

BULLYING IN NC:

Insights from the YRBS



What is Bullying?

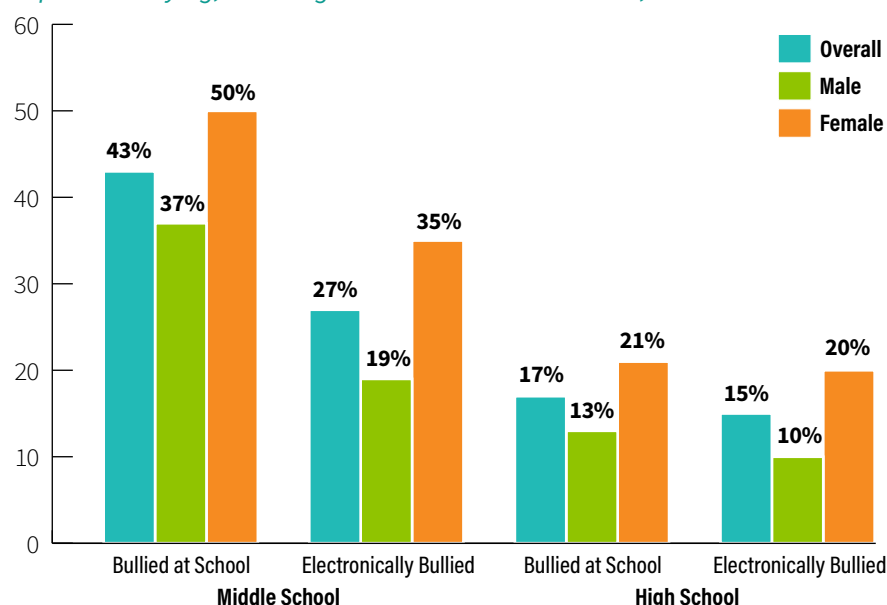
Bullying is unwanted aggressive behavior by one individual or group of individuals to another that involves a power imbalance and is repeated or likely to be repeated. It is not classified as bullying when it occurs between siblings or romantic partners.

Bullying can consist of verbal, social, or physical bullying. Verbal bullying includes saying or writing hurtful things, social bullying involves diminishing someone's reputation or relationships and physical bullying involves hurting someone's body or property.

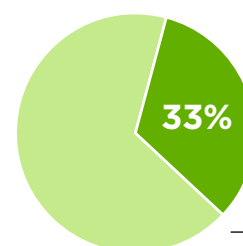
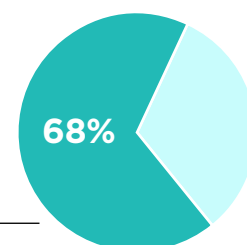
Bullying can be on or outside school property or online, referred to as electronic bullying or cyberbullying.

Warning signs that a child is being bullied include unexplained injuries, lost or destroyed possessions, frequent headaches or stomach aches, difficulty sleeping, declining grades and decreased self-esteem.

Reported Bullying, YRBS High School and Middle School, 2023



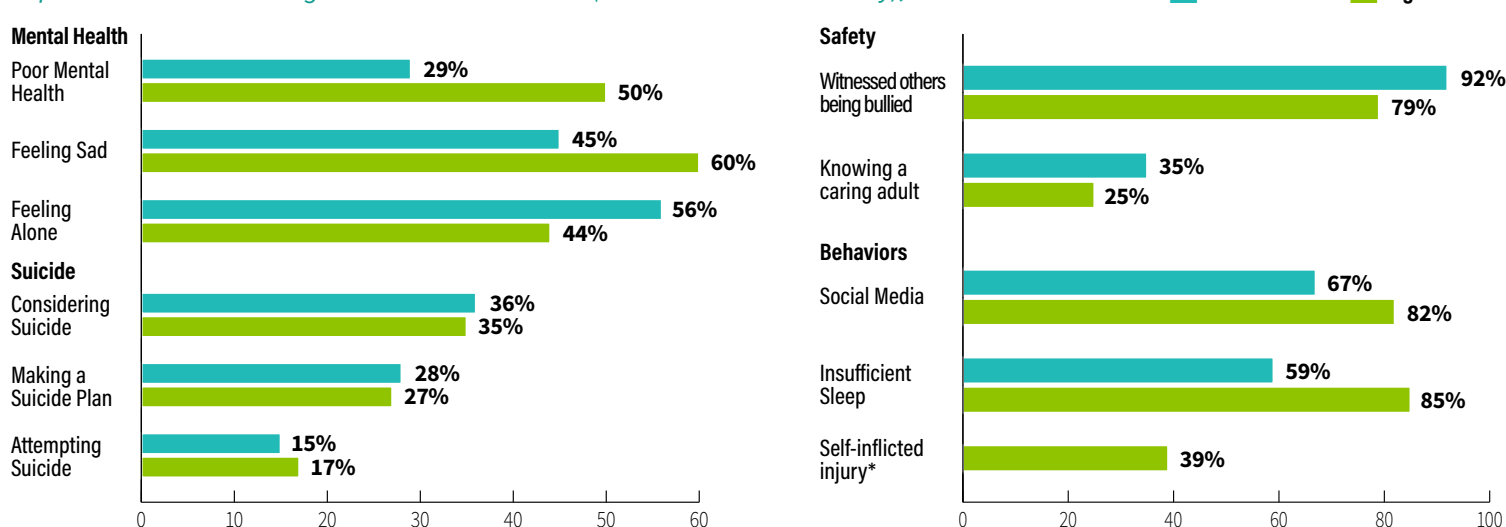
Percentage of students in **Middle School** with a disability who report being bullied



