

1 out of 4 students will be bullied by another student during their school years.



THE EFFECTS OF BULLYING

Kids that struggle with being bullied can suffer from a variety of complications and problems as a result.

Some of these problems may include:

- Anxiety
- Low self-esteem
- Fear
- Loss of security
- Problems with school work
- Difficulty concentrating
- Social Isolation
- Powerlessness

Even kids that witness bullying can experience some of these problems out of fear of being bullied themselves.

A bully is more likely to have problems in their future such as substance abuse, fighting, and trouble in school because of behavioral problems.

Some Facts About BULLYING

References:
COPS
CDC.gov
bullyfree.com
stopbullying.gov
girlshealth.gov

Think Before You Speak

T

Is it **TRUE?**

H

Is it **HELPFUL?**

I

Is it **INSPIRING?**

N

Is it **NECESSARY?**

K

Is it **KIND?**

Types of bullying include:

Physical

Verbal

Social

Cyberbullying is also becoming a growing problem.

Most importantly, of all the facts, bullying is learned behavior and can be changed. And YOU can be the ones that make the changes happen to reduce the negative outcomes that result from bullying.