



FACT SHEET

Bullying What is Bullying?

Bullying is a widespread and serious societal problem that has a negative impact on the “target.” (We do not use the term ‘victim.’)

It is not a “phase” youth have to go through. It is not “just messing around,” and is not something youth – bully or target – will “grow out of.” *All forms of bullying are prohibited in Scouting. All forms of bullying violate the Scout Oath and Law.* Continued bullying of the target will lead to poor self-image, poor self-esteem, quitting Scouting, or becoming a bully to other, younger boys, thus perpetuating the bully cycle.

Forms of Bullying

- Verbal – name calling, teasing
- Social – spread rumors, leaving the target out of activities, breaking up or manipulating friendships
- Physical – hitting, pushing, shoving, physical coercion
- Group – intimidations, ostracizing
- Criminal – injury, assault, sexual aggression
- Cyber bullying – using digital technology – social media, mobile phones, computers, etc., for any of the above

Effects of Bullying

Bullying has serious and lasting effects. While these effects may also be caused by other factors, research has found bullying as significant effects for those who are bullied, those who bully others, and those who witness bullying.

People Who are Bullied:

- Have higher rates of depression and anxiety, including the following symptoms, which may persist into adulthood:
 - Increased feelings of sadness and loneliness
 - Changes in sleep and eating patterns
 - Loss of interest in activities
- Have increased thoughts about suicide that may persist into adulthood. In one study, adults who recalled being bullied in youth were three times more likely to have suicidal thoughts or inclinations.
- Are more likely to have health complaints. In one study, being bullied was associated with physical health status three years later.
- Have decreased academic achievement (GPA and standardized test scores) and school participation.
- Are more likely to miss, skip, or drop out of school.
- Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooter had a history of being bullied.

Signs of Being Bullied (Target)

- Acts reluctant to join into activities
- Complains – especially of feeling sick, frequent visits to the camp infirmary, psycho-somatic complaints
- Loss of money and other items such as clothing, patches, etc. (bully takes money, etc.)
- Goes to activities early and or returns late (avoidance)
- Nightmares, bedwetting, insomnia (fear)
- Refuses to leave tent (fear)
- Waits to go to rest room away from group
- Is afraid/acts nervous around certain youth
- Shows increased anger for no obvious reason
- Exhibits a drop in willingness to participate
- Comments about loneliness
- Difficulty making friends – is picked on
- Reluctant to defend himself verbally and/or physically when teased or pushed
- Has physical marks – bruises/cuts//defensive wounds on forearms and/or upper arms
- Appears sad, moody, angry, anxious, depressed
- Mentions/Talks about suicide
- Seeks, carries, hides weapons (perceived for protection)
- Blames self for problem
- Suddenly has fewer friends
- Avoids certain places/areas

