Statistics & Citations

Megan Meier Foundation Website as of June 5, 2019

These statistics and their accompanying citations are provided to students, parents, educators, and other professionals in order to spread highly reputable information and sources for issues regarding bullying and cyberbullying. Please note citations are done mostly in APA format and the order citations are entered does not necessarily coincide with the order on the website so it may take a little digging. Also, the Megan Meier Foundation should not be held accountable or to be “of blame” should you decide to copy and paste information from this document into your own. This sheet is constantly being updated and amended for accuracy. Use at your own risk. Should you have any questions, please contact us at: info@meganmeierfoundation.org or 636-757-3501.

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- 56% of students (12-18) reported that they thought those who bullied them had the ability to influence what other students thought of them (National Center for Education Statistics [NCES], 2019)
  - 50% reported that those who bullied them were socially more popular.
  - 40% reported that those who bullied them were physically bigger or stronger.
  - 31% reported that those who bullied them had more money.
  - 24% reported that those who bullied them had more power in another way.
- About 20% of students (12-18 years old) reported being bullied at school during the school year (U.S. Department of Education & National Center for Education Statistics [NCES], 2019)
- Between 2005 and 2017, the percentage of students reporting being bullied at school during the school year decreased from 29% to 20% (NCES, 2019)
- Of students (12-18 years):
  - 13% reported being the subject of rumors
  - 13% reported being made fun of, called names, or insulted
  - 5% reported being pushed, shoved, tripped, or spit on
  - 5% reported being excluded from activities on purpose
  - 4% of students reported being threatened with harm
  - 2% reported that others tried to make them do things they did not want to do
  - 1% reported that their property was destroyed by others on purpose
- 6th grade students reported the highest percentage of bullying (29%) relative to grades 7th through 12th (NCES, 2019)
- Of students ages 12–18 who reported being bullied, about 41% reported that they thought the bullying would happen again (NCES, 2019)
- Higher percentages of 9th-graders (40%) and 10th-graders (38%) than of 7th-graders (27%), 8th-graders (26%), and 6th graders (25%) who reported being bullied thought that those who bullied them had more money (NCES, 2019)
- 27% of students ages 12–18 in rural areas reported being bullied at school during the school year than of students in suburban areas (20%) and urban areas (18%) (NCES, 2019)
- Of students who reported being bullied at school, 43% reported being bullied in the hallway or stairwell at school, 42% reported being bullied inside the classroom, and 27% reported being bullied in the cafeteria (NCES, 2019)
- Among students ages 12–18 who reported being bullied at school during the school year in 2017, about 46% reported notifying an adult at school about the incident (NCES, 2019)
- 27% of students who had been bullied at school during the school year reported that bullying had somewhat or a lot of negative effects on how they felt about themselves and 19% reported that bullying had a negative effect on their relationships with friends or family and on their school work (NCES, 2018)
- Youth who are bullied over time are more likely than those not bullied to experience depression, anxiety, and low self-esteem. They also are more likely to be lonely and want to avoid school (Evans et al., 2018)
- Youth who bully others over time are at higher risk for more intense anti-social behaviors like problems at school, substance use, and aggressive behavior (Evans et al., 2018)
- Students who witness bullying at school experienced increased anxiety and depression regardless of whether they supported the bully or the person being bullied. Bystanders may experience stress related to fears of retaliation or because they wanted to intervene but didn't (Evans et al., 2018)
- 1 in 5 high school students reported being bullied on school property in the last year (CDC, 2017)
- Over the past 10 years, rates of bullying have significantly declined (21%-11% among youth ages 12-18) (NCES, 2016)
- 21% of youth equates to just over 5 million students being bullied in a single school year. Within that number, some groups are significantly more likely to experience bullying (NCES, 2016)
- 33% of students who reported being bullied at school indicated that they were bullied at least 1-2 times a month during the school year (NCES, 2016)
- 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%) (NCES, 2016)
- 25% of African-American students, 22% of Caucasian students, 17% of Hispanic students, and 9% of Asian students report being bullied at school (NCES, 2016)
- As many as 65% of people with eating disorders say bullying contributed to their condition (NEDA, 2016)
- Youth who experience bullying often have difficulty in sleeping, headaches and gastrointestinal problems (National Academies of Sciences, Engineering, and Medicine, 2016)
- Bullied youth experience impacted stress response systems, which detrimentally influence their cognitive functions and emotional self-regulation (National Academies of Sciences, Engineering, and Medicine, 2016)
- Individuals who bully are more likely to experience depression, are prone to poor psychological and social outcomes, and are more likely to participate in risky activities (National Academies of Sciences, Engineering, and Medicine, 2016)
- For bullied youth who identify as LGBTQ, they are less likely to face adverse consequences of bullying if they can identify one supportive adult in the school they trust (Morin et al., 2015)
- Although approximately 21% of bullied students indicate that the bullying lasted only 1-2 weeks, 25% of bullied students report that they have been bullied for several years or longer (Luxenberg, Limber, & Olweus, 2015)
- An alarming 39% percent indicate that it has lasted for one year or longer (Luxenberg, Limber, & Olweus, 2015)
- 48% of bullied students report that it happens in 3 or more locations (Luxenberg, Limber, & Olweus, 2015)
- Compared with students who are not involved, students involved in bullying (as students who are bullied, who bully others, or both) are about 2x as likely to dislike school (Luxenberg, Limber, & Olweus, 2015)
- Findings indicate that 16% of all students are often afraid of being bullied at school. Students’ involvement in bullying is strongly related to their fear of bullying. 42% or more of students who are bullied are often afraid of being involved in future incidents of bullying. This fear is likely to have negative effects on their learning and academic achievement (Luxenberg, Limber, & Olweus, 2015).
- Experiences of bullying can increase the risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school and youth who bully others are at increased risk for substance use, academic problems, and experiencing violence later in adolescence and adulthood (Centers for Disease Control and Prevention [CDC], 2015)

