

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.

28% OF STUDENTS AGES 12–18 WERE BULLIED AT SCHOOL DURING THE 2011 SCHOOL YEAR

Data from Robers et al. (2013) unless otherwise noted

THE MANY FORMS OF BULLYING

18% MADE FUN OF, called names, or insulted

18% Subject of RUMORS

9% Had been CYBERBULLIED

8% PUSHED shoved, tripped, spit on

6% EXCLUDED from activities

5% THREATENED with harm

3% FORCED to do things they didn't want to do

3% Had property DESTROYED

BOYS, GIRLS & BULLYING

18% **25%**

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

Luxenberg, Limber & Olwens (2014)



EXPERIENCE SIMILAR RATES OF:
Threats
Damage to property



MORE LIKELY TO EXPERIENCE:
Physical bullying



MORE LIKELY TO EXPERIENCE:
Verbal bullying
Rumor-spreading
Exclusion

Boys are typically bullied by boys, while girls are bullied by both boys & girls. – Luxenberg et al. (2014)

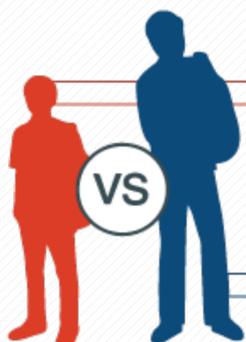
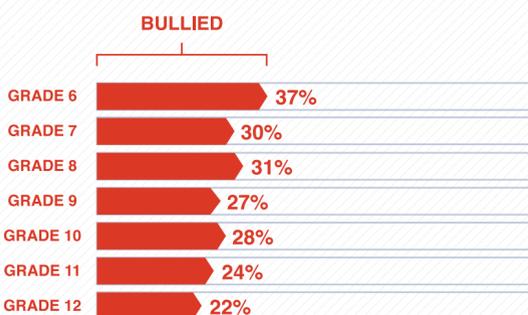
MOST STUDIES FIND THAT BOYS ARE MORE LIKELY THAN GIRLS TO BULLY THEIR PEERS. ON AVERAGE, BOYS ARE:

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



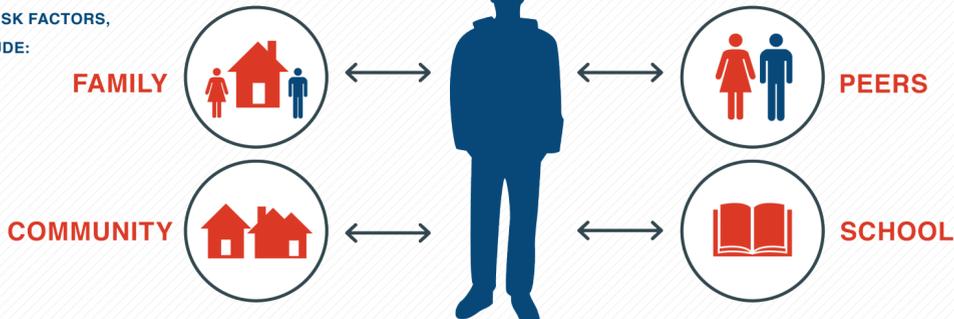
MIDDLE SCHOOLERS are more likely to report being made fun of; pushed, shoved, tripped, or spit on; threatened with harm; excluded; and forced to do things they don't want to do.

HIGH SCHOOLERS are more likely to report being cyberbullied.

U.S. Department of Education (2013)

WHY DO KIDS BULLY?

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



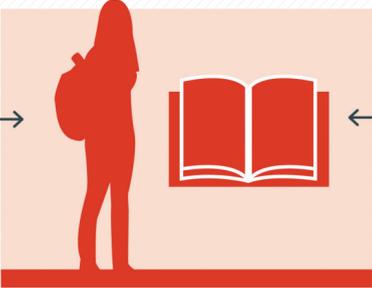
Swearer, et al. (2012)

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 & Feilmee, 2011; Gini & Pozzoli, 2013; Institute of Medicine and National Research Council, 2014; Ttofi et al., 2011a)



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

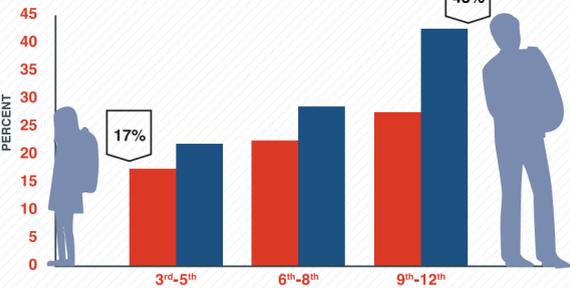
Kids who bully others and also are bullied may experience worst outcomes.

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?



negative messages about "tattling" and "snitching"



gender stereotypes



concern about retaliation



lack of confidence in adults' actions

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

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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.