The Real Impact of BULLYING on Teen Mental Health



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Check in question...

Have you (or a friend) ever experienced bullying?
What happened?
How did it make you feel?



What this training is about

- Define Bullying
- Explore Exclusionary Behaviors (exclusion & microaggressions)
- Learn the Mental Health Impact of Bullying
- Discuss Prevention and Safety
- Review Resources

Defining Bullying

In 2014, the Centers for Disease Control and Department of Education released the first federal definition of bullying:

Any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners.

It involves an **observed or perceived power imbalance**, and is repeated multiple times or is highly likely to be **repeated**.

Bullying may inflict harm or distress on the victim including **physical, psychological, social, or educational harm.**

Common types of bullying include:

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

Sourced from CDC 2024

As of 2024:



1 in 5 High school students reported being bullied on school property in the past year.

1 in 6 High school students reported being bullied **electronically** in the past year including through **texting and social media**

Sourced from CDC 2024

Defining Exclusion

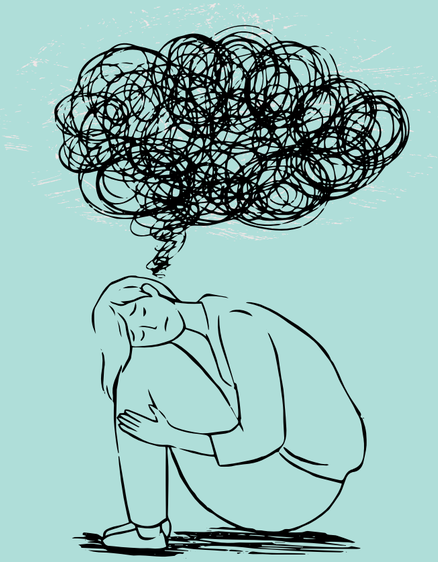
“Excluding someone repeatedly, aggressively and on purpose with the intent to cause emotional harm to them”

- Leaving someone out on purpose when you know they will be hurt by your actions.
- Telling other students not to be friends with someone.
- Embarrassing someone in public when someone tries to approach the group

Sourced from Defeat The Label

Exclusion can cause an individual to:

- believe something is wrong with who they are
- focus on their shortcomings
- blame themselves for actions
- have embedded insecurities exacerbated (such as not being good enough)



Long-term alienation can lead to **depression, anger and poor self-esteem**.

Sourced from PsychCentral

Defining Microaggressions

Indirect, subtle, or unintentional discrimination against members of a marginalized group.

Microaggressions are verbal or nonverbal insults that target a person's **ethnicity, country of origin, race, age, gender, sexuality, disability status, religious affiliation, or economic status.**

Many people who commit microaggressions don't mean to cause any harm.

But their impact can be devastating, especially over time.

Sourced from Mental Health America

Types of microaggressions

- Microinvalidations - comments that dismiss or deny a person's own lived experience
- Microinsults - indirect insults—often unintentional—directed against others based on their marginalized status
- Microassaults - deliberate slights and insults committed with the intention of hurting someone based on their marginalized status



Sourced from Mental Health America

Mental Health Impact

Kids who are bullied are more likely to experience:



Depression

Health Complaints

Self-Esteem Issues

Anxiety

Struggles with friendships

Decreased Academic Achievement

Risky Behaviors



Sourced from StopBullying.Gov

Although most kids who are bullied do not experience suicidal thoughts or self-harm,

there is a strong connection between those who do present signs of suicide and a history of bullying.



988
SUICIDE & CRISIS
LIFELINE

Sourced from StopBullying.Gov

How to Prevent Bullying & Exclusion

- If you're experiencing bullying or noticing bullying or exclusionary behaviors, **notify a trusted adult**
- **Be an "upstander"**: an upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying
- **Parents, school staff, and other caring adults** can:
  - Help kids understand bullying and how to stand up to it safely.
  - Keep the lines of communication open by checking in with kids often and listening to them.
  - Encourage kids to do what they love so they can build confidence and make friends.
  - Model how to treat others with kindness and respect ❤️
- **Create awareness** – share this information with your friends and family!

Sourced from CDC 2024

Resources

If you are in **crisis**, **call or text 988** – staffed by mental health counselors who can provide support at any time of day (24/7)

988
SUICIDE & CRISIS LIFELINE



If you need to talk to someone at school:

- School counselors
- Family Resource Advocate (FRA)
- Community Health Center
- Center for Human Services ***<insert names here>***

Sources

- Bullying | Youth Violence Prevention | CDC
- Stopbullying.gov
- Is Social Exclusion Bullying? | Defeat The Label
- PsychCentral: Ostracized from Group? It May be Bullying by Social Exclusion
- MentalHealthAmerica: Microaggressions: What they are, how they impact people, and how to respond
- Get Help - 988 Lifeline