



STOMP OUT SCHOOL BULLYING

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Bullying is defined as unwanted, aggressive behavior among school aged youth that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.


Bullying includes actions such as:

making threat

spreading rumors

attacking someone physically or verbally

excluding someone from a group on purpose.

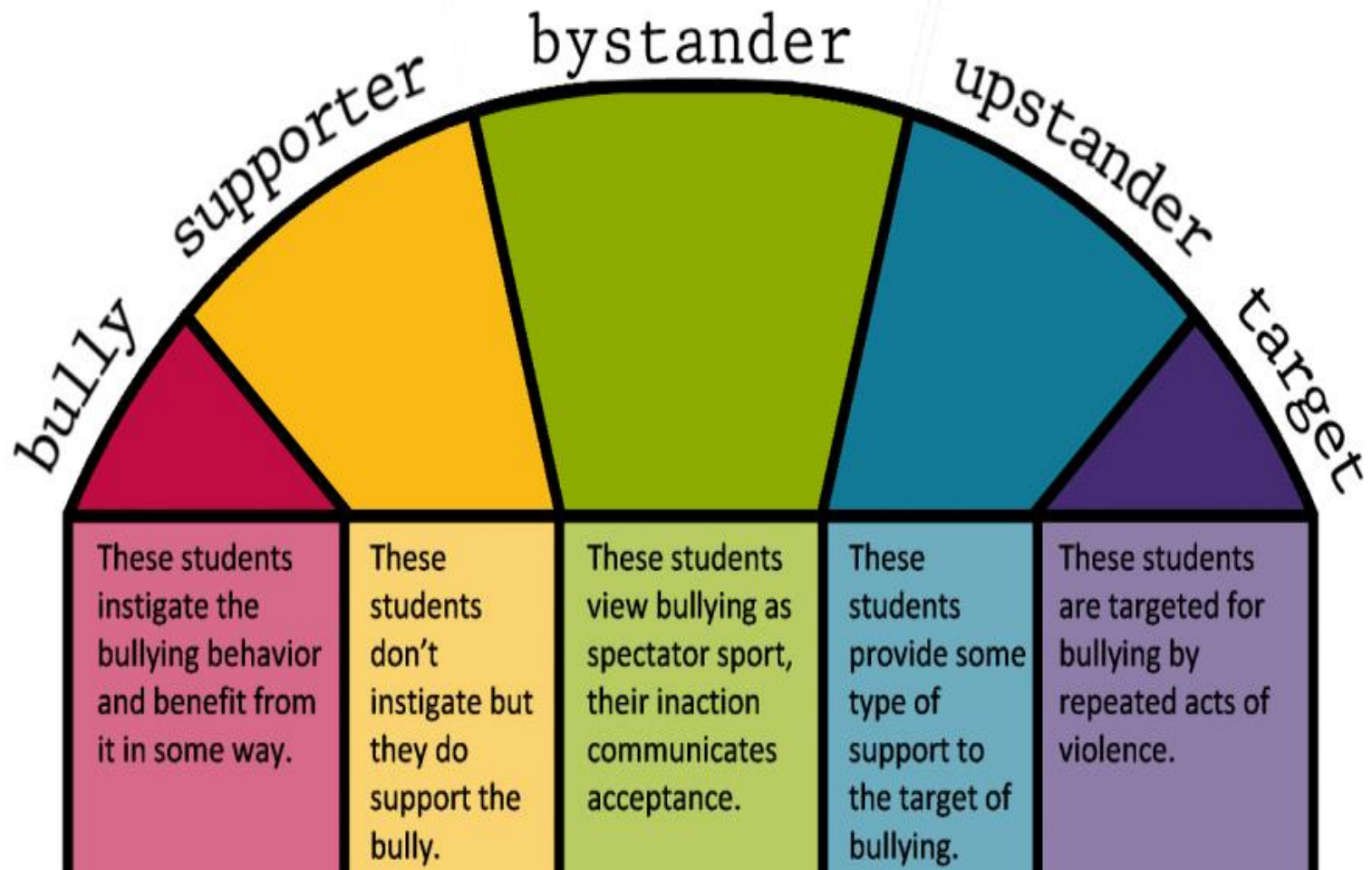


Over 3.2 million students are victims
of bullying each year.

