

Bullying
A Fact Sheet
February 2013

- ♦ Bullying is a form of youth violence. Although definitions of bullying vary, most agree that bullying includes:
 - Attack or intimidation with the intention to cause fear, distress, or harm;
 - The behavior hurts or harms another person physically or emotionally;
 - A real or perceived imbalance of power between the bully and the victim; and
 - Repeated attacks or intimidation between the same children over time. (CDC, 2012)
- ♦ Bullying can include aggression that is physical (hitting, tripping), verbal (name calling, teasing), or psychological/social (spreading rumors, leaving out of group). (CDC, 2012)
- ♦ Bullying can be physical, verbal, or psychological/relational. Physical bullying can include assault, intimidation, and destruction of property. Threats and name-calling are often the hallmarks of verbal bullying. Psychological/relational bullying can include all of these methods and is distinguished by the power imbalance between the victim and the bully. Cyber-bullying is a distinct type of bullying in which the victim is targeted online. Bullying can also take the form of sexual harassment. (Office of Justice Programs, 2011)
- ♦ Bullying can also occur through technology and is called electronic aggression or cyberbullying. Electronic aggression is bullying that occurs through e-mail, a chat room, instant messaging, a website, text messaging, or videos or pictures posted on websites or sent through cell phones. (CDC, 2012)
- ♦ A young person can be a bully, a victim, or both (bully-victim). (CDC, 2012)
- ♦ The majority of bullies are males, while victims are both females and males in equal proportion. Females experience mainly verbal bullying and spreading of rumors, while males experience both verbal and physical bullying. Bullying typically begins in elementary school and is at its highest levels in middle school, but also occurs in high school. (Office of Justice Programs, 2011)
- ♦ A number of factors can increase the risk of a youth engaging in or experiencing bullying. However, the presence of these factors does not always mean that a young person will become a bully or a victim. Some of the factors associated with a higher likelihood of engaging in bullying behavior include:
 - Impulsivity (poor self-control)
 - Harsh parenting by caregivers
 - Attitudes accepting of violence (CDC, 2012)
- ♦ Some of the factors associated with a higher likelihood of victimization include:
 - Youth with disabilities
 - Children perceived as different from their peers (overweight or underweight, wearing different clothing, being new to a school, being poor, weak or unable to defend themselves, depressed, anxious or have low self esteem, less popular than other and have few friends, and do not get along well with others)
 - Friendship difficulties
 - Poor self-esteem
 - Perceived by peers as different or quiet
 - Being lesbian, gay or bisexual (CDC, 2012)
- ♦ Bullying is widespread in the United States. (CDC, 2012)
 - Over 3.2 million students are victims of bullying each year. (Do Something, accessed 2/16/13)
 - 282,000 students are physically attacked in secondary schools each month. (MBNBD, accessed 2/16/13)
 - One in four teachers see nothing wrong with bullying and only intervene 4 percent of the time. (Do Something, accessed 2/16/13)
 - 1 in 7 students in grades K-12 is either a bully or a victim of bullying. (Do Something, accessed 2/16/13)
 - 56 percent of students have personally witnessed some type of bullying at school. (Do Something, accessed 2/16/13)
 - 15% of all school absenteeism is directly related to fears of being bullied at school. (MBNBD, accessed 2/16/13)
 - Over two-thirds of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective. (Do Something, accessed 2/16/13)

