BULLYING

WHAT YOU NEED TO KNOW

BULLYING IS A SERIOUS PROBLEM that affects kids nationwide, and **ALL ADULTS HAVE A ROLE IN HELPING TO STOP IT.** Here are some of the most revealing statistics behind bullying – and how to detect it and take action.

22% OF STUDENTS AGES 12–18 WERE BULLIED AT SCHOOL DURING THE 2012- 2013 SCHOOL YEAR

Data from the U.S. Department of Education (2015) unless otherwise noted.

THE MANY FORMS OF BULLYING

14% MADE FUN OF, called names, or insulted

13% Subject of RUMORS

7% Had been CYBERBULLIED

6% PUSHED shoved, tripped, spit on

5% EXCLUDED from activites

4% THREATENED with harm

2% FORCED to do things they didn't want to do

2% Had property DESTROYED

BOYS, GIRLS & BULLYING

18% **25%**

Girls & boys who said they had been either bullied, bullied by others, or both 2-3 times a month or more.

Luxenberg, Limber & Olweus (2014)

EXPERIENCE SIMILAR RATES OF:
Threats
Being forced to do things they didn't want to do
Damage to property

MORE LIKELY TO EXPERIENCE:
Physical bullying

MORE LIKELY TO EXPERIENCE:
Verbal bullying
Rumor-spreading
Exclusion
Cyber-bullying

Boys are typically bullied by boys, while girls are bullied by both boys & girls. *– U.S. Department of Justice (2014)*

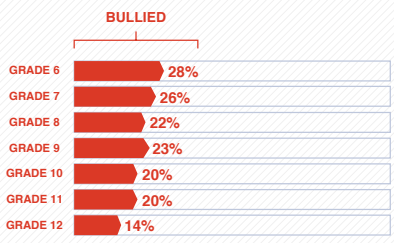
MOST STUDIES FIND THAT BOYS ARE MORE LIKELY THAN GIRLS TO BULLY THEIR PEERS. ON AVERAGE, BOYS ARE:

1.7x as likely to bully

2.5x as likely to bully as well as be bullied

Cook, et al. (2010)

AGE AS A FACTOR

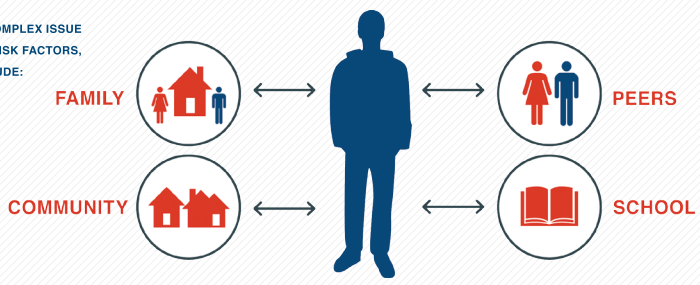


MIDDLE SCHOOLERS are more likely to report being made fun of, called names, or insulted; pushed, shoved, tripped, or spit on; forced to do things they don't want to do; excluded.

U.S. Department of Justice (2014)

WHY DO KIDS BULLY?

BULLYING IS A COMPLEX ISSUE WITH MULTIPLE RISK FACTORS, WHICH MAY INCLUDE:



Swearer, et al. (2012)

THE IMPACT

KIDS WHO ARE BULLIED ARE MORE LIKELY TO DEVELOP:
- Depression
- Anxiety
- Panic disorder
- Low self-esteem
- Psychosomatic problems such as headaches, stomach aches, sleep problems, and poor appetite
- School avoidance and lower academic achievement
- Later problems with alcohol and other drugs

Buhs et al. (2010); Copeland et al. (2013); Fairs & Felmlee (2011); Gini & Pozzoli (2013); Institute of Medicine and National Research Council (2014); Ttofi et al. (2011a); Lereya, Copeland, Costello, & Wolke (2015)

Remember to always be aware of the warning signs and if someone you know is in suicidal crisis or emotional distress, **CALL 1-800-273-TALK (8255)**

KIDS WHO BULLY OTHERS ARE MORE LIKELY TO:
- Become involved in later antisocial and criminal behavior
- Sexually harass others

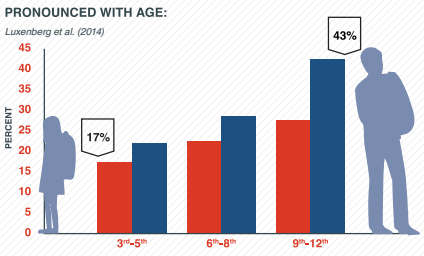
Kids who bully others and also are bullied may experience worst outcomes.

Espelage et al. (2012); Sourander et al. (2007); Ttofi et al. (2011b)

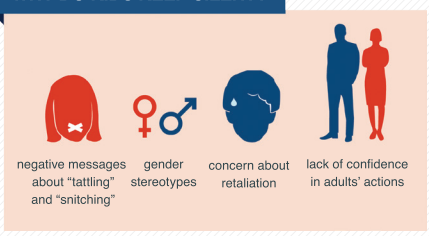
KEEPING SILENT

MANY CHILDREN DO NOT REPORT BULLYING TO ADULTS, A TREND THAT BECOMES MORE PRONOUNCED WITH AGE:

Luxenberg et al. (2014)



WHY DO KIDS KEEP SILENT?



Kowalski, et al. (2012)

92% OF 3RD–5TH GRADE STUDENTS SAID THEY FELT SORRY FOR STUDENTS WHO ARE BULLIED, BUT SYMPATHY OFTEN DOES NOT TRANSLATE INTO ACTION.

Luxenberg et al. (2014)

BE MORE THAN A BYSTANDER!

Many times, when kids see bullying, they may not know what to do to stop it.

Youth who witness bullying or are being bullied should always tell a trusted adult.

Adults: When you learn that bullying is happening, take action to stop it.

stopbullying.gov

SOURCES:

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VISIT STOPBULLYING.GOV TO LEARN HOW TO BE MORE THAN A BYSTANDER AND WHAT YOU CAN DO TO ADDRESS BULLYING IN YOUR COMMUNITY.