

ABSTRACT

Humans go through growth in their lives, one of which is the teenage period. Teenagers are referred to as the transition period from childhood to adulthood. This causes changes experienced by them. The number of problems that occur within the scope of teenagers, such as bullying, makes it difficult for them to cope with themselves. Within themselves, conditions such as excessive anxiety, trauma, and depression, can even make teenagers think about suicide. Unfortunately, bullying still often occurs in the school environment. The purpose of designing this information media is as an alternative to express what is felt by teenagers aged 13-17 years who have difficulty coping with themselves after experiencing bullying cases. The method used in this research uses qualitative methods, interviews, and library studios. The media used is an interactive book, used as a place to express anything through writing and doodling. The benefit of this interactive book is to reduce anxiety levels and negative thoughts.

Keywords: *Bullying, Mental Health, Healing, Information Media*