



October is National Bullying Prevention Month

Take the first step in making a difference and supporting bullying prevention by taking or retaking the BSA Youth Protection Training segment on Bullying.

The short video (12 Min) backs a powerful message and national quality information about making a difference in the lives of young people who every day experience bullying from their peers while at school, after school in their neighborhoods, and even when they are at home, through social media and texts. Our Scout Law set of values incorporates 12 principles a scout lives by and right in the center, at its heart, is the antithesis of bullying with the commitment that: "**A Scout is kind.**"

What is bullying?

The CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. The effects of bullying can be serious, including depression, low self-esteem, health problems, and even suicide.

Common types of bullying include:

- **Physical** such as hitting, kicking, and tripping
- **Verbal** including name-calling and teasing
- **Relational/social** such as spreading rumors and leaving out of the group
- **Damage to property of the victim**

Bullying can also occur through technology, which is called cyberbullying.

How big is the problem?

Bullying is widespread in the United States. Bullying negatively impacts all youth involved including those who are bullied, those who bully others, and those who witness bullying, known as bystanders.

- **Bullying is common.** About 1 in 5 high school students reported being bullied on school property and more than 1 in 6 high school students reported being bullied electronically in the last year.



- **Bullying is a frequent discipline problem.** Nearly 14% of public schools report that bullying is a discipline problem occurring daily or at least once a week.




Reports of bullying are highest in middle schools (28%) followed by high schools (16%), combined schools (12%), and primary schools (9%).

Reports of cyberbullying are highest in middle schools (33%) followed by high schools (30%), combined schools (20%), and primary schools (5%). Preventing Bullying

1 in 5 high school students reported being **bullied** at school in the last year.



Common types of bullying:

Physical	Verbal	Social
hitting, kicking, punching, spitting, tripping, pushing	teasing, name calling, inappropriate sexual comments, or verbal or written threats	excluding someone, spreading rumors, making embarrassing comments
		

The above information from www.cdc.gov > [bullyingresearch](#) > [fastfact](#).