

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 activities

4%

THREATENED
with harm

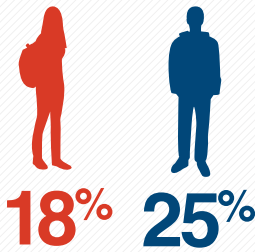
2%

FORCED
to do things they
didn't want to do

2%

Had property
DESTROYED

BOYS, GIRLS & BULLYING



Girls and 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

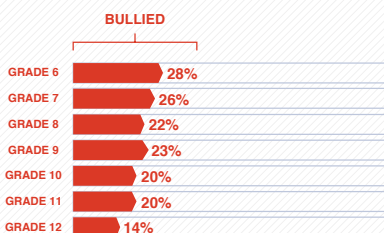
as likely to bully

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:

FAMILY



COMMUNITY



PEERS



SCHOOL



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 & Feinlee (2011); Gini & Pozzoli (2013); Institute of Medicine and National Research Council (2014); Tlofi 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

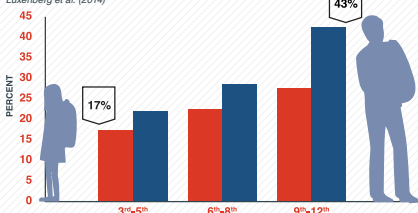
Kids who bully others and also are bullied may experience worst outcomes.

Espelege et al. (2012); Sourander et al. (2007); Tlofi 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

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.