**Bullying in Missouri**

- Over half (51.1%) of the youth in Missouri reported making fun of other people, and 4.8% reported doing this 40 or more times in the past three months (Missouri Institute of Mental Health [MIMH], 2018)
- 27.3% of Missouri high school students report being bullied at school in the past year, which is greater than the national average (MIMH, 2018)
- In 2018, rates of emotional bullying were highest among 11th grade students in Missouri at 62.23% followed by 7th grade students at 62.09% (MIMH, 2018)
- Of 42 states and the District of Columbia, Missouri had the highest rate of high school bullying on school property versus the District of Columbia that had the lowest percentage (Bernardo, 2015)
- Missouri was ranked 28 out of 43 (worse than 65% of other evaluated states) with regard to negative environmental impact due to bullying in schools (Bernardo, 2015)
• On average, Missouri was ranked as the 41st worst state (out of 43) controlling bullying in high schools (Bernardo, 2015)

Cyberbullying

• Of over 5,000 students 12-17 years old in the US, 17.4% of students said they were a target of cyberbullying in 2019, compared to 16.5% in 2016 (Hinduja & Patchin, 2019)
• About 15% of 9th – 12th grade students reported being electronically bullied during the previous year, which was more prevalent for female students than for male (National Center for Education Statistics [NCES], 2019)
• 1/2 of adolescents report their parents do not have any information or access to their online activities (Baldry, Sorrentino, & Farrington, 2019)
• Individuals who cyberbully report 2-3x poorer parental online supervision and control of online activity than others who do not cyberbully (Baldry, Sorrentino, & Farrington, 2019)
• Nationwide, 14.9% of students had been electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) during the previous year (US Department of Health and Human Services, Centers for Disease Control and Prevention [CDC], 2018)
• 19.7% of female students reported being electronically bullied compared to 9.9% of male students (US Department of Health and Human Services, CDC, 2018)
• Targets of cyberbullying are at a greater risk than others of both self-harm and suicidal behaviors (John et al., 2018)
• Individuals who are more self-oriented and have infrequent access to technology are protected from cybervictimization. The strongest protective factor against being a target of cyberbullying was positive peer interaction (Zycha, Farrington, & Ttofi, 2018)
• Adolescents who are in good academic standing and strong social-orientation to peers are strong protective factors against cyberbullying perpetration (Zycha, Farrington, & Ttofi, 2018)
• 34% of middle and high school students reported having been cyberbullied during their lifetime (Hinduja, 2018)
• 11.5% of students report cyberbullying others during their lifetime (Hinduja & Patchin, 2018)
• 80% of students being cyberbullied are being bullied in schools (Hinduja, 2018)
• Over 60% of students who experience cyberbullying reported that it immensely impacted their ability to learn and feel safe while at school (Hinduja, 2018).
• 10% of students have skipped school at least once in the previous year because of cyberbullying (Hinduja, 2018)
• Research has revealed a link between cyberbullying and low self-esteem, family problems, academic difficulties, school violence, and various delinquent behaviors (Hinduja & Patchin, 2018)
• 95% of teens in the U.S. are online, and the vast majority access the internet on their mobile device (Hinduja & Patchin, 2018)
• Students who experienced cyberbullying (both as targets and aggressors) perceived a poorer climate at their school than those who had not experienced cyberbullying (Hinduja & Patchin, 2018)
• 42% of teens say they have been called offensive names online or via their cellphone and 32% of teens say someone has spread false rumors about them on the internet, while smaller shares have had someone other than a parent constantly ask where they are, who they’re with or what they’re doing (21%) or have been the target of physical threats online (16%) (Pew Research Center, 2018)
• 59% of U.S. teens have been bullied or harassed online and agree cyberbullying is a major problem for people their age (Pew Research Center, 2018)
• 79% of teens say elected officials are doing only a fair or poor job of addressing cyberbullying (Pew Research Center, 2018)
• About 6 in 10 parents worry about their own teen getting bullied online, but most are confident they can teach their teen about acceptable online behavior (Pew Research Center, 2018)
• The vast majority of teens (90) believe online harassment is a problem that affects people their age and 63% say this is a major problem (Pew Research Center, 2018)
• 24% of teens whose household income is less than $30,000 a year say they have been the target of physical threats online, compared with 12% whose annual household income is $75,000 or more (Pew Research Center, 2018)

