

Effects of Bullying

- Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression (**Center for Disease Control, 2017**).
- 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, 2017**).
- Bullied students indicate that bullying has a negative effect on how they feel about themselves (19%), their relationships with friends and family and on their school work (14%), and physical health (9%) (**National Center for Educational Statistics, 2016**).
- Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomachaches (**Gini & Pozzoli, 2013**).
- Youth who self-blame and conclude they deserved to be bullied are more likely to face negative outcomes, such as depression, prolonged victimization, and maladjustment (**Perren, Ettakal, & Ladd, 2013; Shelley & Craig, 2010**).