

School Bullying Fact Sheet

- The behavior of a bully is intended to harm the victim, occurs repeatedly, and represents an imbalance of power.
- Males typically experience physical and verbal forms of bullying, while females more often suffer from verbal bullying, sexual comments, and spreading rumors.
- About 30% of 6-10th graders report being involved in bullying, either as a victim, a bully, or both.
- Victims of bullying experience loneliness, difficulty making friends, poor relationships, humiliation, insecurity, low self-esteem, anxiety, unhappiness, and a fear of going to school.
- Acts of bullying have been linked to vandalism, conduct problems, shoplifting, skipping and dropping out of school, fighting, and the use of drugs and alcohol.
- Long-term victims of bullying are at a greater risk for suffering from depression, schizophrenia, and other mental health problems including suicide.
- Bullying in school can lead to criminal behavior later in life.
- Over two-thirds of students report that schools respond poorly to bullying.
- One fourth of teachers see nothing wrong with bullying or putdowns and consequently intervene in only 4% of bullying incidents.
- Of students receiving low grades, victims of bullying were more likely to report D's and F's than their non-bullied counterparts.

Percentage of 12-18 year-olds receiving different academic grades: 2001

| | Receiving Mostly A's | Receiving Mostly B's | Receiving Mostly C's | Receiving Mostly D's and F's |
|------------------------------|----------------------|----------------------|----------------------|------------------------------|
| Students who are bullied | 27% | 41% | 24% | 8% |
| Students who are not bullied | 34% | 41% | 20% | 3% |

The Effects of School Bullying

Definitions of Bullying:

- The behavior of a bully is intended to harm the victim, occurs repeatedly, and represents an imbalance of power.
- There are three forms of bullying – physical, verbal, and psychological.

Gender and Race differences:

- Boys tend to bully and be bullied more than girls.
- Males typically experience physical and verbal forms of bullying, while females more often suffer from verbal bullying, sexual comments, and spreading rumors.
- African American students report being bullied less than Caucasians and Hispanics.

Bullying in Schools:

- Bullying behaviors usually begin in elementary grades, peak in middle school (6th to 8th grades), and persist through high school.
- About 30% of 6-10th graders report being involved in bullying, either as a victim, a bully, or both.
- Almost 11% of youth report bullying others sometimes, and almost 9% say they bully others at least once a week.
- Students are more likely to be bullied about their looks or speech than religion or race.
- 36% of high school students and 39% of middle school students say they don't feel safe at school.

Short-term effects of Bullying:

- Victims experience loneliness, difficulty making friends, poor relationships, humiliation, insecurity, low self-esteem, anxiety, unhappiness, and a fear of going to school.
- Acts of bullying have been linked to vandalism, conduct problems, shoplifting, skipping and dropping out of school, fighting, and the use of drugs and alcohol.
- Bullying victims are more likely to report carrying weapons to school and participating in physical fights.
- Of students receiving low grades, victims of bullying were more likely to report D's and F's than their non-bullied counterparts.
- Bullying is often a factor in school related deaths.

Long-term effects of Bullying:

- Long-term victims of bullying are at a greater risk for suffering from depression, schizophrenia, and other mental health problems including suicide.
- About 85% of bullying victims suffer long-term psychological damage and stress related disease later in their lives.
- Homicide perpetrators are more than two times as likely as homicide victims to have been bullied by peers.
- Bullying in school can lead to criminal behavior later in life.
- Direct and indirect costs of youth violence (medical, lost productivity) exceed \$158 billion annually.

Schools are not doing enough to protect students:

- Over two-thirds of students report that schools respond poorly to bullying.
- Many students believe that adults rarely help in bullying incidents and when they do, they are largely ineffective.
- One fourth of teachers see nothing wrong with bullying or putdowns and consequently intervene in only 4% of bullying incidents.

What can be done to decrease school bullying?:

- Start early by teaching social skills and aggression intervention to students in preschool, elementary, or middle school.
- Prevention programs in the schools including hall monitors and teacher trainings.
- Implement interventions to stop intimidation, develop clear rules against bullying, and protect victims.
- Train parents to model good social skills and reinforce their children's positive behaviors at home.

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