Fairfax County
PUBLIC SCHOOLS
ENGAGE • INSPIRE • THRIVE

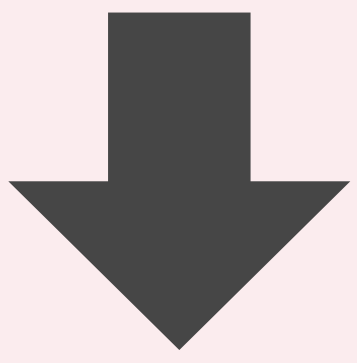COUNTY OF FAIRFAX
1742
VIRGINIA

BULLYING

2022 - 2023 Youth Survey Fact Sheet

www.fairfaxcounty.gov/data/youth-survey

✳ Insights

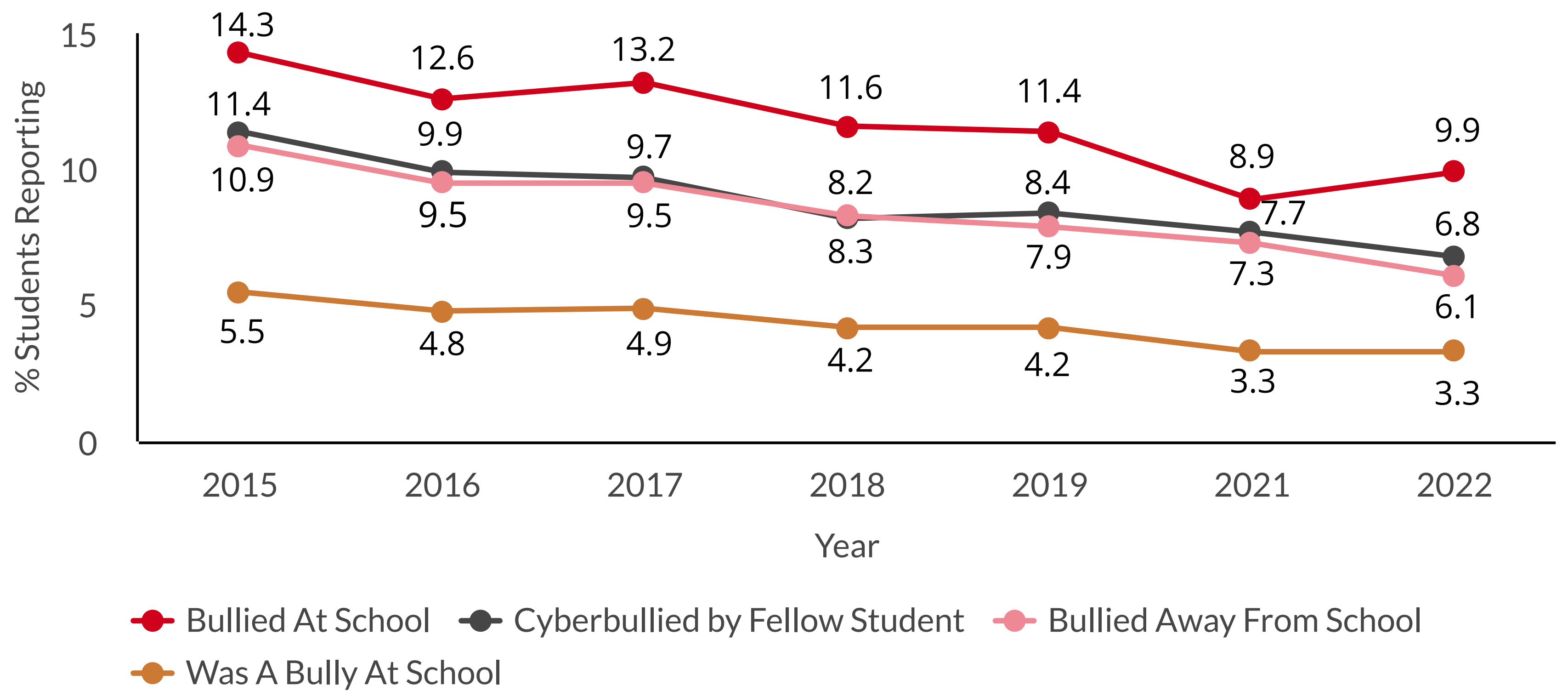⬇ The rates of bullying in 2022 were overall lower than those in 2019.