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- 71 percent of students report incidents of bullying as a problem at their school. (Do Something, accessed 2/16/13)
- 90 percent of 4th through 8th graders report being victims of bullying. (Do Something, accessed 2/16/13)
- 1 out of 10 students drop out of school because of repeated bullying. (Do Something, accessed 2/16/13)
- Harassment and bullying have been linked to 75 percent of school-shooting incidents. (Do Something, accessed 2/16/13)
- Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant. (Do Something, accessed 2/16/13)
- Of student victims, 25 percent were bullied about their race or religion. (Office of Justice Programs, 2009)
- An estimated 16% of high school students reported in 2011 that they were bullied electronically in the 12 months before the survey. (CDC, 2011)
- During the 2009-2010 school year, 23% of public schools reported that bullying occurred among students on a daily or weekly basis. (U.S. Department of Justice, 2010)
- ♦ Bullying directly affects students' ability to learn.
 - Students who are bullied often have declining grades and lose self-esteem, self-confidence, and self-worth. (Hoover & Oliver, 1996; Hazler, Hoover, & Oliver, 1992; Garbarino, 1999; Olweus, 1993; McMaster, Connolly, Pepler, & Craig, 1998; Rigby, 2001)
 - Students who are bullied report more physical and emotional symptoms such as headaches, stomachaches, anxiety, and depression. (American Academy of Child & Adolescent Psychiatry; Olweus, 1993; McMaster, Connolly, Pepler, & Craig, 1998; Rigby, 2001)
 - Bullying affects witnesses as well as targets. Witnesses often report feeling unsafe, helpless, and afraid that they will be the next target. (Pepler, Craig, Ziegler, & Charach, 1993.)
 - 64 percent of children who were bullied did not report it; only 36 percent reported the bullying. (Petrosino 2010) Petrosino, Anthony J. *What Characteristics of Bullying, Bullying Victims, and Schools Are Associated with Increased Reporting of Bullying to School Officials?* Washington, DC: National Center for Education Evaluation and Regional Assistance, 2010).
- Bullying statistics say revenge is the strongest motivation for school shootings.
 - 87% of students said shootings are motivated by a desire to "get back at those who have hurt them."
 - 86% of students said, "other kids picking on them, making fun of them or bullying them" causes teenagers to turn to lethal violence in the schools.
 - 61% of students said students shoot others because they have been victims of physical abuse at home.
 - 54% of students said witnessing physical abuse at home can lead to violence in school.
 - Harassment and bullying have been linked to 75% of school-shooting incidents. (MBNBD, accessed 2/16/13)
- ♦ Each day an estimated 160,000 students in the U.S. refuse to go to school because they dread the physical and verbal aggression of their peers. Many more attend school in a chronic state of anxiety and depression. It's reported that 6 out of 10 American youth witness bullying at least once a day.
- ♦ The ultimate goal is to stop bullying before it starts. Research on preventing and addressing bullying is still developing. School-based bullying prevention programs are widely implemented, but infrequently evaluated. Based on a review of the limited research on school-based bullying prevention, the following program elements are promising:
 - Improving supervision of students
 - Using school rules and behavior management techniques in the classroom and throughout the school to detect and address bullying by providing consequences for bullying
 - Having a whole school anti-bullying policy, and enforcing that policy consistently
 - Promoting cooperation among different professionals and between school staff and parents (CDC, 2012)
- ♦ Effective bullying prevention efforts involve students, parents, teachers, and community members.
- ♦ Involving community members such as law enforcement officials, faith organizations, community action groups, and others allows school officials and parents to address the bigger issues of disrespect, bias, and violence that can contribute to bullying issues in schools. (National Bullying Prevention Center, accessed 2013)

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- ♦ A community-wide effort shows students that adults care what happens to them and that they are not alone. (National Bullying Prevention Center, accessed 2013)

PROGRAMS THAT WORK

AnComm Inc.; www.ancomm.com
Back Off Bully; <http://www.backoffbully.com>
Best Friends Foundation; <http://www.bestfriendsfoundation.org/BFWWhatIsBF.html>
BUDDY BUGS "ROK"; buddybugs@sbcglobal.net
Bullies And Victims – SATI (Student Assistance Training International)
The Bully Free Classroom; www.BullyFree.com
BullySafe USA
Bully Stoppers.com; <http://www.bullystoppers.com>
Caabi; <http://www.caabi.org>.
Challenge Day; <http://www.challengeday.org>
Champions Against
CLIMB; www.climb.org
Committee for Children; www.cfchildren.org.
Community Matters; <http://www.community-matters.org>
Coping With Bullies
Creating Caring Communities (CCC); www.creatingcaringcommunities.org
Operation Respect; www.operationrespect.org.
The Hands Project; www.handsproject.org.
The Incredible Years Parents, Teachers, and Children Training Series; <http://www.incredibleyears.com>.
LIFT; www.dsgonline.com/mpg2.5/TitleV_MPG_Table_Ind_Rec.asp?id=354
Menninger Peaceful Schools Project; <http://www.menningerclinic.com/resources/bullying.htm>
NationalSave; <http://www.nationalsave.org>
The Olweus Bullying Prevention Program; www.hazelden.org/web/public/olweus.page
Rachel's Challenge; <http://www.RachelsChallenge.com>
RightTrack® Learning Management
The Safe School Ambassadors program; www.safeschoolambassadors.org or www.community-matters.org
School Tip Line; www.schooltipline.com
Stories of Us; www.StoriesofUs.com.
Taking the Bully by the Horns; <http://kathynoll.com>
TAKE TEN; www.nd.edu/~taketen
Wave America; <http://www.waveamerica.com>

Descriptions and links to all sites can be found at <http://www.bullypolice.org/program.html>