

Bullying Among Middle School Students

Results from the 2017 Vermont Youth Risk Behavior Survey

Consequences of bullying impact all students, including those who have been bullied, bullied others, or witnessed bullying. Bullying is linked to many negative outcomes including physical, psychological, and academic effects.¹ Those who are both bullied and bully others may be at greater risk for negative outcomes.

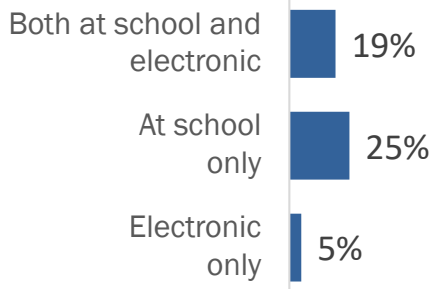
Bullying is defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying occurs through texting, Instagram, Facebook, or other social media sources.²

Lifetime and Recent Bullying

During their lifetime

Nearly 1 in 2 students have been bullied.

Types of Bullying Experienced



During the past 30 days

22% of students were bullied.



8% said they bullied someone else.

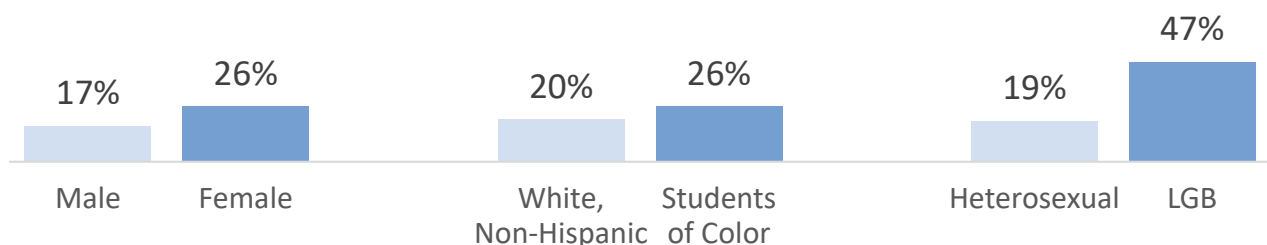


8 in 10 bullies also report ever being the victim of bullying (a bully-victim) (6% of students)

Who's at Risk?

No single factor puts someone at risk of being bullied. However, depending on the environment, some groups may be at an increased risk of being bullied.¹ In Vermont, female students, students of color, and sexual minorities are more likely to report being bullied compared to their peers.

Were Bullied, Past 30 Days





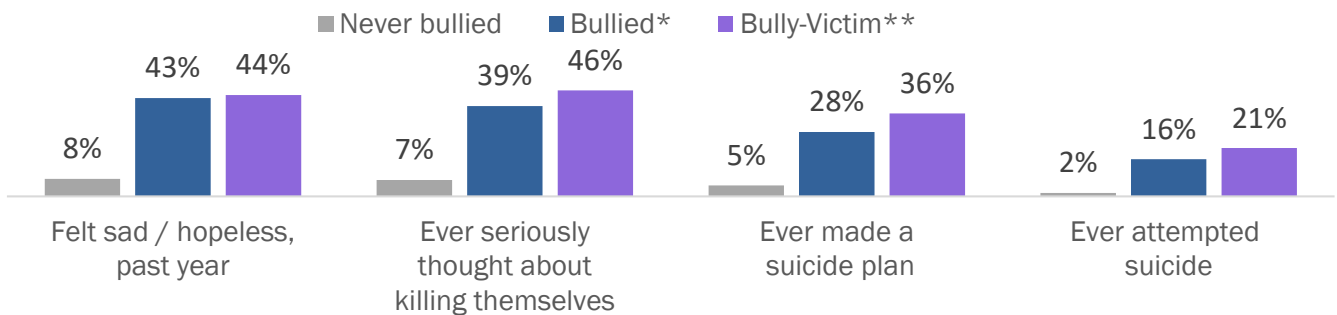
Bullying among youth is a serious problem.

Being bullied is significantly associated with negative outcomes including depression, suicide ideation, skipping school, and substance use. Students who were bullied during the past 30 days are significantly more likely to report risk behaviors compared to students ever bullied (data not shown) and those never bullied. Bully-victims are more likely to experience suicidal ideation and substance use compared to those who were bullied.



Mental Health

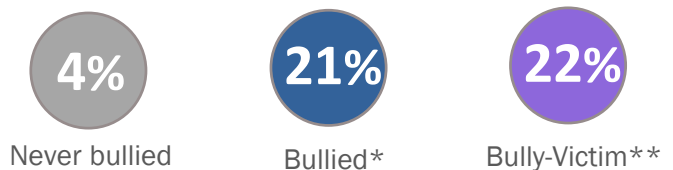
Students who were bullied are more than 5 times as likely as their peers to experience symptoms of depression and suicide ideation. Students who have been the victim of bullying and bullied others are significantly more likely to report suicide ideation than those recently or never bullied.



Absenteeism

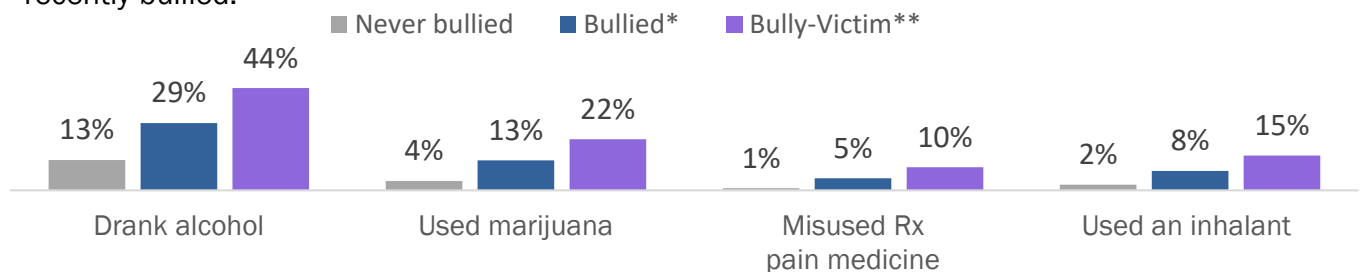
Students bullied during the past 30 days or were a bully-victim are 5 times as likely as their peers to miss school due to safety concerns.

Skipped School Due to Safety Concerns, Past 30 Days



Lifetime Substance Use

Students who were bullied are 2 to 4 times as likely as students never bullied to ever use alcohol, marijuana, prescription pain relievers, and inhalants. Victims of bullying and who bullied others during the past 30 days are significantly more likely to use substances compared to those recently bullied.



* Bullied: those who were bullied during the past 30 days.

** Bully-Victim: those who have ever been bullied and bullied someone else during the past 30 days.

¹ For more information about bullying and what you can do visit: <https://www.stopbullying.gov/>

² For more information about the YRBS and School Health Profiles visit: www.healthvermont.gov/yrbs

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