

# Bullying

## What is Bullying?

*According to the American Psychological Association, "bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another individual injury or discomfort." It can be in the form of physical contact, words, or other actions such as cyberbullying (threatening or harassing behavior through technology).*

In 2019, 1 in 5 high school students reported being bullied.

50% of tweens said they experienced bullying at school and 15% of tweens shared they experienced bullying online. According to the National Center for Educational Statistics, "the reasons for being bullied reported most often by students include physical appearance, race/ethnicity, gender, disability, religion, and sexual orientation."

## Resources:

- National Child Traumatic Stress Network: [Bullying Facts](#)
- Kids Health: [Dealing with Bullying](#)
- National Bullying Prevention Center: [Bullying Statistics](#)
- CDC: [Preventing Bullying](#)
- [Stopbullying.gov](#)

## What are the Effects of Bullying?

Bullies can often make children and youth:

- Feel afraid, stressed, depressed, or anxious.
- Have thoughts of suicide or self-harm.
- Have difficulty with school and/or schoolwork.
- Have difficulty with moods, energy levels, sleep, and appetite.

Short and long-term effects may include:

- Poor social interactions.
- Health complaints.
- Loneliness and isolation.
- Eating disorders.

Children or youth who have been exposed to trauma or violence may be more likely to:

- Bully others.
- Be the targets of bullying themselves.

## How to Prevent Bullying:

- Promote family environments that support healthy development.
- Connect children and youth to caring adults and activities such as mentoring programs and after-school programs.
- Help children/youth understand bullying and how to stand up to it safely.
- Model how to treat others.
- Keep lines of communication open.
- School-based bullying prevention programs decrease bullying by up to 25%.
- Encourage your school district to create a program.



[www.dshs.wa.gov/fwb](http://www.dshs.wa.gov/fwb)

[fwb@dshs.wa.gov](mailto:fwb@dshs.wa.gov)

