

STOP VIOLENCE IN SCHOOLS! THE EFFECTS OF BULLYING

The Effect on the Victim: Students who are the victims of bullying suffer behavioral consequences, including:

- Loss of an interest in schoolwork.
- Reluctance to attend school; poor attendance.
- Lower grades.
- Limited social contact with peers.
- Mood swings, especially toward depression, irritability, unhappiness, outbursts of anger.
- Report headaches, stomach pains (frequently in the morning before leaving for school), poor appetite, loss of sleep.
- Visible cuts, scratches, bruises.
- Loss of personal property because of theft or extortion.

The Effect on the Bully: Students who bully others also suffer behavioral consequences, including:

- Lower grades.
- Anti-social behaviors, including use of drugs, alcohol and tobacco, and engaging in vandalism.
- Be truant from school.
- Drop out of school.
- Oppositional behavior and defiance directed at adults, including adult authority figures.
- More likely to be convicted of criminal behavior in a court of law.

The Effect on the Bystander / Witness: Students who witness bullying may also suffer behavioral consequences, including:

- Feelings of anger and helplessness for not knowing what to do.
- Nightmares about being the next target.
- Guilt for not taking action.
- Fear of certain areas in school.