

# Bullying Among Youth

## DESCRIPTION

Bullying is a type of youth violence that can be described as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, involving an observed or perceived power imbalance. The behaviors are repeated multiple times or highly likely to be repeated. These instances of violence, either physical, psychological, social or educational, threaten the well-being of youth and can cause a multitude of issues. The harmful effects of bullying are frequently felt by friends and families and can hurt the overall health and safety of schools, neighborhoods, and society.<sup>1</sup>

## HOW WE ARE DOING

In Ramsey County in 2016, 16 percent of students reported being pushed, shoved, slapped, hit or kicked by other students in the 30 days preceding the survey. Of these, four percent experienced this behavior at least once a week. Bullying, overall, tends to decrease as grade levels increase. For example, about 28 percent of 5th graders reported being bullied, while only six percent of 11th graders reported the same.<sup>2</sup> However, looking at individual age groups, 40.6 percent of 12-year-olds reported experiencing this behavior, the highest of all surveyed ages. The percent of students who report that they bullied someone else is lower than the percent of students who report being bullied, for every grade. For those who report that they bullied others, threatening and violent behaviors decrease with age, following the trend of responses for the victims of bullying. Along with this, the gap between students reporting being bullied and those reporting bullying shrinks as grade level increases.<sup>2</sup>

## BENCHMARK INDICATOR

Healthy People 2020<sup>3</sup>: Reduce bullying among students in grades 9-12.

U.S. Target: 17.9 percent of students.

## DISPARITIES

Gender minority and transgender students are far more likely to experience violence, bullying and exclusion within Ramsey County schools. In 2016, 40 percent of 11th graders and 42 percent of 9th graders reported being bullied for their gender expression at least once in the 30 days preceding the survey.<sup>2</sup> Somali students are three times more likely to report being the target of bullying due to their ethnicity (20.5 percent) than are white students.

## RISK FACTORS

While there is no single major predictor for a young person becoming violent, children who have these factors are more likely to bully others<sup>4</sup>: are aggressive or easily frustrated, have less parental involvement or have difficulties at home, think badly of others, have difficulty following rules, view violence in a positive way, and have friends who bully others. There are also risk factors that may help identify children at risk of being bullied: they are perceived as different from their peers in an outward way (being overweight or underweight, being new to a school or environment, or wearing different clothing), seen as weak or unable to defend themselves, are depressed, anxious or have low self-esteem, are less popular and/or have few friends and do not easily get along with others, are seen as annoying or provoking, or antagonize others for attention.

(continued on back)

## Information to note

- Bullying, overall, tends to decrease as grade levels increase.
- 12-year-olds reported experiencing physical violence in Ramsey County schools most often.
- 40.6 percent of 12-year-olds in Ramsey County schools reported being bullied in 2016.

<sup>1</sup> Bullying Research. Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html>. Accessed May 29, 2018.

<sup>2</sup> Minnesota Student Survey 2013-2016. Minnesota Department of Education. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed May 29, 2018.

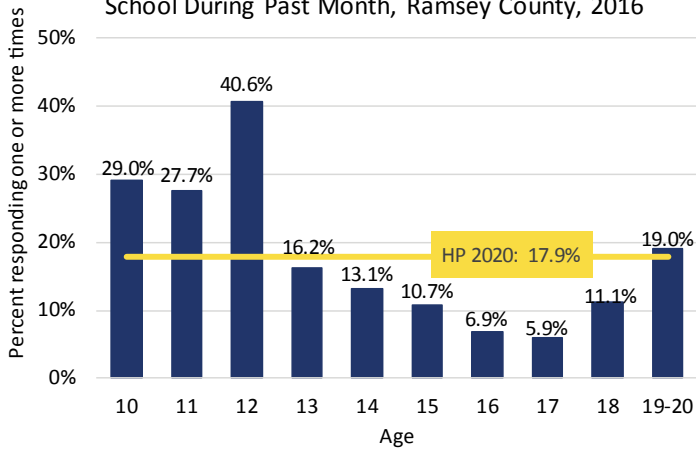
<sup>3</sup> Injury and Violence Prevention. Healthy People 2020. [https://www.healthypeople.gov/node/4773/data\\_details](https://www.healthypeople.gov/node/4773/data_details). Accessed August 2018.

