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.

22% of students ages 12 to 18 years old reported being BULLIED AT SCHOOL.

**FORMS OF BULLYING/FREQUENCY**

- **13.6%** Made fun of, CALLED NAMES OR INSULTED
- **13.2%** subject of RUMORS
- **6.0%** PUSHED, shoved, tripped or spit on
- **4.5%** EXCLUDED from activities on purpose
- **3.9%** THREATENED with harm
- **2.2%** FORCED to do things they didn’t want to do
- **1.6%** had property DESTROYED

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

28% of students ages 10 to 18 years old reported being CYBERBULLIED DURING THEIR LIFETIMES.

**TEXT MESSAGES**

- **3.2%**

**INTERNET**

- **2.8%**

**INSTANT MESSAGES**

- **2.1%**

**GAMING**

- **1.5%**

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

**IDENTITY-BASED BULLYING** refers to any form of bullying related to the characteristics considered unique to a youth’s identity, such as their race, religion, sexual orientation or physical appearance.

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).

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

**LGBTQ STUDENTS**

- **74.1%** verbally harassed
- **36.2%** physically harassed
- **16.5%** physically assaulted
- **55.5%** experienced LGBT-related discriminatory policies or practices
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 an incident made fun of the victim.
24% of students who witnessed an incident ignored it.
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.

MAIN EFFECTS OF BULLYING

<table>
<thead>
<tr>
<th>Students ages 9–16:</th>
<th>Target</th>
<th>Aggressor</th>
<th>Engaged in Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol abuse</td>
<td>15.6%</td>
<td>29%</td>
<td>22.9%</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>13.1%</td>
<td>5.8%</td>
<td>38.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>10.2%</td>
<td>5%</td>
<td>21.5%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>10.2%</td>
<td>9.1%</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

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%)
• Frequent talking with their teen about appropriate and inappropriate content to share online (40%)

Sources:


adl.org/bullying

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