

Bullying Impacts Children's Health

Early Childhood

Early childhood often marks the first opportunity for young children to interact with each other. Between the ages of 3 and 5, kids are learning how to get along with each other, cooperate, share, and understand their feelings. Young children may be aggressive and act out when they are angry or don't get what they want, but this is not bullying. Still, there are ways to help children.

Helping Young Children Get Along with Others

Parents, school staff, and other adults can help young children develop skills for getting along with others in age-appropriate ways.

Young Adults

Behaviors that are traditionally considered bullying among school-aged youth often require new attention and strategies in young adults and college students. Many of these behaviors are considered crimes under state and federal law and may trigger serious consequences after the age of 18.

For more information

Visit stopbullying.gov

The Relationship between Bullying and Suicide

Media reports often link bullying with suicide. However, most youth who are bullied do not have thoughts of suicide or engage in suicidal behaviors.

Although kids who are bullied are at risk of suicide, bullying alone is not the cause. Many issues contribute to suicide risk, including depression, problems at home, and trauma history. Additionally, specific groups have an increased risk of suicide, including American Indian and Alaskan Native, Asian American, Indian American, lesbian, gay, bisexual, and transgender youth. This risk can be increased further when these kids are not supported by parents, peers, and schools. Bullying can make an unsupportive situation worse.



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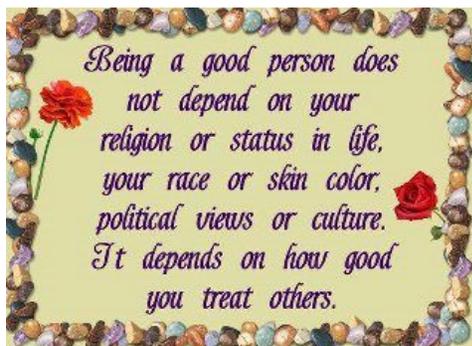
Bullying of Sikh kids in Schools



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Bullying cannot be Ignored



Bullying Definition

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have **serious, lasting problems**.

In order to be considered bullying, the behavior must be aggressive and 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 over time and in different situations, even if they involve the same people.
- **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying

There are three types of bullying:

- **Verbal bullying** is saying or writing mean things. Verbal bullying includes:
 - Teasing
 - Name-calling
 - Inappropriate sexual comments
 - Taunting
 - Threatening to cause harm
- **Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:
 - Leaving someone out on purpose
 - Telling other children not to be friends with someone
 - Spreading rumors about someone
 - Embarrassing someone in public
- **Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures
- [Where and When Bullying Happens](#)
- [Frequency of Bullying](#)
- Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school,

in the youth's neighborhood, or [on the Internet](#).

Frequency of Bullying There are two sources of federally collected data on youth bullying: The 2011 [Youth Risk Behavior Surveillance System](#) (Centers for Disease Control and Prevention) indicates that, nationwide, **20% of students in grades 9–12 experienced bullying**.

- The 2008–2009 [School Crime Supplement](#) (National Center for Education Statistics and Bureau of Justice Statistics) indicates that, nationwide, **28% of students in grades 6–12 experienced bullying**.

Related Topics There are many other types of aggressive behavior that don't fit the **definition of bullying**. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.

- [Peer Conflict](#)
- [Teen Dating Violence](#)
- [Hazing](#)
- [Gang Violence](#)
- [Harassment](#)
- [Stalking](#)
- [Workplace Bullying](#)
- [Early Childhood](#)
- [Young Adults](#)