

# 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



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

Owens & 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. —Owens & Limber (2010)

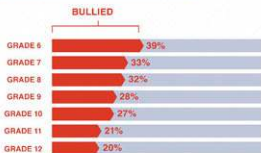
MOST STUDIES FIND THAT BOYS ARE MORE LIKELY THAN GIRLS TO BULLY THEIR PEERS. ON AVERAGE, BOYS ARE:

**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:

**FAMILY**



**COMMUNITY**



**PEERS**



**SCHOOL**



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

Cook, et al. (2010); Gini, et al. (2009); Klomek, et al. (2009); Nakamoto, et al. (2010); Nansel, et al. (2001); Rejnreis, et al. (2010)



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

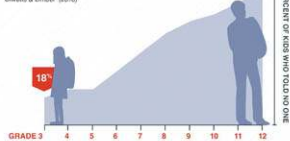
#### KIDS WHO BULLY OTHERS ARE MORE LIKELY TO:

- 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

### KEEPING SILENT

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

Owens & Limber (2010)



### WHY DO KIDS KEEP SILENT?

- negative messages about "tattling" and "snitching"
- gender stereotypes
- concern about retaliation
- lack of confidence in adults' actions

Owens & Limber (2010); Kivitski, 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.

Owens & 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.