

## **Bullynomics**

Understanding bullying is the first step toward stopping it.

### **Overview**

For many individuals, bullying is a shameful and silent event. It causes anxiety, depression, hatred towards loved ones and self, and physical ailments like stomach aches, elevated startle response, unexplained headaches, and trouble sleeping. Bullying can affect anyone regardless of their creed, sexual orientation, color, race, or nation of origin.

### **Statistics**

- i. Between one in four and one in three students in the United States have been bullied in school.
- ii. Individuals who have distinguishing characteristics have a higher risk of being bullied.
- iii. Bullying affects youths the most, and the effects of bullying may last in adulthood.
- iv. Verbal bullying is the most common type of bullying.
- v.  $\frac{1}{4}$  of those bullied have had suicidal thoughts at some point in their lives.

### **What We Do**

- i. Promote student safety related to cyberbullying and bullying behavior by providing training, support, and education to adults who work with the students either directly or indirectly.
- ii. Raise awareness and support individuals and families who are impacted by bullying-related issues in their communities
- iii. Teach children and adults ways of identifying bullying and how they can stand up to it safely.
- iv. Collaborate with key stakeholders in the local governments and partners to launch campaigns that challenge how society behaves and thinks.
- v. Use our resources to provide counseling, useful information, and practical advice and build emotional resilience and confidence to those affected by bullying.