• Some 45% of teens say they are online almost constantly, and these constant users are more likely to face online harassment. 67% of teens who are online almost constantly have been cyberbullied, compared with 53% of those who use the internet several times a day or less (Pew Research Center, 2018)

• As of 2015, 92% of teens (13-17) reported going online daily and 24% reported going online “constantly” (Costello & Ramo, 2017)

• Of the 60% of parents who reported checking their teen’s social media profiles, 35% knew the password to one or more of their teen’s social media accounts, and 39% used parental controls at least once (Costello & Ramo, 2017)

• 34% of youth reported being cyberbullied in their lifetime, and bullying has been cited as a contributing factor in cases of extreme retaliation, including school shootings (Hinduja & Patchin, 2016)

• The percentages of individuals who have experienced cyberbullying at some point in their lifetimes have nearly doubled (18% to 34%) from 2007-2016 (Hinduja & Patchin, 2016)

• 23% of students who reported being cyberbullied notified an adult at school about the incident (NCES, 2016)

• A greater proportion of middle school students are now using Instagram compared to Facebook (Patchin, 2015)

• Adolescent girls are more likely to have experienced cyberbullying in their lifetime (40.6% compared to 28.2%). Girls are more likely to post mean comments online while boys are more likely to post hurtful pictures or videos online (Patchin, 2015)

• Those who are cyberbullied are also likely to be bullied offline (Hamm, Newton, & Chisholm, 2015)

• Internet safety is the 4th biggest child health concern, up from 8th in 2014 (C.S. Mott Children's Hospital National Poll on Children's Health, 2015)

• Cyberbullying has negative effects on victims, such as lowering self-esteem, increasing depression and producing feelings of powerlessness (Anderson, Breshnahan, & Musatics, 2014)

• 1 out of 12 parents report their child has been a victim of cyberbullying, of which three-quarters of those parents say they reported the cyberbullying to others, usually friends, school, relatives, law enforcement, and church or clergy (FindLaw, 2014)

Cyberbullying in Missouri

• In 2018, rates of cyberbullying were highest among 11th grade students in Missouri at 27.85% followed by 10th grade students at 26.71% (Missouri Institute of Mental Health, 2018)

Sexting

• 12.9% of youth had received a naked or semi-naked image of someone from their school (Hinduja & Patchin, 2018).

• 7.7% admitted that they sent a naked or semi-naked image of themselves to someone else and about 19% had received a sext from someone else. Boys and girls were equally as likely to send naked images, while 16.2% of boys were significantly more likely to report receiving them from a romantic partner compared to 11.6% of girls (Hinduja & Patchin, 2018)

• Overall, 17.5% of students said they had been asked to send an explicit image (Hinduja & Patchin, 2018)

• 25 states have enacted legislation to address sexting as of July 2018, with penalties ranging from educational programming for first-time offenders, to fines, felony charges, or short-term incarceration (Hinduja & Patchin, 2018)

• Approximately 5% of students reported that they had been the victim of sextortion, or the threatened dissemination of explicit, intimate, or embarrassing images of a sexual nature without consent, while about 3% admitted to threatening others who had shared an image with them in confidence (Hinduja & Patchin, 2018)

• Males and nonheterosexual youth were more likely to be targeted, and males were more likely to target others (Hinduja & Patchin, 2018)

