

Bullying Definition



Bullying is unwanted, aggressive behavior 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.



Effects of bullying

- Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression. ([Center for Disease Control, 2015](#))

- Students who engage in bullying behavior are at increased risk for academic problems, substance use, and violent behavior later in adolescence and adulthood. ([Center for Disease Control, 2015](#))
- Students who are both targets of bullying and engage in bullying behavior are at greater risk for both mental health and behavior problems than students who only bully or are only bullied. ([Center for Disease Control, 2015](#))
- Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomachaches. ([Gini and Pozzoli, 2013](#))

What can you do to help?

Talk with your child; let them know they are not alone

Encourage them to talk with an adult

Let them know they have the right to be safe

Model appropriate behavior and language at home

Resources for more information:

<http://www.pacerkidsagainstabullying.org/kab/>

<http://www.pacerteensagainstabullying.org/tab/>

<http://togetheragainst.org/>

<http://www.stopbullying.gov/>

<http://www.cdc.gov/features/prevent-bullying/>