

THE IMPACT OF BULLYING

While bullying can result in reluctance to go to school and truancy, headaches and stomach pains, reduced appetite, shame, anxiety, irritability, aggression and depression are also frequent effects. Bullying is a direct attack on a student's status, sense of belonging and core identity, and often results in low self-esteem. The effects of bullying often continue many years into adulthood. In the most extreme cases, targets have taken out their anger and despair through school shootings or by committing suicide.

BULLYING AND SUICIDE

The relationship between bullying and suicide is complex. Many media reports oversimplify this relationship, insinuating or directly stating that bullying can cause suicide. The facts tell a different story. In particular, it is not accurate and potentially dangerous to present bullying as the "cause" or "reason" for a suicide, or to suggest that suicide is a natural response to bullying.

- Research indicates that persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as depression and anxiety, which can contribute to suicidal behavior.
- The vast majority of young people who are bullied do not become suicidal.
- Most young people who die by suicide have multiple risk factors.
- Some youth, such as LGBTQ youth, are at increased risk for suicide attempts even when bullying is not a factor.

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STOP
BULLYING
STAND UP. SPEAK OUT.

Never be bullied into silence.
Never allow yourself to be
made a victim.

~Tim Field

STRONG PEOPLE STAND
UP FOR THEMSELVES.
→ BUT ←
THE STRONGEST
PEOPLE
STAND UP FOR OTHERS.

TYPES OF BULLYING

Verbal Bullying

- Calling names
- Gossiping
- Threatening
- Making fun of others

Physical Bullying

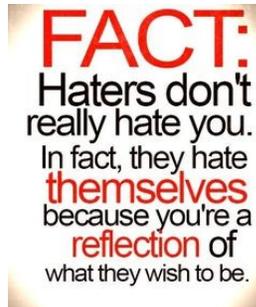
- Hitting
- Punching
- Tripping
- Damaging others property
- Pushing

Social Bullying

- Lying & spreading rumors
- Negative facial or physical gestures, menacing or contemptuous looks
- Mimicking unkindly
- Encouraging others to socially exclude someone
- Damaging someone's social reputation or social acceptance

Cyber Bullying

- Abusive or hurtful texts, emails, posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumors



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National Statistics

Been Bullied

- 28% of students in grades 6-12 experienced bullying

Bullied Others

- Approximately 30% of young people admit to bullying others

Seen Bullying

- 70.6% of young people say they have seen bullying in their schools
- 70.4% of school staff have seen bullying
- When bystanders intervene, bullying stops within 10 seconds 57% of the time

Been Cyberbullied

- 9% of students in grades 6-12 experienced cyberbullying
- 15% of high school students grades 9-12 were electronically bullied

More Facts About Bullying

- 60% of middle school students say that they have been bullied, while 16% of staff believes that students are bullied
- 160,000 students stay home from school every day due to bullying
- 30% of students who reported they had been bullied said they had at times brought weapons to school
- A bully is 6 times more likely to be incarcerated by the age of 24
- A bully is 5 times more likely to have a serious criminal record when he/she grows up
- 2/3 of students who are targets become bullies
- 20% of high school students say they have seriously considered suicide
- 25% of students say that teachers intervened in bullying incidents while 71% of teachers say they intervened
- In schools where there are anti-bullying programs, bullying is reduced by 50%
- Bullying was a factor in 2/3 of the 37 school shootings reviewed by the US Secret Service

*Statistics from the National Center for Education Statistics and Bureau of Justice Statistics

"IF PEOPLE ARE TRYING TO BRING YOU DOWN IT ONLY MEANS THAT YOU ARE ABOVE THEM"

SIGNS A CHILD IS BEING BULLIED

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

SIGNS A CHILD IS BULLYING OTHERS

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

If you are a victim of a crime, you have rights. You may obtain information about your rights through the victim/witness advocacy program of the Guernsey County Prosecutor's Office.