• 25% of teens say they have been sent explicit images they didn’t ask for, while 7% say someone has shared explicit images of them without their consent (Pew Research Center, 2018)
• 57% of parents of teens say they worry about their teen receiving or sending explicit images, including about one-quarter who say this worries them a lot (Pew Research Center, 2018)
• 1 in 25 Americans has been a victim of threats or posts of nearly nude or nude images without their permission (Data and Society Research Center, 2016)
• 1 in 10 young women have been threatened with the possibility of public posting of explicit images (Data and Society Research Center, 2016)
• Sexting is the 6th biggest child health concern, up from 13th in 2014 (C.S. Mott Children's Hospital National Poll on Children's Health, 2015)

Self-Harm & Suicide
• Rates of suicide among girls 15-19 years old have doubled from 2007 to 2015, which is disproportionately greater than rates of change among boys (Ruch et al., 2019)
• Suicide rates among youth 10-17 year old increased significantly in months following the release of 13 Reasons Why indicating correlations among multimedia exposure to suicide. Boys were primarily impacted as the rate of suicide increased by 28.9% during the month after the show premiered (Bridge et al., 2019)
• Approximately 1 in 20 adolescents experience a suicide in 1 year, and 1 in 5 before their adulthood (Andriessen, Dudley, Draper, & Mitchell, 2018)
• Students who experienced bullying were 1.7x more likely and offenders were 2.1x more likely to have attempted suicide than those not involved in bullying (Hinduja & Patchin, 2018)
• Similarly, cyberbullying victims were 1.9x more likely and offenders were 1.5x more likely to have attempted suicide than those not involved in cyberbullying (Hinduja & Patchin, 2018)
• Cyberbullying victimization was more strongly related to suicidal thoughts and behaviors than school bullying victimization (Hinduja & Patchin, 2018)
• Middle and high school students who experienced either school-based or online bullying were significantly more likely to report suicidal ideation (Hinduja & Patchin, 2018)
• Targets of cyberbullying are at a greater risk than others of both self-harm and suicidal behaviors (John et al., 2018)
• Adolescents who rated their victimization as more severe (in terms of a general evaluation of how much they were hurt and bothered, as well as its specific impact on their feelings of safety at school and their ability to learn) were much more likely to report suicidal thoughts (more than 3x as likely) and attempts (from 2x as likely for serious cyberbullying to more than 10x as likely for school-based bullying), compared to those who experienced milder forms of bullying (Hinduja & Patchin, 2018)
• No research has shown a direct link between experience with school bullying or cyberbullying and suicide (Hinduja & Patchin, 2018)
• Nationwide, 17.2% of students had seriously considered attempting suicide during the 12 months before the survey (US Department of Health and Human Services, Centers for Disease Control and Prevention [CDC], 2018)
• 13.6% of students nationwide had made a plan about how they would attempt suicide (US Department of Health and Human Services, CDC, 2018)
• Nationwide, 7.4% of students had actually attempted suicide one or more times (US Department of Health and Human Services, CDC, 2018)
• 2.4% of students nationwide had made a suicide attempt resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (US Department of Health and Human Services, CDC, 2018)
• Almost 18% of youth report self-harming at least once, impacting 1 in 4 girls and 1 in 10 boys (Monto, McRee, & Deryck, 2018)
• Suicide was the 2nd leading cause of death among individuals between 10 and 34 years of age (CDC, 2017)
• Suicide was the 4th leading cause of death among individuals between 35 and 54 years of age (CDC, 2017)
• There were more than twice as many suicides (47,173) in the US as there were homicides (19,510) (CDC, 2017)
• “Digital Self-Harm” is considered anonymous online posting or sharing of hurtful content about oneself. About 6% of students have digitally self-harmed (Patchin & Hinduja, 2017)
• Males are more likely to report having participated in digital self-harm (7.1% compared to 5.3%) (Patchin & Hinduja, 2017)
• There is a significant correlation between digital self-harm and sexual orientation, experience with school bullying and cyberbullying, drug use, and other depressive symptoms (Patchin & Hinduja, 2017)
• Close to 800,000 people die due to suicide every year, which is 1 person every 40 seconds (World Health Organization [WHO], 2016)
• For every 1 adult who dies by suicide there may have been more than 20 others attempting suicide (WHO, 2016)
• Suicide occurs throughout the lifespan and is the 2nd leading cause of death among 15-29 year olds globally (WHO, 2016)
• Suicide accounted for 1.4% of all deaths worldwide, making it the 18th leading cause of death in 2016 (WHO, 2016)
• Suicide rates are also high amongst vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; lesbian, gay, bisexual, transgender, intersex (LGBTI) persons; and prisoners (WHO, 2016)
• A prior suicide attempt is the single most important risk factor for suicide in the general population (WHO, 2016)
• As of 2014, suicide rates in the United States were 24% higher than in 1999, an increase for both males and females ages 75 and younger (Curtin, Warner, & Hedegaard, 2016)
• Suicide rates of females increased significantly among all racial and ethnic groups, except non-Hispanic Asian or Pacific Islanders. This increase is especially true for non-Hispanic American Indian or Alaska Native females (89%) and non-Hispanic white females (60%), compared to a 38% increase among non-Hispanic American Indian or Alaska Native males and a 28% increase among non-Hispanic white males (Curtin, Warner, & Hedegaard, 2016)
• As of 2013, there were 41,149 (112.7/day) national suicides, accounting for 1.6% of deaths (Drapeau & McIntosh, 2015)
• 32,055 men (87.8/day) died by suicide versus 9,094 females (24.9/day) in 2013 (Drapeau & McIntosh, 2015)
• Average of 1 person every 12.8 minutes killed themselves and an average of 1 younger person every 1 hour and 48 minutes killed themselves in 2014 (Drapeau & McIntosh, 2015)
• It is estimated that each committed suicide intimately affects at least 6 other people (Drapeau & McIntosh, 2015)
• The suicide rates among black youth have significantly increased (from 1.36 to 2.54 per 1 million) and among white youth have decreased (from 1.14 to 0.77 per 1 million) (Bridge, Asti, Horowitz, Greenhouse, Fontanella, Sheftall, Kelleher, & Camp, 2015)
• Each year more than 34,000 individuals take their own life (National Alliance on Mental Illness [NAMI], 2015)
• Suicide is the 10th leading cause of death among adults in the U.S. and the 3rd leading cause of death among adolescents (NAMI, 2015)
• Research has found that about 90% of individuals who die by suicide experience mental illness (NAMI, 2015)
• Experiencing a mental illness is the number one risk factor for suicide (NAMI, 2015)
• A nationwide survey of youth in grades 9–12 in public and private schools in the United States (U.S.) found that (CDC, 2014):
  o 16% of students reported seriously considering suicide,
  o 13% reported creating a plan
  o 8% reporting trying to take their own life in the 12 months preceding the survey.
• In 2011, youth 15 to 24 years made up 16.3% of deaths by suicide (4,822/year and 13.2/day) (McIntosh & Drapeau, 2014).
• Peer victimization in children and adolescents is associated with higher rates of suicidal ideation and suicide attempts (Van Geel, Vedder, & Tanilon, 2014)
• Cyberbullying was strongly related suicidal ideation in comparison with traditional bullying (Van Geel, Vedder, & Tanilon, 2014)

