



Effects of Bullying

Some people say that kids who are bullied need to toughen up ... that's not true. It would happen no matter how thick-skinned kids are.

Some people think that bullying is "*just a fact of life*" or "*a right of passage*" and they don't take it seriously ... until someone they know is hurt by bullying.

- **1 out of 4** kids is bullied
- Depending on the age group, **up to 43%** of students say they have been digitally harassed
- **9 out of 10** LGBT students experienced harassment at school
- Child and teen Bullying and Cyberbullying are at an all-time high
- Some kids are so tormented that suicide has become an alternative for them
- It can mess up a kid's future. Bullies are more likely to skip school, drop out of school, smoke, drink alcohol, get into fights and be arrested at some point in their life. **60%** of boys who were bullies in middle school had at least one criminal conviction by the age of **24**.
- **8%** of *students miss at least 1 day of class per month for fear of Bullies*
- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.
- A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Victims of bullying can experience:

- Can be afraid to go to school
- Can be afraid to ride the bus
- Can be afraid to use the school bathroom
- Can be afraid of being alone in the school hallway

The fear and anxiety caused by being a bullying victim can make it difficult to focus at school.

Bullying can cause victims to experience:

- Fear
- Depression
- Loneliness
- Anxiety
- Low self-esteem
- Physical illness
- Suicidal thoughts.

Some kids are so tormented by their bullies that they actually choose suicide as alternative to their pain ... which should **NEVER** be an option. Kids need to know that **NOTHING** is bad enough to take their own life.