

Bullying Statistics

Bullying is defined as “unwanted, aggressive behavior among people that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both persons who are bullied and who bully others may have serious, lasting problems.”

In order for an act to be considered bullying, the behavior must be aggressive and needs to include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Types:

Verbal: teasing and name calling

Social: leaving someone out, spreading rumors, embarrassing someone in public

Physical bullying: hitting, kicking, punching, tripping

1. Nearly 1 in 3 students report being bullied during the school year (National Center for Educational Statistics, 2013).
2. 6% of high school students in the US report being bullied at school in the past year. 14.8% reported being bullied online (Center for Disease Control, 2014).
3. 64 percent of children who were bullied did not report it; only 36 percent reported the bullying.
4. More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied.
5. School-based bullying prevention programs decrease bullying by up to 25%.
6. The reasons for being bullied reported most often by students were looks (55%), body shape (37%), and race (16%).

In the USA, High School Youth Risk Behavior Survey reports that 3.1 % of high school students were injured in a physical fight and 8.1% were involved in a physical fight on school property while 7.1% did not go to school because they felt unsafe at school or on their way to or from school.

Who Gets Bullied the Most?

1- People with weight problems

2- People with Disabilities

3- People who belong to racial or religious minorities

4- People who are LGBTQ or perceived as LGBTQ

The statistics say in the USA, According to the [High School Youth Risk Behavior Survey](#) that 29.9% of those surveyed felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey) while another 13.6% made a plan about how they would attempt suicide. 8 % (which is roughly about 11982 respondents) have attempted suicide at least once, another 2.7% attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment (Center for Disease Control, 2012).

Students who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood (Center for Disease Control, 2012).

There is a strong association between bullying and suicide-related behaviors, but this relationship is often mediated by other factors, including depression and delinquency (Hertz, Donato, and Wright, 2013).

Youth victimized by their peers were 2.4 times more likely to report suicidal ideation and 3.3 times more likely to report a suicide attempt than youth who reported not being bullied (Espelage and Holt, 2013).

In the United Kingdom, according to Ditch the Label, the 45% who have experienced bullying were asked to rate on a scale of 1-10 the impact that the bullying had on varying aspects of their lives (1 indicates not at all, 5 somewhat and 10 an extreme impact), the answers were as follows:

1. 78% felt that bullying had a negative impact on their social life
2. 52% felt that bullying had a negative impact on their home life
3. 83% felt that bullying had a negative impact on their self esteem
4. The same 45% who experienced bullying were asked to narrate/list behaviors they had exhibited as a direct result of bullying. They said:
 5. 30% have self harmed (a 6% rise since 2013)
 6. 30% have had suicidal thoughts (a 5% rise since 2013)
 7. 10% have tried to kill themselves
 8. 7% have bullied others as a result of being bullied

9. Who is the Bystander?

10. The **bystander** happens to be present when the act of aggression is happening by the bully towards the bullying victims.
11. The bystander, sadly, usually refrains from reporting or stopping the bullying because of fear of being targeted next by the bully or called a tattletale by friends and colleagues at school or online. One statistic highlights it all in the United Kingdom 39% of bullied youths have never told anybody and the 30% of all students surveyed said they have witnessed bullying of others but told no one.
12. Also, bullied youth were most likely to report that actions that accessed support from others made a positive difference (Davis and Nixon, 2010).
13. Actions aimed at changing the behavior of the bullying youth (fighting, getting back at them, telling them to stop, etc.) were rated as more likely to make things worse (Davis and Nixon, 2010).
14. Students who experience bullying report that allying and supportive actions from their peers (such as spending time with the student, talking to him/her, helping him/her get away, or giving advice) were the most helpful actions from bystanders (Davis and Nixon, 2010).
15. Students who experience bullying are more likely to find peer actions helpful than educator or self-actions (Davis and Nixon, 2010).
16. Students reported that the most helpful things teachers can do are: listen to the student, check in with them afterwards to see if the bullying stopped, and give the student advice (Davis and Nixon, 2010).
17. Students reported that the most harmful things teachers can do are: tell the student to solve the problem themselves, tell the student that the bullying wouldn't happen if they acted differently, ignored what was going on, or tell the student to stop tattling (Davis and Nixon, 2010).

Types of bullying expected to be on the rise in 2015

In the United States, 7.3% of high school students surveyed were physically forced to have sexual intercourse (when they did not want to) and 10.3% experienced physical dating violence and lastly 10.4% experienced sexual dating violence.

In the United States, High School Youth Risk Behavior Survey identifies that 13,501 or 14.8% of students surveyed nationwide were electronically bullied(including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey) 14.8% 13,501

In the United States, suicide takes the lives of nearly 40,000 Americans every year and for young people 15-24 years old, suicide is the second leading cause of death, over half of all suicides are completed with a firearm and 15% of those in the USA who are clinically depressed die by suicide. For every completed suicide attempt ending in death there are an estimated 8 to 25 attempted suicides.

The most tragic fact: 1 in 65,000 children ages 10 to 14 die by suicide each year and the strongest risk factor for suicide is depression.

Another survey conducted in the USA points out to the fact that more young people survive suicide attempts than actually die. A nationwide survey of youth in grades 9–12 in public and private schools in the United States found that 16% of students reported seriously considering suicide, 13% reported creating a plan, and 8% reporting trying to take their own life in the 12 months preceding the survey. Each year, approximately 157,000 youth between the ages of 10 and 24 receive medical care for self-inflicted injuries at Emergency Departments across the United States.

This shocking statistic with data from 2013 points out to the fact that an average of 1 person every 12.8 minutes killed themselves and 395 of youths under the age of 15 killed themselves in the United States in 2013.