The improvements were observed in nearly all grades, genders, and racial/ethnic groups.

23% of 6th grade students reported that they were **bullied at school** (and **10%** of 8th, 10th and 12th grade students)

16% of students who were **cyberbullied considered suicide** (vs. **3%** of those who were not cyberbullied)

45% of students who were **bullied away from school felt stressed** most or all the time (vs. **22%** who were not bullied away from school)

7% of those who were **physically or verbally abused at home also said that they bullied** a fellow student at school (vs. **2%** who were not abused at home)

1 Trends

The rates of bullying and cyberbullying among students have generally declined since 2015.

The rate of being bullied at school was lowest in 2021 when kids attended part of the school year virtually.

Line chart — % Students Reporting by Year

Year	Bullied At School	Cyberbullied by Fellow Student	Bullied Away From School	Was A Bully At School
2015	14.3	11.4	10.9	5.5
2016	12.6	9.9	9.5	4.8
2017	13.2	9.7	9.5	4.9
2018	11.6	8.2	8.3	4.2
2019	11.4	8.4	7.9	4.2
2021	8.9	7.7	7.3	3.3
2022	9.9	6.8	6.1	3.3

Legend: ● Bullied At School ● Cyberbullied by Fellow Student ● Bullied Away From School ● Was A Bully At School
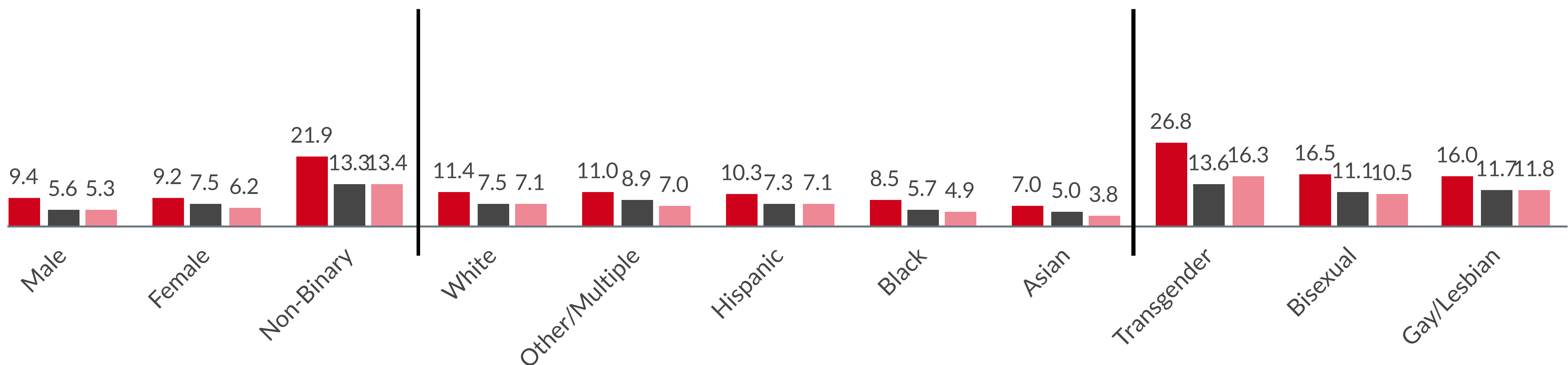
2 Differences by Demographic Factors