Approximately 160,000 teens skip
school every day because of bullying.

90% of 4th through 8th graders report
being victims of bullying.

DYNAMICS OF A BULLYING INCIDENT



Risky behavior of a bully

Often engage in other violent and risky behaviors

Abuse alcohol & drugs

Get into frequent fights

Vandalism

Increased sexual activity

Have criminal convictions and traffic citations

Abusive in relationships with partners, family and friends

Risk factors for becoming a Bully

- Aggressive or easily frustrated
- Little to no parental involvement
- Issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

Remember, those who bully others do not need to be bigger or stronger than those they bully. The power imbalance can come from a number of sources; popularity, strength, wealth, relationships.



WHAT
BULLYING
LOOKS LIKE

PHYSICAL BULLYING



VERBAL/SOCIAL BULLYING



CYBER BULLYING



CYBER BULLYING

- Over 81% of teens admit that bullying is easier to get away with online
- About 20% of kids that are cyber bullied think about suicide.
- 1 to 10 kids that are cyber bullied do not tell their parents
- Only 1 of 5 cyber bullying incidents are reported to authorities

Effects of Bullying on Victims

- Depression & Anxiety
- Increased feelings of sadness & loneliness
- Changes in sleep patterns
- Changes in eating patterns
- Loss of interest in activities
- Health complaints
 - Stomach aches
 - Headaches
 - “Just don’t feel good”
- Decreased academic achievement
- Decreased school participation
- Increased school absenteeism

SUICIDES CAUSED BY BULLYING

- Victims are 7-9% more likely to commit suicide
- In the United States over 30,000 students have committed suicide in 2014.
- 16% actually consider suicide
- 13% create a plan
- 8% have seriously attempted suicide
- 80% of students have depression symptoms due to being bullied
- rates for suicide among 10 to 14 year olds has grown 50% over the last three decade

STORIES OF SUICIDE

- In 2012 a 15 year old girl jumped in front of a bus
- In 2014 a 15 year old boy in Connecticut committed suicide by shooting himself
- In 2014 a 14 year old girl killed herself after years of peer bullying and cyber bullying
- Ty Smalley 11 years old took his life after years of bullying
- 4 year old girl took gun out of dads closet
- 15 year old high school student hung himself in nurses office bathroom with his own belt

SCHOOL SHOOTING CAUSED BY BULLYING

- Out of 48 school shooters 40% of them stated they had been bullied and that was their motive for the shooting
- 54% of secondary students who were bullied were school shooters or had a plan.

STORIES ABOUT SCHOOL SHOOTINGS CAUSED BY BULLYING


- Columbine- April of 1999
- Madison Jr/Sr High School- February of 2016
- Umpqua Community College- October of 2015
- Virginia Tech- April of 2007
- In the 1990s there were 46 school shootings
- From 2000 to 2009 there were 50 school shootings
- From 2010 to 2016 there have been 100 school shootings

A solid red heart is positioned in the center of the text, overlapping the words "know first" and "completely".

As a Victim of bullying for many
years, I know first hand what it's
to feel completely alone and to hate
yourself.

AS A VICTIM OF BULLYING

- For 7 years I let bullying slip by
- I was in the 7th grade when I was extremely hurt by bullying both in a physical way and in an online way
- I thought that I was alone I didn't think anyone knew what I was going through
- I sat down with many of my peers and they too knew what it felt like to be bullied

- 
- I then became extremely driven to create away to put a stop to school bullying
 - And so here I am with my creation to put a stop to bullying

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

— Ralph Waldo Emerson



GetHappyTips.com

Resources

- stopbullying.gov
- thebullyingproject.com
- National Bullying Prevention Center –
PACER Center
www.pacer.org/bullying