

# Bullying and Mental Health



## STATISTICS



According to Psychologist Pieter Joubert, 35% of suicides in South Africa are children under the age of 16.

There are 22-28 suicides per day and suicides increased by 48% in the last decade.

A study done by Joubert reported the following:

- 38.4% of children are victims of physical bullying
- 55.3% of children are victims of emotional teasing
- 16.9% of children are victims of online bullying.

The study included 3371 students



Moreover, 32.2% were bullied in classrooms while 16.9% were bullied after school.

20.9% Tweens (aged 9-12) experienced cyberbullying, cyberbullied or have witnessed cyberbullying

## Victims of Bullying

Victims: increased aggression and internalizing symptoms and decrease in self-esteem and future optimism.



Children who are bullied over time are more likely to experience depression, low self-esteem and anxiety than those who are not victims.

There is no direct correlation between being bullied and suicide. However bullying contributes to intense feelings of hopelessness and helplessness which are involved with suicidal behaviors.

More male (6%) than females (4%) experience physical bullying whereas more females (18%) than males (9%) were subjects of rumors and being excluded from activities on purpose (7% vs 4% boys).



# The Bystander-Effect

**Negative Bystander:** increased aggression and internalizing symptoms and decrease in academic achievement and future optimism.

Individuals who watch others get bullied and does nothing

Individuals who take action against bullying in schools

**Prosocial Bystander:** Increased internalizing symptoms, academic achievement, self-esteem and future optimism.

Bystanders of bullying also experience mental health effects. The study indicated that those who witness bullying are also at risk for depression and anxiety whether or not they support the victim or the bully.

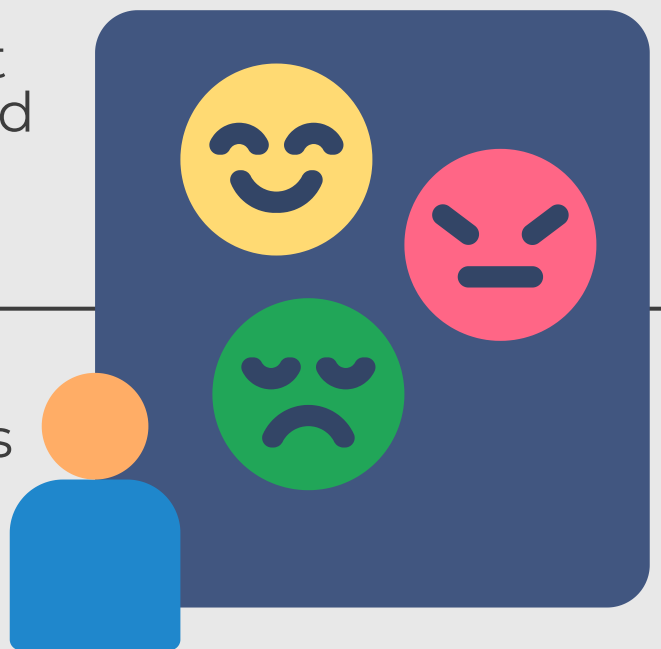


Negative bystanders may be afraid of retaliation and upset due to doing nothing when they wanted to intervene. An increase in anxiety and depression is the result which can affect academic performance.

41% of victims indicated that they think the bullying would happen again

## The Bullies

**Perpetrators:** increased aggression and decrease in future optimism.



stopbullying.gov reported that 12 of 15 individuals who commit school shootings in America were victims of bullying.

Bullies are at higher risk for anti-social, violent and destructive behavior.

They have problems with school and may end up dropping out.

Bullies are also more likely to abuse substances like alcohol and drugs.

