

# BULLYING PREVENTION

## WHAT IS BULLYING?



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. Almost 1 in 5 students in grades 6-12 nationwide endorsed bullying during the 2021-2022 school year.

## EFFECTS



**Psychological effects:** anxiety, depression, low self-esteem, substance use, aggressive behaviors (mainly boys), self-harm (mainly girls)

**Physical effects:** Injuries from physical attacks and somatic symptoms due to ongoing stress (e.g. sleep disorders, stomachaches, headaches)

**Suicide:** Bullying is a risk factor for depression and suicidal thoughts

## RESOURCES

The [Center for Safe Schools](#) and [StopBullying.gov](#) have resources to help with bullying prevention, with materials for parents, students, and school staff.

Call the [Bullying Prevention Consultation Line](#) from anywhere in PA to help resolve ongoing bullying situations: **866-716-0424**



## MINORITIZED GROUPS

68% of LGBTQ students said they felt unsafe in school because of their sexual orientation, gender identity, or gender expression. [GLSEN](#) lists strategies for creating welcoming classrooms for all students. [PACER](#) has bullying prevention resources for students with disabilities to feel safe and supported.

