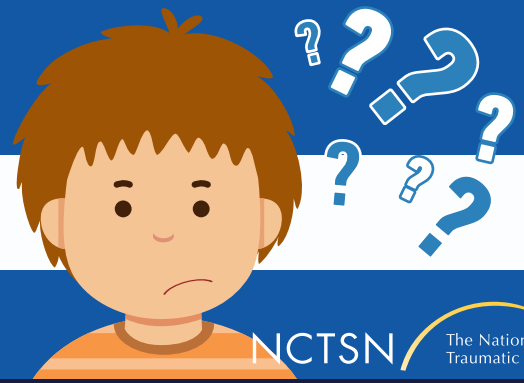


UNDERSTANDING THE COMPLEXITY OF BULLYING



Bullying is unsolicited, repetitive, and intentionally hurtful behavior towards an individual or group with less social/physical power. Exposure to trauma and violence by youth results in higher likelihood of both being a target of bullying and/or bullying others and an increased level of distress or desensitization towards bullying. Children who experience traumatic stress do not all react identical.

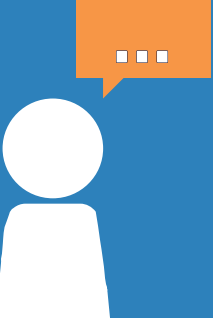
IMPACTS OF BULLYING



- Short temper
- Chronic stress and anxiety
- Social avoidance
- Separation anxiety



- Loneliness and isolation
- Poor academic performance
- Poor self-image



- Poor social skills
- Disrupted eating patterns
- Suicidal/homicidal ideas or actions



- Depression
- Disrupted sleeping patterns
- Health complications
- Fatigue/exhaustion

Effects may be short term for some children, but for others, they may last and impact them even through adulthood

ENVIRONMENT MATTERS

A negative school climate or violent household can often shape and perpetuate the negative behaviors of both children and of adults.

A hostile environment can effect bystanders who witness, but aren't the target of, bullying. They may also experience emotional distress.

While youth do need to be taught accountability, consider that their actions are typically a product of their environment.