

# 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

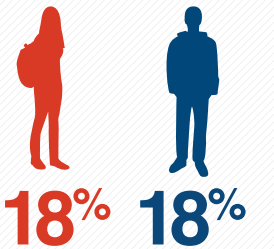
**5%** EXCLUDED from activities

**4%** THREATENED with harm

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

**2%** Had property DESTROYED

### BOYS, GIRLS & BULLYING



Girls & 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)

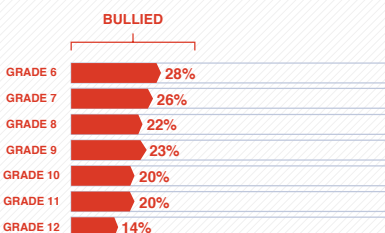
**MOST STUDIES FIND THAT BOYS ARE MORE LIKELY THAN GIRLS TO BULLY THEIR PEERS. ON AVERAGE, BOYS ARE:**

**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

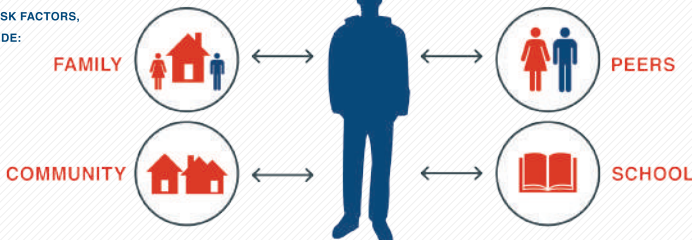


**MIDDLE SCHOOLERS** are more likely to report being made fun of, called names, or insulted; pushed, shoved, tripped, or spit on; forced to do things they don't want to do; excluded.

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 & 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

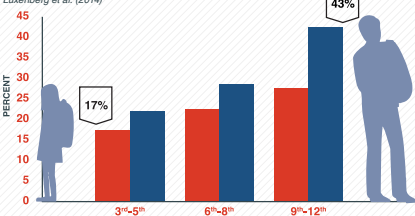
Kids who bully others and also are bullied may experience worst outcomes.

Espelage 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**

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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.**