Breaking Bullying Podcast Reaches 100th Episode w/ Actor/Advocate Michael D. Cohen: Conversations Build Youth Confidence

As Oct. National Bullying Prevention Month nears, Breaking Bullying's 100th episode marks a milestone that began with 1st Karate Chop Bullying event Oct. 2022.

MANKATO, MN, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- The Breaking Bullying podcast, founded by Tim Flynn, is celebrating its 100th episode with a continued mission to create meaningful conversations about bullying, confidence, self-worth, relationships, and emotional well-being. Flynn created Breaking Bullying with a simple goal: To go beyond telling young people that bullying is wrong and explore the deeper emotional impact bullying can have on their lives.

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>
> *Tim Flynn*

For Flynn, reaching 100 episodes represents far more than a milestone. "Confidence can easily be taken from you. Once you lose it, it's hard to get it back," says Flynn. "This podcast was never about creating noise. It was about creating conversations people actually needed."

The milestone episode features Michael D. Cohen, best known for playing Schwoz on Nickelodeon's Henry Danger, Danger Force, The Adventures of Kid Danger, and Henry Danger: The Movie. Cohen publicly shared his trans history in TIME magazine, becoming the first series-regular actor to publicly disclose his trans history while appearing on a children's television series.

During the episode, Cohen and Flynn discuss the importance of connection and listening without immediately trying to fix someone's problems. They explore the power of asking questions, looking beyond simple labels when addressing bullying behavior, and recognizing that people and their experiences can be more complicated than they initially appear. The conversation also includes a personal story about Cohen's interaction with a young karate student struggling with bullying. What began as a brief conversation became a meaningful moment for the student and demonstrates a central message of Breaking Bullying: sometimes a few minutes of genuine

attention, encouragement, or connection can change the way a young person sees themselves.


Founder of Breaking Bullying Podcast

“People want to be heard. Sometimes we think we have to have the perfect answer or solve the problem. But sometimes the most important thing we can do is listen, ask a question, and let someone know they matter,” says Flynn.

Over its first 100 episodes, Breaking Bullying has brought together survivors, parents, teens, athletes, actors, advocates, educators, and experts to discuss bullying, anxiety, social pressure, resilience, healing, and rebuilding confidence. Those conversations helped inspire the creation of Karate Chop Bullying, a nonprofit organization dedicated to turning awareness into action. Through interactive empowerment programs, the organization helps young people develop confidence, communication skills, resilience, and self-worth. The goal is not simply to tell young people that bullying is wrong, but to provide practical tools and support to navigate difficult situations, communicate effectively, stand up for themselves and others, and recognize their own value.

Flynn’s work has gained recognition within the martial arts and youth empowerment communities, including support from the Martial Arts History Museum, which has publicly endorsed Karate Chop Bullying as its preferred anti-bullying program.

Breaking Bullying has featured notable personalities who have shared their experiences and perspectives on bullying, adversity, confidence, and personal growth, including Sean Kanan, Darryl Vidal, Billy Blanks, Casey McQuillen, Terrence Little Gardenhigh, Jakari Fraser, and DC Glenn of Tag Team.

With the 100th episode arriving as October’s National Bullying Prevention Month approaches, Flynn is calling on schools, youth organizations, parents, educators, community leaders, media outlets, and podcast hosts to create more opportunities for meaningful conversations about bullying and the emotional challenges young people face. The message extends beyond bullying prevention. Young people need opportunities to develop confidence before someone tries to take it away. They need adults who will listen before judging, tools to communicate when something is wrong, and reassurance that asking for help is a sign of strength, not weakness.

“100 episodes represents 100 opportunities to listen, learn, connect, and remind young people that they are not alone,” says Flynn. “If one conversation can change how a young person sees themselves, imagine what could happen if we started having more of those conversations everywhere.”

As Breaking Bullying enters its next chapter, Flynn’s mission remains grounded in one simple idea: One person can make a difference. Sometimes it starts by listening. Sometimes it starts by asking a question. And sometimes it starts by simply making another person feel that they matter.

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