



## 2023 - 2024 Youth Survey Fact Sheet

[www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey)

### 1 Insights

The rates of 6th, 8th and 10th graders who reported having been bullied at school has been rising since 2021. In contrast, the reported rate for 12th grade students declined.

**25%**

of 6th grade students reported that they were **bullied at school** (and **10%** of 8th, 10th and 12th grade students)

**43%**

of students who were **bullied away from school** **felt stressed** most or all the time (vs. **19%** who were not bullied away from school)

**15%**

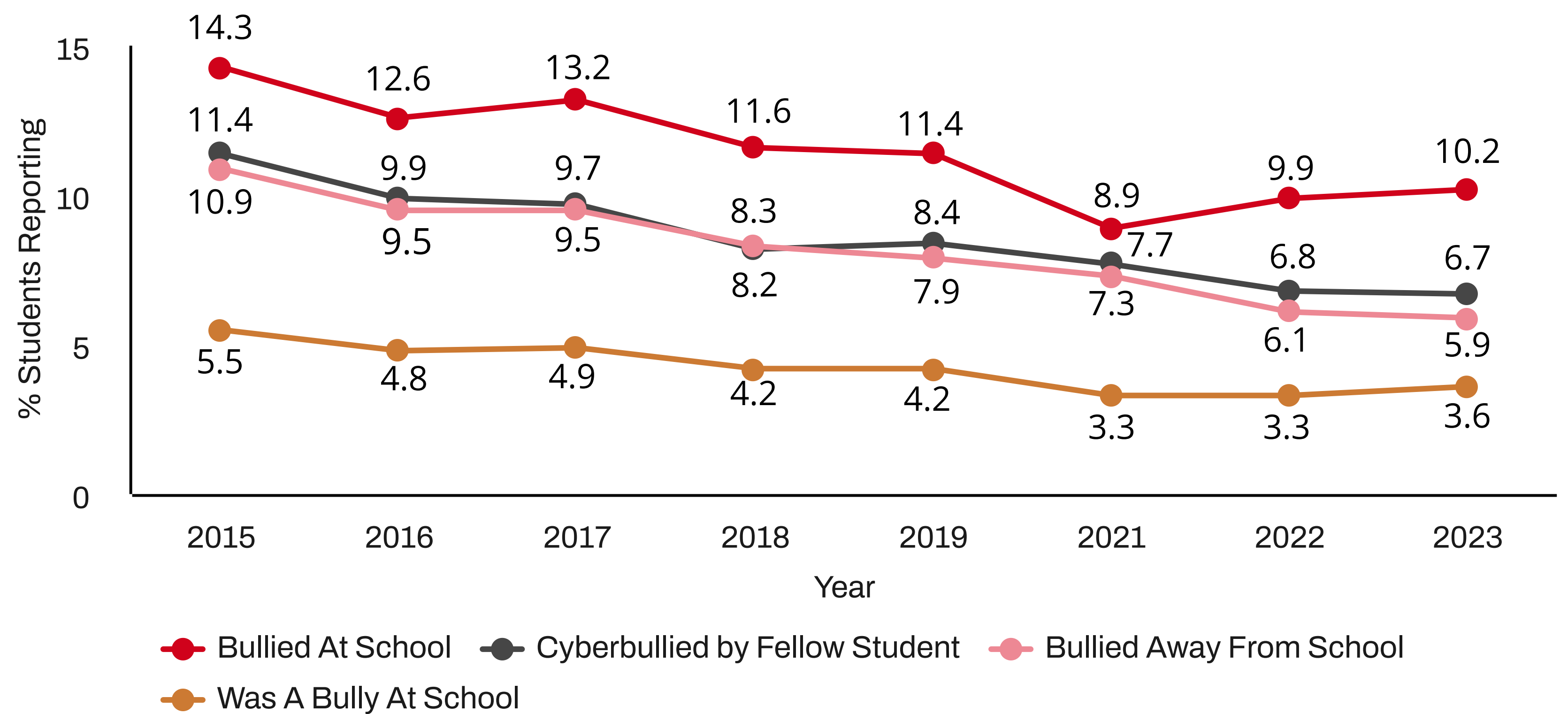
of students who were **cyberbullied attempted suicide** (vs. **2%** of those who were not cyberbullied)

**8%**

of those who were **physically abused at home also said that they bullied a fellow student at school** (vs. **2%** who were not abused at home)