<sup>4</sup> Who is at Risk. Stop Bullying. <https://www.stopbullying.gov/at-risk/index.html>. Accessed March 28, 2018.

## WHAT RAMSEY COUNTY GOVERNMENT IS DOING

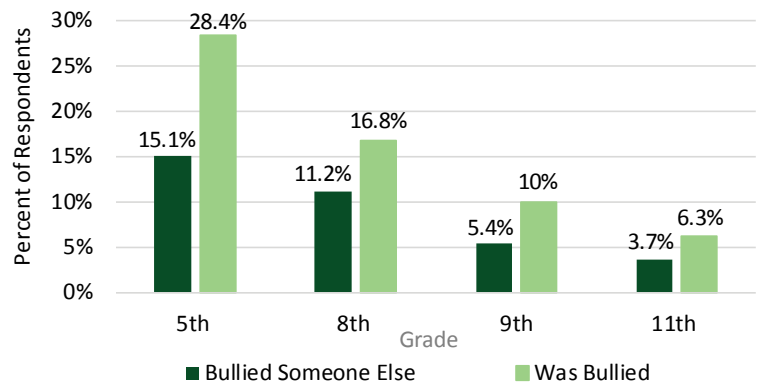
Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.

Youth Who Were Bullied (pushed, shoved, slapped, hit, or kicked) by Other Students at School During Past Month, Ramsey County, 2016



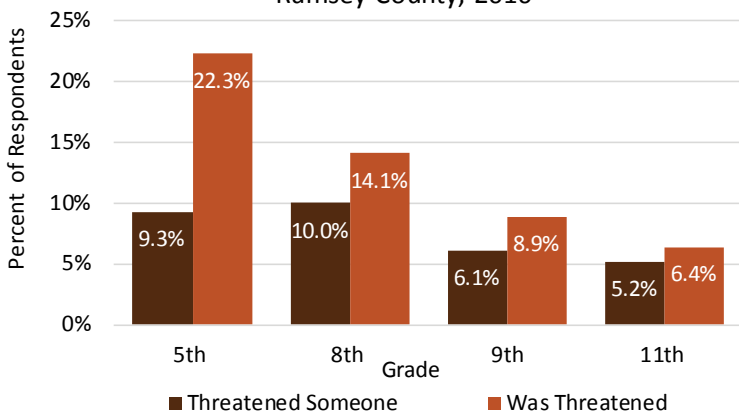
Source: Minnesota Student Survey.<sup>5</sup>

Students Reporting Being Bullied or Bullying Someone Else at School (pushing, shoving, hitting, or kicking) Ramsey County, 2016



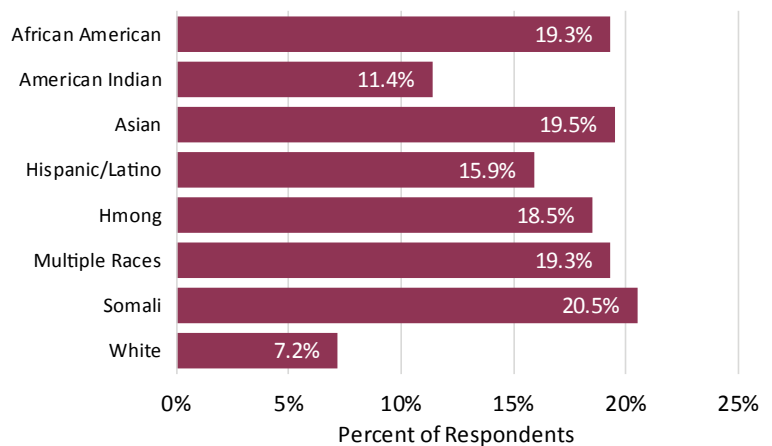
Source: Minnesota Student Survey.<sup>5</sup>

Students Reporting Threatening to Beat Someone Up, or Being Threatened, in Past 30 Days, Ramsey County, 2016



Source: Minnesota Student Survey.<sup>5</sup>

Students Being the Target of Bullying Due to Their Race, Ramsey County, 2016



Source: Minnesota Student Survey.<sup>5</sup>

<sup>5</sup> Minnesota Student Survey. Minnesota Department of Education Website. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed March 23, 2018.