**BULLYING**

BULLYING is the repeated actions or threats of action directed toward a person by one or more people who have or are perceived to have more power or status than their target in order to cause fear, distress or harm.

20.2% of students ages 12 to 18 years old reported being **BULLIED AT SCHOOL**

**FORMS OF BULLYING/FREQUENCY**

- **13.4%** subject of RUMORS
- **13.0%** CALLED NAMES OR INSULTED
- **5.3%** PUSHED, shoved, tripped or spit on
- **5.2%** EXCLUDED from activities on purpose
- **3.9%** THREATENED with harm
- **1.9%** FORCED to do things they didn’t want to do
- **1.4%** had property DESTROYED

Musu et al. (2019)

**CYBERBULLYING** is the intentional and repeated mistreatment of others through the use of technology, such as computers, cell phones and other electronic devices.

36.5% of students ages 12 to 17 years old reported being **CYBERBULLIED DURING THEIR LIFETIMES**

**IDENTITY-BASED HARASSMENT/ASSAULT**

Of these students 44% were sexually harassed in person and 30% electronically. Many experienced sexual harassment both in person and electronically (i.e., text, email, social networking site or other electronic means).

48% of 7th–12th grade students were **SEXUALLY HARASSED**.

Of these students 44% were sexually harassed in person and 30% electronically. Many experienced sexual harassment both in person and electronically (i.e., text, email, social networking site or other electronic means).

Hinduja and Patchin (2019)

**ON SOCIAL MEDIA:** Students were harassed because of their appearance/body size (72%), race or ethnicity (26%), religion (26%) and sexual orientation (22%).

McAfee (2014)

**87% WITNESSED OTHERS BEING CYBERBULLIED**

Results of something that happened on a social network site:

- **50%** involved in argument online
- **4%** reported online arguments led to physical fight

McAfee (2014)

**STUDENT AGGRESSORS: 14.8%**

teens reported that they have cyberbullied someone in their lifetime.

Hinduja and Patchin (2019)
OF HIGH SCHOOL STUDENTS TOLD NOBODY AT ALL

Not telling anyone is a trend that becomes more pronounced as students get older (21.5% in grades 3–5, 31.5% in middle school and 36% in high school). Luxenberg, et al. (2015)

39% BULLIED, NOTIFIED AN ADULT after a school incident

23% CYBERBULLIED, NOTIFIED AN ADULT after an online incident

Luxenberg et al. (2015)

REASONS STUDENTS KEEP SILENT

- Negative messages about ‘tattling’ and ‘snitching’
- Fear of retaliation
- Don’t think adults will handle well (won’t get better, won’t do anything, etc.)

Sources: Davis (2010) and Lenhart (2015)

IMPACTION

STUDENTS WHO REPORT BEING BULLIED AND CYBERBULLIED ARE MORE LIKELY TO:

- skip class
- skip school altogether
- avoid school activities
- engage in a physical fight

Lenhart (2015) and Lenhart et al. (2015)

TECHNOLOGY/USE

- 92% of teens (ages 13–17) go online daily
- 56% of teens go online several times a day
- 71% of teens use more than one social network site (Facebook, Instagram and Snapchat are the most popular social networking sites among teens)
- 90% of those teens with phones exchange texts. A typical teen sends and receives 30 texts per day
- 57% of teens have made a new friend online

Lenhart (2013) and Lenhart et al. (2013)

ALLIES vs. BYSTANDERS

- 44% of students witnessing a bullying incident asked the aggressor to stop.
- 30% of students told an adult after witnessing another student being bullied.
- 80% of social media-using teens ages 12–17 say they have defended the victim.
- 79% of social media-using teens have told the other person to stop being mean and cruel.
- 44% of students who witnessed a bullying incident ignored it.
- 24% of students who witnessed an incident made fun of the victim.
- 90% of social-media-using teens who have witnessed online cruelty say they have ignored mean behavior. 35% have done so frequently.
- 21% of social-media-using teens reported joining in when witnessing online cruelty.

Sources: Davis (2010) and Lenhart (2015)

MAIN EFFECTS OF BULLYING

Parents encourage their child to use technology in an appropriate and responsible manner. Parents say they monitor/manage their child’s online experiences by:

- Checking which websites their teen has visited (65%)
- Checking teen’s social media profile (61%)
- Looking through their teens phone calls/messages (48%)
- Using parental controls for teen’s online activities (39%)
- Using parental controls to restrict cell phone use (16%)
- Using monitoring tools to track teen’s location with her/his cellphone (16%)
- Taking away teens cellphone or internet access privileges as punishment (65%)
- Frequently talking with their teen about appropriate and inappropriate content to share online (40%)

Sources: Anderson (2016)

Visit for more information on bullying.
Download resources for educators, youth, parents and families.
Be an Ally: Stop Bullying.

adl.org/bullying

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