Female, non-binary, and LGBT students, as well as students who are White, Hispanic, and of other or multiple races were more likely to experience being bullied or cyberbullied.
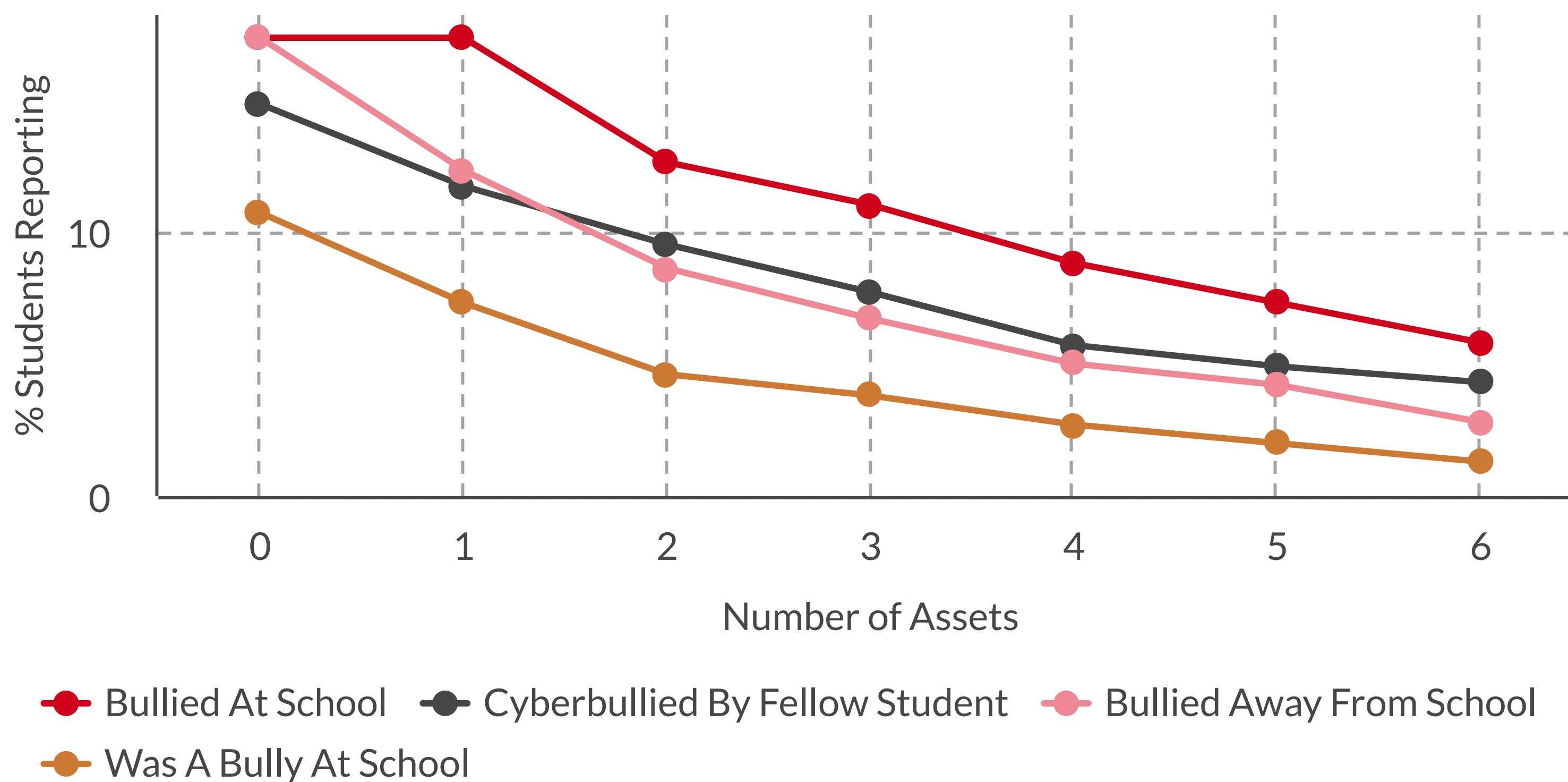
Legend: ■ Bullied At School ■ Cyberbullied By Fellow Student ■ Bullied Away From School

