struggling to provide adequate support.

The new GPS program is designed to build community networks by training individuals on how to create courageous, welcoming group environments where parents and caregivers can come together and share deeply personal struggles. The program was inspired by the experiences of a GPS colleague, whose child faced bullying as a result of political tensions in their community. The organization saw a critical need for accessible support for families to break through isolation, validate experiences, and build resilience.

"Bullying builds heavy walls of silence around us. When we break that silence together, we open the door to healing," says Liz Friedman, CEO & Co-Founder of GPS Group Peer Support. "We recognized the need for support groups for parents supporting a child who is being targeted and bullied, a harm that impacts the entire family, and given the state of today's world, we found it crucial to step in and provide accessible support."

The new curriculum will arm community leaders with tools that emphasize that a caregiver's steadfast presence and love are powerful acts of protection that help young people feel seen and less alone. By supporting each other, parents and teachers will strengthen their ability to support the young people in their lives and:

- Deepen their understanding of the current bullying landscape.
- Create a supportive space for themselves to process their own pain, guilt, or helplessness, which often resurfaces when their children are hurt.

- Explore strategies for supporting their children, ensuring the young person knows they are not alone.

To learn more about GPS Group Peer Support and access the new Bullying Support Curriculum, visit GroupPeerSupport.org. The easy-to-learn format is designed to be facilitated in approximately 90-minute sessions. The full session curriculum is available for free on the GPS website, equipping community leaders, volunteers, and professionals to start groups immediately. Additionally, GPS is offering free online support groups for parents and caregivers supporting a child who is being bullied, starting in November. If you are interested in the full, multi-session curriculum, please email info@groupeersupport.org.

About GPS Group Peer Support

GPS Group Peer Support is a strength-based, trauma-informed approach to group therapeutic care that provides consistent mental health support through the integration of evidence-based modalities such as mindfulness-based stress reduction, cognitive behavioral therapy, motivational interviewing, and peer-to-peer support. Designed for both professionals, volunteers, and individuals with lived experience, GPS is an innovative and scalable model that is easy to learn, rapidly replicable, fostering resilience, healing and connection in a range of communities. For more information about GPS Group Peer Support, visit us at groupeersupport.org.

Media Contact:

Dinah Saglio
829 Studios
dinah@829llc.com
401-742-9180