

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 2008/2009 SCHOOL YEAR

Data from Robers et al. (2012) unless otherwise noted

THE MANY FORMS OF BULLYING

19% MADE FUN OF, called names, or insulted

16% Subject of RUMORS

9% PUSHED, shoved, tripped, spit on

6% THREATENED with harm

6% Had been CYBERBULLIED

5% EXCLUDED from activities

4% FORCED to do things they didn't want to do

3% Had property DESTROYED

BOYS, GIRLS & BULLYING

20% **25%**

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

Olweus & Limber (2010)



EXPERIENCE SIMILAR RATES OF:

Verbal bullying
Threats
Damage to property



MORE LIKELY TO EXPERIENCE:

Physical bullying



MORE LIKELY TO EXPERIENCE:

Bullying through rumor-spreading
Exclusion

Boys are typically bullied by boys, while girls are bullied by both boys & girls. – *Olweus & Limber (2010)*

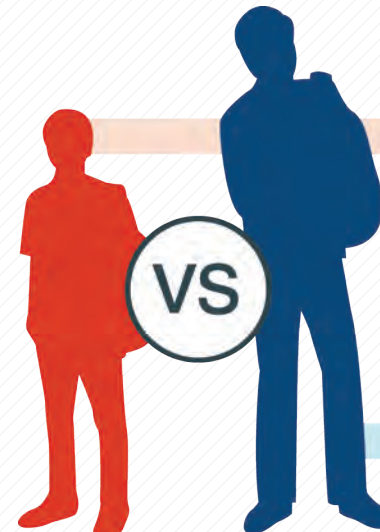
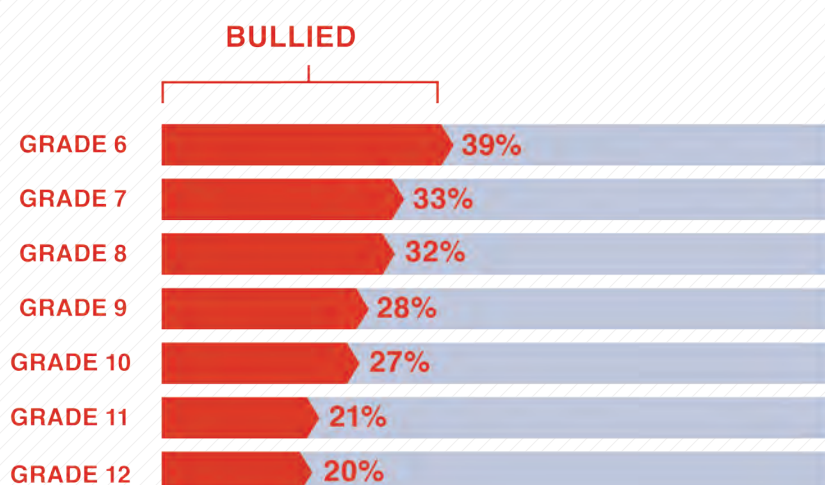
MOST STUDIES FIND THAT BOYS ARE MORE LIKELY THAN GIRLS TO BULLY THEIR PEERS. ON AVERAGE, BOYS ARE:

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



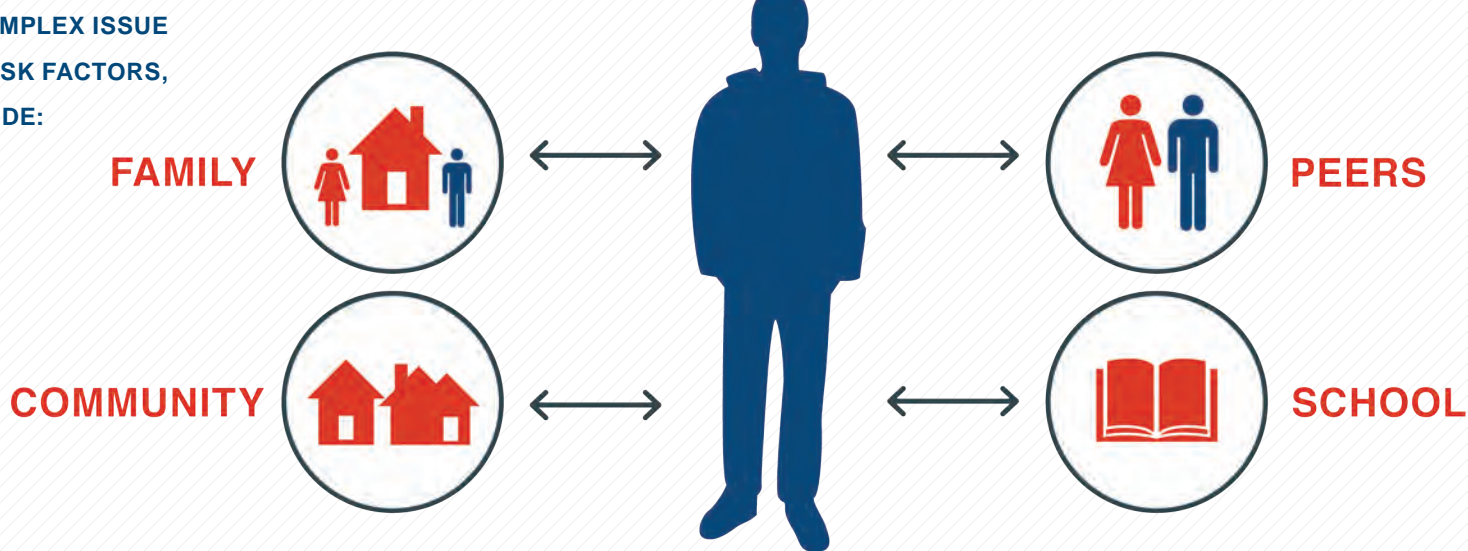
MIDDLE SCHOOLERS are more likely to report being made fun of; pushed, shoved, tripped, or spit on; threatened with harm; excluded; have property damaged or destroyed; and forced to do things they don't want to do.