Self-Harm & Suicide in Missouri
• More than 1 in 10 youth (14.1%) in Missouri reported that they considered suicide in the last year and 10.9% made a plan to attempt suicide (Missouri Institute of Mental Health [MIMH], 2018)
• Of youth who attempted suicide in Missouri, 22% had attempts that resulted in injury. The majority of those who attempted did so only once (MIMH, 2018)
In 2018, rates of suicide attempts were highest among 10th grade students in Missouri at 7.41% followed by 8th grade students at 6.83% (MIMH, 2018).

In 2018, rates of suicidal thoughts were highest among 10th grade students in Missouri at 18.55% followed by 11th grade students at 17.18% (MIMH, 2018).

Missouri is ranked 13th highest in the nation with a suicide rate of 18.27 in 2016 (per 100,000, age-adjusted). The national rate is 13.42 (MIMH, 2018).

Over 1,000 Missourians died by suicide in 2016 (MIMH, 2018).

On average, 1 person dies by suicide every 7 hours in Missouri (MIMH, 2018).

Suicide is the 10th leading cause of death in Missouri and nationally (MIMH, 2018).

Rates of suicide have increased by over 30% since 1999 (MIMH, 2018).

76% of those who died by suicide were male and 92% were Caucasian (MIMH, 2018).

About 14% of students reported attempting to harm themselves in a deliberate, but not suicidal, way (Missouri Institute of Mental Health [MIMH], 2018).

Females (24.6%) were much more likely than males to report self-harm (14.4%) (MIMH, 2018).

In 2013, Missouri had 960 deaths by suicide, raising the rate of suicide to 15.9/100,000, more than the national average of 13 suicides/100,000 people (Drapeau & McIntosh, 2015).

