

The Effects of Bullying on Mental Health

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Purpose of Study

The purpose of this poster is to bring awareness to the issue of bullying and how to prevent it.

Introduction

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behavior that intends to cause physical, social and/or psychological harm. Bullying can cause feelings of rejection, exclusion, isolation, low self-esteem, and some individuals can develop depression and anxiety as a result. Nationwide 19% of students grades 9-12 report being bullied on school property.

Signs of Bullying

- Frequent headaches or stomach aches, feeling sick or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

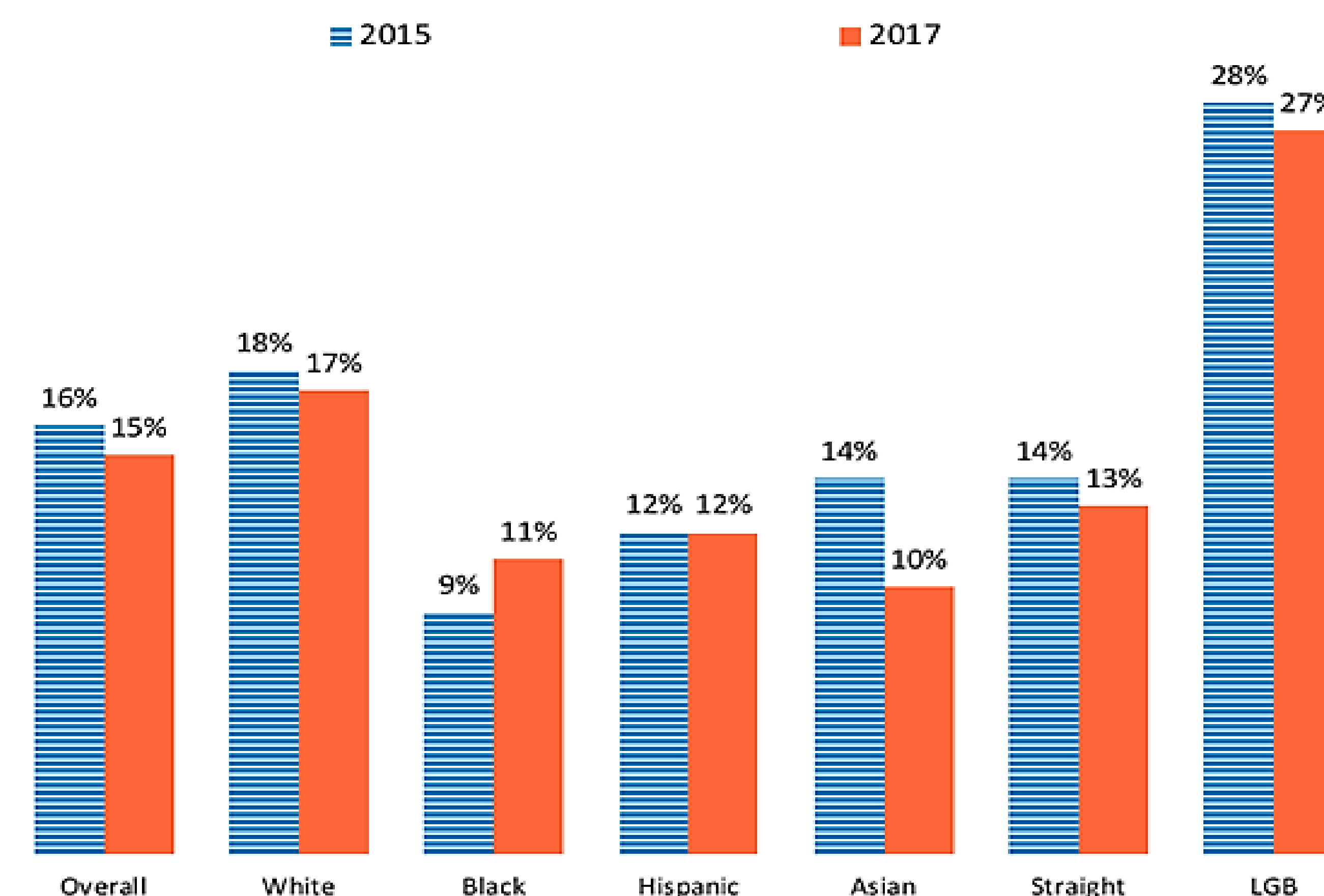
Mental Health Effects of Bullying

Bullying can have significant negative effects on a person's mental health. Here are some of the most common mental health effects of bullying:

- 1. Depression:** Bullying can lead to feelings of sadness, hopelessness, and worthlessness that can result in depression. Victims of bullying may experience persistent low mood, loss of interest in activities they used to enjoy, and difficulty concentrating.
- 2. Anxiety:** Bullying can cause significant anxiety, leading to feelings of fear, panic, and worry. Victims of bullying may become anxious about going to school or work, and may experience physical symptoms such as headaches, stomachaches, or difficulty sleeping.
- 3. Post-Traumatic Stress Disorder (PTSD):** In some cases, bullying can lead to PTSD, which can cause flashbacks, nightmares, and intense feelings of fear or panic. PTSD can also lead to a heightened sense of anxiety and hypervigilance
- 4. Low self-esteem:** Bullying can erode a person's self-esteem and self-worth. Victims may feel like they are not good enough or that they deserve to be treated badly. This can lead to a range of negative feelings and behaviors, such as self-harm, substance abuse, or suicide ideation.
- 5. Social isolation:** Bullying can lead to social isolation and feelings of loneliness. Victims may withdraw from social situations, lose friends, and feel like they don't belong. This can exacerbate feelings of depression and anxiety and make it harder for victims to recover from the effects of bullying.

1 in 6 high school students reported being cyberbullied in 2017

Self-reported rate of cyberbullying among 9th to 12th graders, overall, by race and ethnicity, and by sexual orientation



Source: Youth Risk Behaviors Surveillance Survey, Centers for Disease Control and Prevention, released 2018

childtrends.org

Bullying Prevention

- Learn the different types of bullying
- Establish and enforce rules
- Encourage kids to talk to adults
- Encourage kids to report bullying
- Teach what bullying look like and the signs.

Conclusion

Overall, bullying can negatively impact the mental health of people, especially children and teens. It can lead to depression, anxiety, PTSD, low self-esteem, and social isolation. It is important for people to know what to look for and how to identify someone safe who can help them. It is also best for adults to know the signs that someone is being bullied in order to help them seek assistance and get the help they need to cope. Also, it may prevent future bullying if people are able to get help for bully's as well to learn what is causing the behavior.

References

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