Percentage of students in **High School** with a disability who report being bullied

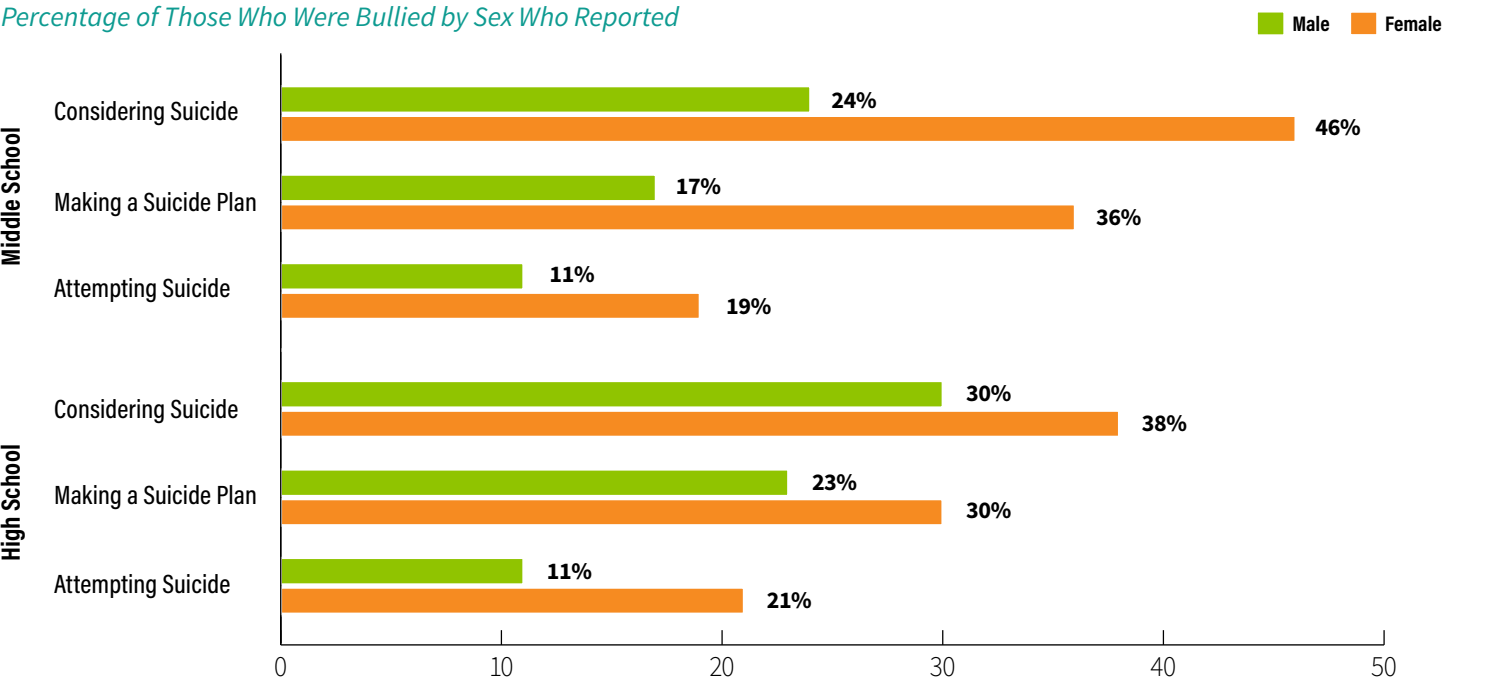
According to the 2023 YRBS in North Carolina, 43% of middle schoolers and 17% of high schoolers reported being bullied at school. This percentage was higher for females in both cases. Those with disabilities report bullying more frequently than those without disabilities. Sixty-eight percent (68%) of middle schoolers with disabilities reported being bullied in the 2023 YRBS. Electronic bullying was also prevalent with 27% of students in middle school and 15% of students in high school reporting electronic bullying.

Reported outcomes among those who were bullied (at school or electronically), YRBS 2023



According to the YRBS 2023, those who were bullied, either on school property or electronically, reported many negative outcomes. Fifty percent (50%) of high schoolers who were bullied reported poor mental health, 60% reported feeling sad, 85% reported insufficient sleep and 39% reported self-inflicted injury. Middle schoolers who were bullied had similar negative outcomes; 56% reported feeling alone, 36% considered suicide and 15% attempted and 92% also witnessed others being bullied.

Percentage of Those Who Were Bullied by Sex Who Reported



Those who were bullied had outcomes that differed by sex. For middle and high schoolers who were bullied, females reported higher percentages of suicide outcomes compared to males. Among middle schoolers who were bullied, 46% of females reported considering suicide, 36% made a suicide plan and 19% attempted suicide. Among high schoolers who were bullied, 38% of females reported considering suicide, 30% made a suicide plan and 21% attempted suicide.

PREVENTION AND RESOURCES

There are several ways to support a child's healthy development and prevent bullying. These include promoting family environments with early childhood home visitations and parenting skills programs, providing quality education early in life, strengthening youth's skills with universal school-based programs, connecting youth to caring adults through mentoring programs or after-school activities, creating protective community environments and intervening to lessen harms and prevent future risk.

Resources for Further Exploration of Bullying and Prevention

- StopBullying.gov** | stopbullying.gov
 Provides resources and information on bullying, cyberbullying and how to get help.
- Centers for Disease Control and Prevention** | <https://www.cdc.gov/youth-violence/about/about-bullying.html>
 Bullying landing page that provides data on bullying in the United States, and information on warning signs, outcomes and prevention.

