

# Why Focus on Bully-Proofing? Troubling Answers from Research

1. Increased acts of school violence are linked to bullying (Sullivan, 2004).
2. A class and school with a bullying culture will make significantly less academic progress than a comparable bully-free group (Cleary, 2001).
3. Increased exposure to violence in the media through video games, music videos, television and movies has influenced bullying behavior (Sullivan, 2004).
4. Addressing bullying actually increases student achievement by reducing fear in students (Feinstein, 2004).
5. Bullying causes the portion of the brain known as the amygdala to close the gateway to the brain and impede learning. There is a strong correlation between a student's self-concept and academic achievement (Feinstein, 2004).
6. Pepler (1998) found that peers were present for 85% of bullying episodes, yet intervened in only 10% of bullying incidents. Adults intervened in 4% of bullying incidents.
7. Pepler's work also revealed that two-thirds of those students believe that schools respond poorly, infrequently, or ineffectively.
8. Bullies are more likely to participate in risky behaviors such as drinking, drug use, and smoking (Journal of the American Medical Association, 2001).
9. Girls report that emotional bullying is as damaging psychologically as physical bullying (Galen, 1997).
10. Students are less likely to intervene in bullying situations in schools that tolerate bullying (Jeffrey, 2001).
11. One study found that out of all the students who had witnessed bullying, only 21% of them reported it because they thought it could not be stopped (Adiar, 2000).
12. Bullying impacts the social dynamic in the school in a negative way. In one study, peers showed respect to the bully during 74% of the bullying episodes, and showed respect to the victim in only 23% of the episodes (Pepler, 1997).
13. In an extensive study of middle and high school students who identified the three worst things to ever happen to them in their life, the death of a parent was first followed by bullying (Lind, 1996).

14. Strong links exist between school bullying and future domestic abuse (Cullingford, 1997).
15. A 2001 survey by the Center for the Prevention of School Violence found that 39% of parents feared for their child's safety at school.
16. A survey of middle school students conducted by i-Safe America found that:
  - 35% had been threatened online
  - 42% had been bullied online
  - 58% had not told a parent or adult about being bullied online
17. A 2001 national survey conducted by the National Institute of Child Health and Human Development found that 3.7 million children engage in bullying behaviors several times a week.
18. Bullying among sixth grade males is sometimes associated with popularity (Holt, 2001).
19. Research reveals various forms of bullying behavior (Harris, 2000).
 

▪ Name calling	75%	Being left out of activities	67%
▪ Teasing	62%	Hit/kicked	46%
▪ Threatened	42%		
20. Research reveals the location that bullying takes place varies widely (Harris, 2000).
 

▪ Classroom	83%	Lunchroom	75%
▪ Extra-curricular events	64%	Initiation into clubs/teams	50%
▪ On the way home from school	39%	On the way to school	30%