

Effects Of Bullying

People Who are Bullied:

- Have higher risk of depression and anxiety, including the following symptoms, that may persist into adulthood:
 - Increased feelings of sadness and loneliness
 - Changes in sleep and eating patterns
 - Loss of interest in activities
- Have increased thoughts about suicide that may persist into adulthood. In one study, adults who recalled being bullied in youth were 3 times more likely to have suicidal thoughts or inclinations.
- Are more likely to have health complaints. In one study, being bullied was associated with physical health status 3 years later.
- Have decreased academic achievement (GPA and standardized test scores) and school participation.
- Are more likely to miss, skip, or drop out of school.
- Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

People Who Bully Others:

- Have a higher risk of abusing alcohol and other drugs in adolescence and as adults.
- Are more likely to get into fights, vandalize property, and drop out of school.
- Are more likely to engage in early sexual activity.
- Are more likely to have criminal convictions and traffic citations as adults. In one study, 60% of boys who bullied others in middle school had a criminal conviction by age 24.
- Are more likely to be abusive toward their romantic partners, spouses or children as adults.

People Who Witness Bullying:

- Have increased use of tobacco, alcohol or other drugs.
- Have increased mental health problems, including depression and anxiety.
- Are more likely to miss or skip school.

The Affect Bullying Has On Children Living In Poverty

Being Bullied

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual

Bullying Others

- Becomes violent with others
- Gets into physical or verbal fights with others
- Gets sent to the principal's office or detention a lot
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

Characteristics of Bullying

- + Use provocation to elicit a response
- + Want power
- + Seek fear
- + Fearless
- + Coercive
- + Torment prey for months and years
- + If the victim fights back the bully will feign victimhood
- + Lack empathy
- + Bullies are adept at manipulating the perceptions of adults

Characteristics of Bullying

- ✗ They have a “perceived” high self-esteem
- ✗ Appear to have many friends, but the friendships are usually formed out of a sense of fear. The cliques often form a “gang mentality.”
- ✗ They are experts at evading accountability

Defining Bullying

- The behavior occurs repetitively
- There is a power imbalance
- The bully is either physically, verbally, or socially stronger than the victim
- Bullying can be perpetrated by one person or by a group
- Intentional harm
- Unsolicited and unwelcome
- Unequal emotion reaction * (Be careful)

✗ Females

- + Use exclusion, teasing, and rumors
- + Girls will most likely only bully other girls
- + Girls bullying has a more subtleness to it and is harder to catch
- + Girls will tend to bully in a group

× Males

- + Use physical bullying more often
- + Boys don't exclude girls when bullying
- + Boys have no problem being the sole bully

Cyber Bullying

- + Instant messaging
- + Chat rooms
- + You Tube
- + E-mail
- + Blogs
- + Camera phones
- + Text messaging
- + Social Media

Bystanders

Feel angry, helpless, and guilty.

- × Don't feel safe where bullying takes place, like in certain hallways in school, on the bus, in the park, or online.**
- × Fear of becoming the next victim**
- × Usually do nothing**

6 out of 10 American teenagers witness bullying in school one or more times each day