### 2 Trends

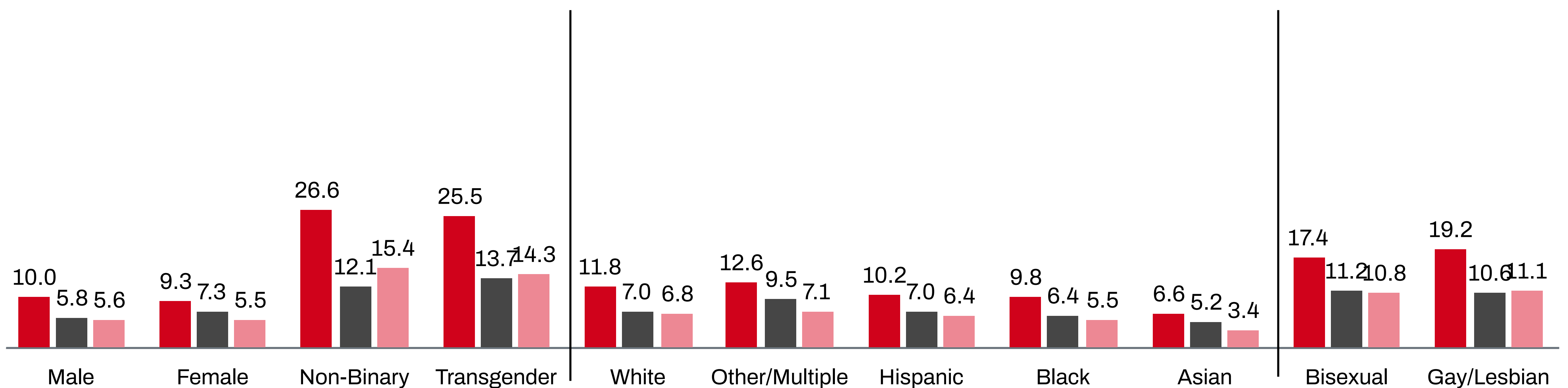
The overall rates of bullying at school have been rising since 2021.



### 3 Differences by Demographic Factors

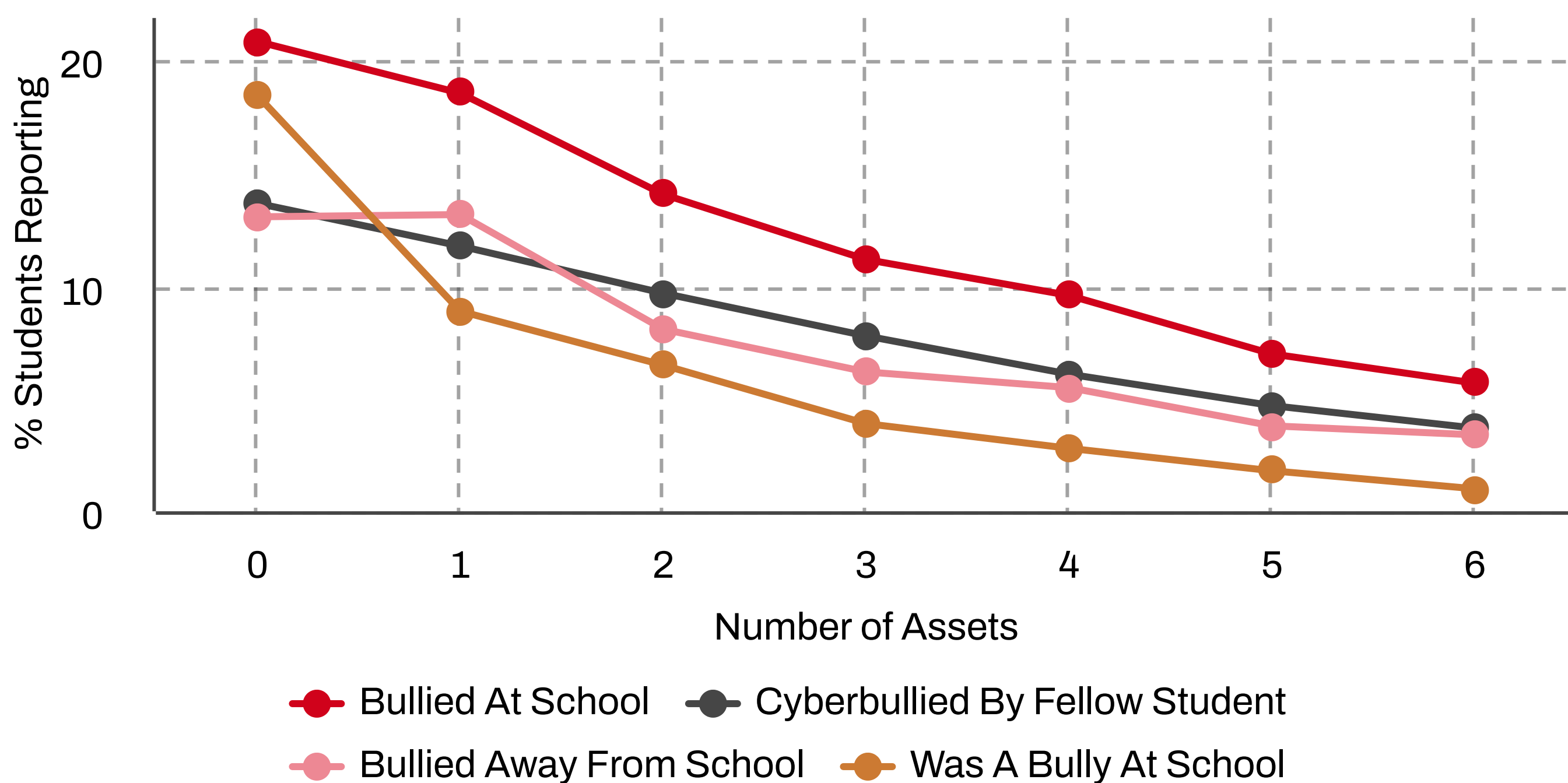
LGBTQ students, as well as students who are White, Hispanic and of other or multiple races were more likely to experience being bullied or cyberbullied. (For comparison within the chart below: Heterosexual: Bullied at school – 8.9%, Cyberbullied – 6.1%, Bullied away from school – 5.1%; Not Transgender: Bullied at school – 9.5%, Cyberbullied – 6.5%, Bullied away from school – 5.5%.)

**Bullied At School** **Cyberbullied By Fellow Student** **Bullied Away From School**



About the Youth Survey data: All data are self-reported and from the 2023 -2024 Youth Survey for 8th, 10th, and 12th grade students, unless otherwise noted. Data is based on reported experiences in the past year. The survey was not administered in 2020 due to the COVID-19 pandemic. Bullying is defined as any aggressive and unwanted behavior intended to harm, intimidate or humiliate the victim; involves a real or perceived power imbalance; and is repeated over time or may cause severe emotional trauma. Cyberbullying is bullying through e-mail, chat rooms, instant messaging, websites, or text messaging.

## 4 Three to Succeed



Data shows that having at least three protective factors, or assets, helps to build resilience among youth:

- Accepting responsibility for one's actions
- Having teachers recognize good work
- Participating in extracurricular activities
- Performing community service
- Having community adults to talk to
- Having parents available for help

Be an asset in a young person's life and help build a stronger, more positive community for all.

## 5 What We Can Do

### When a Youth is Being Bullied...

- Be supportive
- Listen to them without judgement
- Let them know that you are there for them and want to help
- Have them share their ideas on how they want to handle the situation
- Make a plan for next steps
- Identify others who may be able to help, such as a teacher or counselor

### When a Youth Witnesses Bullying...

- Explain that telling an adult is a positive first step and not tattling
- Share that they can make a positive impact on others
- Work together to make a plan they are comfortable with to respond to bullying
- Emphasize that they should never participate in or support bullying
- Encourage them to be supportive and kind to those being bullied

### When a Youth is Doing the Bullying...

- Know that bullying is a behavior and behavior can be changed
- Recognize that youth bully for different reasons
- Calmly explore the reasons for their behavior
- Help them understand how their behavior affects others
- Set clear and consistent expectations of appropriate behavior
- Let them know bullying is never ok
- Provide appropriate and meaningful consequences that fit the situation
- Help them think through how they can handle situations more positively
- Give positive feedback for good choices

*(Adapted from PACER's National Bullying Prevention Center)*

## 6 For Help & Information

### Fairfax-Falls Church Community Services Board (CSB)

[www.bit.ly/FairfaxCSB](http://www.bit.ly/FairfaxCSB)  
Entry & Referral: 703-383-8500  
24-Hr Emergency Services: 703-573-5679

### CSB Wellness, Health Promotion & Prevention

[www.fairfaxcounty.gov/community-services-board/prevention](http://www.fairfaxcounty.gov/community-services-board/prevention)

### HopeLink Behavioral Health

[www.hopelinkbh.org](http://www.hopelinkbh.org)  
Crisis Services (24-Hr Response):  
Call or Text 988

### Fairfax County Public Schools Student Safety and Wellness Office

[www.bit.ly/FCPSsafetywellness](http://www.bit.ly/FCPSsafetywellness)  
571-423-4270

Connect with your child's school teacher, counselor, administrator, psychologist, or social worker.

- **Bullying Prevention and Intervention | FCPS:** [www.bit.ly/fcpsbullying](http://www.bit.ly/fcpsbullying)
- **Stop Bullying:** [www.StopBullying.gov](http://www.StopBullying.gov)
- **Cyberbullying Research Center:** [www.cyberbullying.org](http://www.cyberbullying.org)
- **National Bullying Prevention Center:** [www.pacer.org/bullying/info/cyberbullying/](http://www.pacer.org/bullying/info/cyberbullying/)

- **Stomp Out Bullying:** [www.stompoutbullying.org](http://www.stompoutbullying.org)
- **Digital Citizenship | FCPS:** [www.bit.ly/DigitalCitizenshipFCPS](http://www.bit.ly/DigitalCitizenshipFCPS)
- **Restorative Justice | FCPS:** [www.fcps.edu/resources/student-safety-wellness/restorative-justice](http://www.fcps.edu/resources/student-safety-wellness/restorative-justice)
- **Developmental Assets Framework | Search Institute:** [www.searchinstitute.org/resources-hub/developmental-assets-framework](http://www.searchinstitute.org/resources-hub/developmental-assets-framework)