Mental Health

- Approximately 1 in 5 children and youth in the US experience a serious emotional disturbance, yet only 20% of them receive the help they need (Centers for Disease Control and Prevention [CDC], 2019).
- Trauma, social isolation, and bullying are highly correlated with the development of a serious mental, emotional, or behavioral disorder such as anxiety, depression, or attention deficit/hyperactivity disorder (CDC, 2019).
- Students who have dealt with prior trauma and have also experienced high resiliency, increased family communication and school connectedness, and access to positive peer role models, exhibit fewer symptoms of mental health distress (Clements-Nolle & Waddington, 2019).
- Rates of depression, self-harm, and suicide among adolescents in the US have steadily increased over the last 10 or so years, particularly among adolescent girls (George, 2019).
- What teens post and view online is linked to their risk for depression and self-harm, especially for groups of vulnerable adolescents (George, 2019).
- Experience of bullying and cyberbullying are also associated with the development of low self-esteem, depression, anxiety, family problems, academic difficulties, delinquency, school violence, and suicidal thoughts and attempts (Hinduja, 2018).
- More than 3 in 10 students in Missouri were unsure of where to get help and a similar number didn’t feel like they had healthy coping mechanisms (Missouri Institute of Mental Health [MIMH], 2018).
- Social media is associated with mental health problems, which includes depression, sleep disturbances, and eating concerns, among young adults (Costello & Ramo, 2017).
- Adults who have experienced an adverse childhood experience, also known as ACEs, were more likely to have attempted suicide (Choi, Dinitto, Marti, & Segal, 2017). An ACE might be considered one of the following: psychological abuse, physical abuse, sexual abuse, emotional or physical neglect, witnessing violence, parents’ separation or divorce, etc.
- Social media (SM) use was significantly associated with increased depression in young adults (Lin et al., 2016).
- There is an increased risk of young adult mental health problems such as anxiety, depression, and self-harm or suicidality in children who were bullied by peers whether or not they had a history of maltreatment by adults (Lereya, Copeland, Costello, & Wolke, 2015).
- Research suggests that being bullied has similar and in some cases worse long-term adverse effects on young adults’ mental health than being maltreated (Lereya, Copeland, Costello, & Wolke, 2015).
- Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems (CDC, 2015).
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Teens who are cyberbullied are more likely to suffer from depression (Hamm, Newton, & Chisholm, 2015).

There is a strong association between bullying and suicide-related behaviors (Reed, Nugent, & Cooper, 2015).

Discrimination & Vulnerable Populations

- Homophobic school climates are related to increased victimization for sexual minority youth, which can lead to increased risk of adverse mental health outcomes (Proulx et al., 2019).
- Students in states with a greater proportion of LGBTQ-inclusive educational environments have lower odds of experiencing school-based victimization and adverse mental health (Proulx et al., 2019).
- Black students are also disproportionately likely to be victims of harassment or bullying in school, making up 35% of the students who reported being bullied or harassed on the basis of their race (U.S. Department of Education & Office for Civil Rights [OCR], 2019).
- Overall, approximately 135,200 individual allegations of harassment or bullying on the basis of sex, race, sexual orientation, disability, or religion were reported during the 2015-2016 school year (U.S. Department of Education & OCR, 2019).
  - 41% of these allegations involved harassment or bullying on the basis of sex — which includes sexual and other sex-based harassment or bullying.
  - 23% of these allegations involved harassment or bullying on the basis of race.
  - 16% involved allegations on the basis of sexual orientation.
  - 11% involved allegations on the basis of disability.
  - 8% involved allegations on the basis of religion or religion.
- Youth who experience homophobic bullying experience fewer negative outcomes if they have supportive friends and family (Espelage et al., 2018).
- Strong, positive, school climates can deter this homophobic bullying and/or reduce harmful consequences to targets (Espelage et al., 2018).
- The prevalence of having been electronically bullied was higher among gay, lesbian, and bisexual (27.1%) and not sure (22.0%) than heterosexual (13.3%) students (US Department of Health and Human Services, Centers for Disease Control and Prevention [CDC], 2018).
- 59.5% of LGBTQ students felt unsafe at school because of their sexual orientation, 44.6% because of their gender expression, and 35.0% because of their gender (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- 34.8% of LGBTQ students missed at least one entire day of school in the past month because they felt unsafe or uncomfortable, 10.5% missed four or more days in the past month (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- 70.1% of LGBTQ students experienced verbal harassment (e.g., called names or threatened) at school based on sexual orientation, 59.1% based on gender expression, and 53.2% based on gender (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- 12.4% of LGBTQ students were physically assaulted (e.g., punched, kicked, injured with a weapon) in the past year based on sexual orientation, 11.2% based on gender expression, and 10.0% based on gender (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- A sizable number of LGBTQ students were also bullied or harassed at school based on other characteristics — 26.9% based on religion, 25.6% based on actual or perceived race or ethnicity, and 25.5% based on actual or perceived disability (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- 48.7% of LGBTQ students experienced electronic harassment in the past year (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- 60.4% of the students who identify as LGBTQ did report an incident said that school staff did nothing in response or told the student to ignore it (Kosciw, Greytak, Zongrone, Clark, & Truong, 2018).
- Students with specific learning disabilities, autism spectrum disorder, emotional and behavior disorders, other health impairments, and speech or language impairments report greater rates of bullying than their peers without disabilities (Rose & Gage, 2017).
More than 2 in 5 (42%) Muslims with children in K–12 school report bullying of their children because of their faith, compared with 23% of Jewish people, 20% of Protestants, and 6% of Catholics (Institute for Social Policy and Understanding, 2017)

