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.

**STUDENT AGGRESSORS:** 16.2% teens reported that they have cyberbullied someone in their lifetime.

**IDENTITY-BASED HARASSMENT/ASSAULT**

- **60.0%** Appearance/Body Size
- **50.9%** Race or Ethnicity
- **30.3%** Gender
- **21.9%** Expression
- **19.4%** Sexual Orientation
- **18.1%** Gender
- **18.0%** Religion
- **12.7%** Disability

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

**BULLING** 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.

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

Zhang, et al. (2016)

IMPACT

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)

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

Sources: