How does it impact young people’s health?

Compared to 6th, 9th, and 12th grade students in Minnesota who are not bullied, students who are bullied are:

- **1.9x** more likely to **attempt suicide**
- **2.0x** more likely to **think about attempting suicide**

Compared to 6th grade students in Minnesota who are not bullied, students who bully others are:

- **2.8x** more likely to **use alcohol**
- **2.5x** more likely to **use tobacco or marijuana**
- **2.9x** more likely to get into a **physical fight**

How many Minnesota students are directly affected?

According to the 2010 Minnesota Student Survey of 6th, 9th and 12th graders:

- **56%** report being directly involved as either the target of bullying or by bullying others (1-2x month or more)
- **31%** report bullying others sometimes (1-2x month)
- **27%** report being bullied by others sometimes (1-2x month)
- **13%** report being bullied frequently (1x week or more)

Which students?

Minnesota students are bullied for a variety of reasons, including their:

- **Racial or ethnic background**
- **Weight**
- **Socioeconomic status**
- **Gender**

What is bullying?

The Centers for Disease Control and Prevention (CDC) just released a “standardized” definition:

... any **unwanted aggressive behavior(s)** by another youth or group of youths (who are not siblings or current dating partners) that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict **harm** or **distress** on the targeted youth including physical, psychological, social, or educational harm.

Can it be prevented?

Less bullying happens when students report:

- **Liking school**
- **Feeling connected to school**
- **Feeling safe while at school**
For almost 39 years, the Centers for Disease Control and Prevention have worked to eliminate health disparities and create healthy communities by funding Prevention Research Centers (PRCs) throughout the United States.

The Healthy Youth Development • Prevention Research Center, housed at the University of Minnesota, Department of Pediatrics, is one in a network of 37 academic centers whose main objective – as a PRC – is to link science to practice through collaborations with public health agencies and community-based organizations.

Learn more:
www.prc.umn.edu
www.cdc.gov/prc/

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Adolescent Health at the University of Minnesota

The investment Minnesotans make in the health and well-being of young people strengthens our community – now and for the future.

During adolescence, young people are actively exploring their identity and how to connect with others. Learning what it means to have a positive, healthy relationship is a critical developmental accomplishment that supports young people’s success as active citizens, contributing family members and productive workers.

Understanding how best to support young people during adolescence is the focus of researchers and practitioners at the University of Minnesota’s Prevention Research Center.

Staff at the Center contribute to the scientific discourse and work with health and education agencies through federally funded, community-partnered programs and research.

This fact sheet offers key insights from our work with Minnesota students and the experiences they have that contribute to their health and success – including bullying.

Much research and data is available on this topic; our investigation builds on it and reflects our belief (based on the evidence) that addressing young people’s developmental needs is the best way to support them in making healthy decisions and succeeding at school.

Contact us for copies of our published research or to learn more about our work.

References

From the PRC

Other sources

Additional published bullying research from the PRC

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