A teacher or other school official is reported to have been involved in 1 in 4 bullying incidents involving Muslims (Institute for Social Policy and Understanding, 2017)

Muslims (38%) and Jews (27%) are most likely to express fear for their personal safety or that of their family (Institute for Social Policy and Understanding, 2017)

The reasons for being bullied reported most often by students include physical appearance, race/ethnicity, gender, disability, religion, sexual orientation (National Center for Education Statistics [NCES], 2016)

17% of students reported experiencing one type of bias-based bullying, with gender, race and disability being the most common categories targeted (NCES, 2016)

Victims of multiple bias-based bullying had the worst outcomes with regards to their fear of being harmed, school avoidance, and negative effects on their physical, psychological and academic well-being (NCES, 2016)

Targets of multiple bias-based bullying (or bullying based on 2 or more aspects of their social identity) had the worst outcomes in three areas: fear of being harmed, school avoidance, and negative effects on their physical, psychological and academic well-being (NCES, 2016)

In a 2015, nearly 34% of high school students who identified as lesbian, gay or bisexual reported being bullied, compared to 19% of their heterosexual peers. These students also are at significantly higher risk of reported suicidal behaviors, substance use, and depression (Kann et al., 2016).

Students in special education reported more physical and emotional harm as well as more psychological distress as a result of their victimization (Hartley, Bauman, Nixon, & Davis, 2015)

Self-reported rates of verbal and relational victimization were similar, but physical victimization was more often reported among students in special education (Hartley, Bauman, Nixon, & Davis, 2015)

In addition, adult teachers and staff were more likely to verbally, relationally, and physically bully students in special education, according to student self-report (Hartley, Bauman, Nixon, & Davis, 2015)

A 2009 survey of 7,000 LGBT aged 13-21 revealed that because of their sexual orientation (Center for Disease Control and Prevention [CDC], 2014):

- 8 of 10 students had been verbally harassed at school
- 4 of 10 had been physically harassed at school
- 6 of 10 felt unsafe at school
- 1 of 5 had been the victim of a physical assault at school

A national study of middle and high school students revealed 61% of LGBT students were more likely than their non-LGBT peers to feel “unsafe or uncomfortable as a result of their sexual orientation.” Over 25% of LGBT students reported missing classes or days of school because of feeling unsafe (CDC, 2014)

Compared with LGBT young adults who experienced very little or no parental rejection, LGBT young adults who experienced high levels of rejection were (Center for Disease Control and Prevention [CDC], 2014).

- Nearly 6 times as likely to have high levels of depression;
- More than 8 times as likely to have attempted suicide;

Students with disabilities reported feeling depressed even more frequently (Eagan et al., 2014)

More than 22% of students on the autism spectrum or with Asperger’s syndrome reported being depressed frequently (Eagan et al., 2014)

About 17% of students with physical disabilities said they were frequently depressed, as did those with ADHD and chronic illnesses like cancer and diabetes (Eagan et al., 2014)

Just over 15% of students with learning disabilities reported frequently feeling depressed (Eagan et al., 2014)

Among overweight adolescents, 61% have received mean or embarrassing posts online and 59% have received mean texts, e-mails or instant messages (Anderson, Breshnahan, & Musatics, 2014)