HIGH SCHOOLERS are more likely to report being cyberbullied.

U.S. Department of Education (2011)

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 HAVE:

- Depressive symptoms
- Harmed themselves
- High levels of suicidal thoughts
- Attempted suicide

KIDS INVOLVED IN BULLYING ARE MORE LIKELY TO:

- Experience headaches, backaches, stomach pain, sleep problems, poor appetite, as well as bed-wetting



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 ARE BULLIED ARE MORE LIKELY TO:

- Want to avoid school
- Have lower academic achievement

KIDS WHO BULLY OTHERS ARE MORE LIKELY TO:

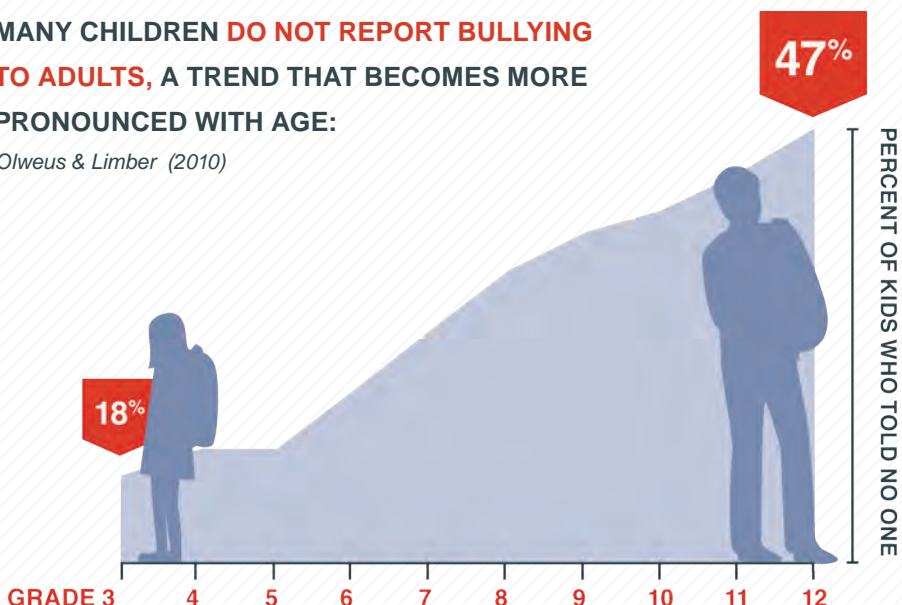
- Exhibit delinquent behaviors
- Dislike school, drop out of school
- Bring weapons to school
- Think of suicide and attempt suicide
- Drink alcohol and smoke
- Hold beliefs supportive of violence

Cook, et al. (2010), Gini, et al. (2009), Klomek, et al. (2008), Nakamoto, et al. (2010), Nansel, et al. (2001), Reijntjes, et al. (2010)

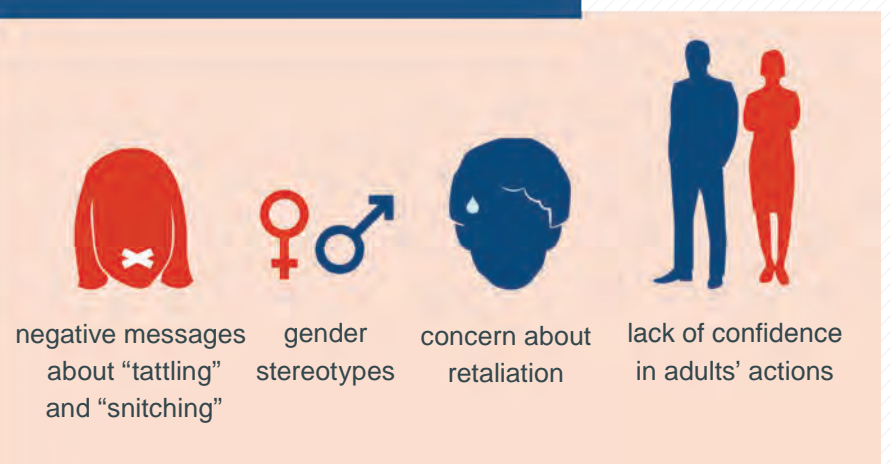
KEEPING SILENT

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

Olweus & Limber (2010)



WHY DO KIDS KEEP SILENT?



Olweus & Limber (2010), Kowalski, et al. (2012)

90% OF 3RD–5TH GRADE STUDENTS SAID THEY FELT SORRY FOR STUDENTS WHO ARE BULLIED, BUT SYMPATHY OFTEN DOES NOT TRANSLATE INTO ACTION.

Olweus & Limber (2010)

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.