



# Mental Health Mondays

## Anti-Bullying Week



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## How Common is Bullying?

About **20%** of students ages 12-18 experience bullying nationwide. Students who reported being bullied said they thought those who bullied them:

- Had the ability to influence other students' perception of them (56%)
- Had more social influence (50%)
- Were physically stronger or larger (40%)
- Had more money (31%)

## Bullying in Schools

- 19% of students grades 9-12 reported being bullied on school property in 12 months prior to a nationwide survey.
- Approximately **46%** of students age 12-18 who were bullied during the school year notified an adult at school about the bullying.



For more information visit:  
[Stopbullying.gov](http://Stopbullying.gov) or scan the QR  
code



## Types of Bullying

Students ages 12-18 experienced various types of bullying including:

- Being the subject of rumors or lies (13.4%)
- Being made fun of, called names, or insulted (13%)
- Pushed, shoved, tripped, or spit on (5.3%)
- Leaving out/exclusion (5.2%)
- Threatened with harm (3.9%)
- Others tried to make them do things they did not want to do (1.9%)
- Property was destroyed on purpose (1.4%)



## What You Can do to Stop Bullying



As an adult in the community, you play an important role in ensuring all children are safe from bullying.

- First, understanding what bullying is and what it is not is critical in forming bullying prevention strategies. It is also good to know what your state's laws are about bullying. Some laws, such as in Washington, D.C., cover community organizations as well as schools.
- Utilize the community action planning toolkit to host anti-bullying events in your community and develop a comprehensive strategy for bullying prevention.
- Explore other Federal and Non-Federal resources that might help you in planning your bullying prevention work.
- If you know or suspect bullying is taking place in the community, learn how to respond.
- Learn more about working in the community, including potential partners and additional strategies.



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