

What is bullying?

"Bullying is a form of youth violence and an **adverse childhood experience (ACE)**. CDC defines bullying as **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."

-Centers for Disease Control and Prevention

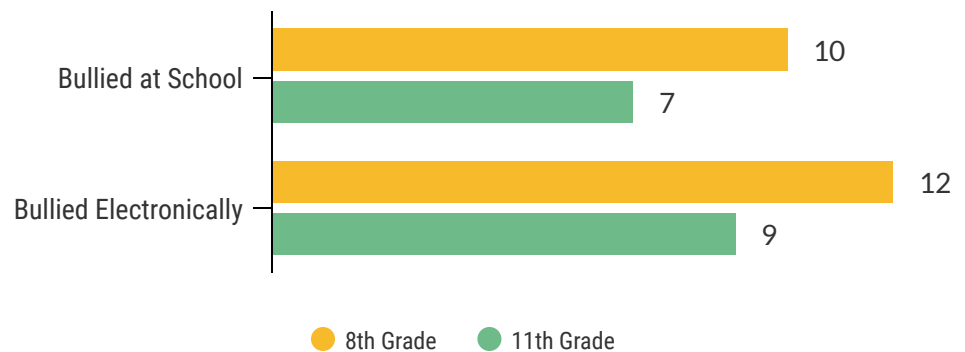
What is happening in Delaware?

All data in this section were gathered through the [2021 Delaware School Survey](#).

In the 30 days before the survey...

- 6% of 5th Grade Students reported being bullied at school.
- 9% of 5th Grade Students reported being bullied electronically.

Bullying in the Past Year (%)

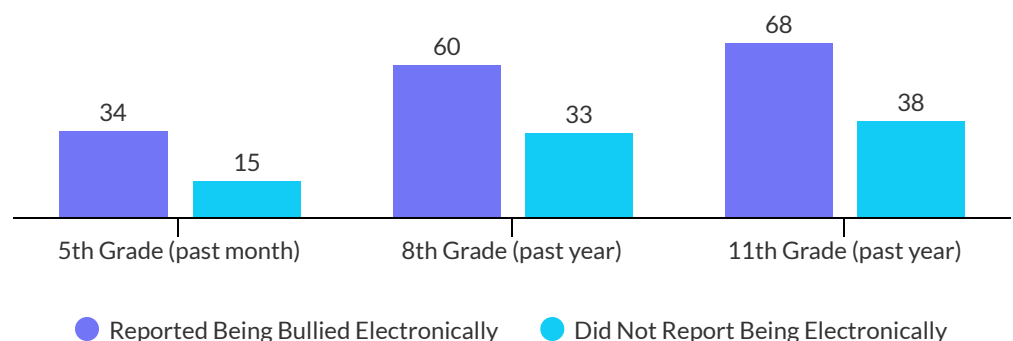


Why is this important?

All data in this section were gathered through the [2021 Delaware School Survey](#).

Delaware students who reported being bullied (at school or electronically) were **more likely** to rate their emotional health as "fair/poor".

Electronic Bullying & Reporting Fair/Poor Emotional Health (%)



Bullying: Resources & More Information



*Interactive PDF: select underlined words for more information / resources.



To Learn More:



[Bullying Surveillance Among Youths: Uniform Definitions for Public Health and Recommended Data Elements](#)



stopbullying.gov: [Laws & Policies](#)



[A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Factors](#)

Also available: [en Español](#)



[APA: How parents, teachers and kids can take action to prevent bullying](#)



[What Are the Best Ways to Prevent Bullying in Schools?](#)



[Cyberbullying: What is it and how to stop it](#)



[Conflict vs. Bullying: What's the Difference?](#)



What can we do?



Encourage Universal Social Emotional Learning



Promote Healthy Family Relationships



Intervene Early, Consistently, and Appropriately



Create Safe Spaces - Online & In Person



Model Positive Relationship Skills and Healthy Conflict Resolution



Offer Bullying Prevention Curricula for Students and Staff



Report Unsafe Behavior

This product was created by the State Epidemiological Outcomes Workgroup facilitation team at the University of Delaware Center for Drug and Health Studies. Funding for the SEOW has been provided by the Delaware Department for Health and Social Services, Division of Substance Abuse and Mental Health through the Substance Abuse and Mental Health Services Administration (SAMHSA).

Data Source:

Center for Drug & Health Studies. (2021). Delaware School Survey: Secondary [Annual Survey]. University of Delaware. <https://www.cdhs.udel.edu/seow/school-surveys/delaware-school-survey-%28dss%29>

Center for Drug & Health Studies. (2021). Delaware School Survey: 5th Grade [Annual Survey]. University of Delaware. <https://www.cdhs.udel.edu/seow/school-surveys/delaware-school-survey-%28dss%29>