Bullying Intervention

- Individuals who are more likely to intervene upon witnessing bullying behavior are girls, who have high empathy and low moral disengagement, are popular and well-liked by their peers, and perceive supportive relationships with their parents, teachers, and schools (Lambe et al., 2019)
• Students who experienced cyberbullying (both as targets and aggressors) perceived a poorer climate at their school than those who had not experienced cyberbullying (Hinduja & Patchin, 2018)
• Students should fully understand that cyberbullying will result in discipline, which recent research shows has had a meaningful effect on youth in terms of deterring cyberbullying behaviors (Hinduja & Patchin, 2018)
• Anti-bullying programs effectively reduce school-bullying perpetration by approximately 19 – 20% (Gaffney, Ttofi, & Farrington, 2018)
• The results suggest that anti-bullying programs effectively reduce school-bullying victimization by approximately 15 – 16% (Gaffney, Ttofi, & Farrington, 2018)
• Anti-cyberbullying programs effectively reduce cyberbullying perpetration by approximately 10-15% and cyberbullying victimization by approximately 14% (Gaffney, Farrington, Espelage, & Ttofi, 2018)
• Bullying prevention can only be achieved by supporting schools to implement prevention programs through stronger legislation that addresses cyberbullying (Espelage & Hong, 2017)
• Health care providers need to be information of the negative outcomes associated with cyberbullying and how to effectively work with cyberbullying victims (Espelage & Hong, 2017)
• Developing a positive school climate is consistently associated with lower rates of bullying and cyberbullying Behaviors (Hinduja & Patchin, 2016)
• Among almost all students, siblings or friends are most likely to serve as confidants about the bullying, followed by parents or guardians. Teachers or other adults at school are the least likely to be told that a student is being bullied. For both boys and girls, the percentage who tell no one increases substantially as they get older (Luxenberg, Limber, & Olweus, 2015)
• On average, 93% of girls and 82% of boys feel sorry for bullied students, however, among students in high school, fewer than 1/2 indicate that they try to help bullied students (Luxenberg, Limber, & Olweus, 2015)

Violence & Law Enforcement
• In 2017, 6% of students reported that they avoided at least one school activity or class during the previous school year because they thought someone might attack or harm them (National Center for Education Statistics [NCES], 2019)
• About 2% of students ages 12–18 reported being victimized at school (U.S. Department of Education & NCES, 2019)
• Nationwide, 6% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times (US Department of Health and Human Services, Center for Disease Control and Prevention [CDC], 2018)
• Nationwide, 6.7% of students had not gone to school on at least 1 day during the school year because they felt they would be unsafe at school or on their way to or from school (i.e., did not go to school because of safety concerns) (US Department of Health and Human Services, CDC, 2018)
• The prevalence of having not gone to school because of safety concerns was higher among black (9.0%) and Hispanic (9.4%) than white (4.9%) students (US Department of Health and Human Services, CDC, 2018)
• The prevalence of having not gone to school because of safety concerns was higher among gay, lesbian, and bisexual (10.0%) and not sure (10.7%) than heterosexual (6.1%) students (US Department of Health and Human Services, CDC, 2018)
• 17% of children in 5th grade report violent injury, which has risen in prevalence over time (Jetelina et al., 2018)
• There is a strong relationship between bullying behaviors and violent injury over time (Jetelina et al., 2018)
• 1/2 of students aged 13-15 worldwide – around 150 million – report having experienced peer-to-peer violence in and around school (UNICEF, 2018)
• Globally, slightly more than 1 in 3 students aged 13-15 experience bullying, and roughly the same proportion are involved in physical fights (UNICEF, 2018)
• 3 in 10 students in 39 industrialized countries admit to bullying peers (UNICEF, 2018)
• Violence involving weapons in schools, such as knives and guns, continues to claim lives (UNICEF, 2018)
The number of days students in Missouri reported skipping due to safety reasons has increased from 2016, while their perception of school safety has decreased (Missouri Institute for Mental Health [MIMH], 2018).

In the 14-15 school year, 2.7% of students reported being victims of any crime and nearly 1% reported being victims of violent crime (U.S. Department of Justice, 2015).

Individuals who report being bullied were strongly associated with reports of criminal victimization (U.S. Department of Justice, 2015).

Gang activity, drug availability, use of hate speech, presence of weapons, and noncriminal fighting is related to criminal victimization in schools (U.S. Department of Justice, 2015).

Students who are victims of crime in schools were more likely to skip class (4.2%), avoid school activities (3%), and reported experiencing fear of attack or harm 3 times more often (21%) (U.S. Department of Justice, 2015).

In 2011, 3.9% of 9th-12th grade students reported being in a physical fight one or more times in the previous school year that resulted in injuries that had to be treated by a doctor or nurse (CDC, 2014).

94% of SROs agreed that cyberbullying was a serious problem warranting a law enforcement response (Patchin, 2014).

78% of SROs stated that they conducted cyberbullying investigations (an average of 16 separate incidents) during the previous school year (Patchin, 2014).

93% of SROs indicated that sexting was an important concern for law enforcement officers and 67% reported investigating an average of five sexting incidents in the previous year (Patchin, 2014).

References


Missouri Institute of Mental Health (2018). Suicide in Missouri: Where We Stand. Missouri Department of Mental Health, Retrieved from https://dmh.mo.gov/mentalillness/suicide/docs/WhereWeStand.pdf