Bar chart by demographic group:

Group	Bullied At School	Cyberbullied By Fellow Student	Bullied Away From School
Male	9.4	5.6	5.3
Female	9.2	7.5	6.2
Non-Binary	21.9	13.3	13.4
White	11.4	7.5	7.1
Other/Multiple	11.0	8.9	7.0
Hispanic	10.3	7.3	7.1
Black	8.5	5.7	4.9
Asian	7.0	5.0	3.8
Transgender	26.8	13.6	16.3
Bisexual	16.5	11.1	10.5
Gay/Lesbian	16.0	11.7	11.8

For comparison: Heterosexual: Bullied at school – 8.3%, Cyberbullied – 6.0%, Bullied away from school – 5.1%; Non-transgender: Bullied at school – 9%, Cyberbullied – 6.5% , Bullied away from school – 5.6%

*All data are self-reported and are from the 2022 - 2023 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, web sites, or text messaging.

3 Three to Succeed

Y-axis: % Students Reporting (10, 0)
X-axis: Number of Assets (0, 1, 2, 3, 4, 5, 6)

Legend:
- Bullied At School
- Cyberbullied By Fellow Student
- Bullied Away From School
- Was A Bully At School

Data shows that having at least three of the six protective factors, or assets, helps to build personal resilience among the 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.

4 What Can We Do?

Build Bullying Resilience

- **Help kids understand bullying.** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Encourage them to be more than a bystander, and to seek help if they or someone they know is being bullied.
- **Know your kids' friends**, ask about school, and understand their concerns.
- **Encourage kids to do what they love.** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- **Model how to treat others** with kindness and respect.
- Make and enforce **rules about phone and computer use**.
- Discuss what is appropriate, **be aware of where they are going online**, and encourage them to tell you immediately if they observe bullying.

Know The Signs

- **Unexplainable injuries**.
- **Lost or destroyed possessions**.
- Frequent headaches or stomach aches, **feeling sick** or faking illness.
- **Changes in eating habits**, like suddenly skipping meals or binge eating.
- **Difficulty sleeping** or frequent nightmares.
- Declining interest and **performance in 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.

If You Are Concerned

- **Stop bullying on the spot.** Respond quickly and consistently to bullying behavior.
- Send the message that **bullying is not acceptable.**
- **Get the story** from several sources, both adults and kids.
- **Listen without blaming**, and don't call the act "bullying" while you are trying to understand what happened.
- **Support all kids involved**, including those engaging in bullying behavior and bystanders. Listen and focus on the child, and assure the child that bullying is not their fault. Use consequences to teach, and involve the child who bullied in making amends or repairing the situation.
- **Engage your school counselor** if the bullying is occurring at school.

(Adapted from www.stopbullying.gov)

5 For Help & More Information

Fairfax County Public Schools Student Safety and Wellness Office
bit.ly/FCPSspecialsvcs
571-423-4270

Fairfax-Falls Church Community Services Board
bit.ly/FairfaxCSB
Entry & Referral
703-383-8500
24-Hr Emergency Services
703-573-5679

Suicide and Crisis Lifeline/PRS CrisisLink
https://988lifeline.org
24-Hr Response
988 or 703-527-4077

Reach out to your child's school teacher, counselor, administrator, psychologist, or social worker.

- **Stop Bullying | FCPS**: http://bit.ly/fcpsbullying
- **Stop Bullying:** www.StopBullying.gov
- **National Bullying Prevention Center:** www.pacer.org/bullying
- **Fairfax County Prevention Unit:** http://bit.ly/FairfaxPrevention
- **Cyberbullying Research Center:** https://cyberbullying.org

- **National Bullying Prevention Center:** https://www.pacer.org/bullying/info/cyberbullying/
- **School Safety:** https://www.schoolsafety.gov/bullying-and-cyberbullying
- **Stomp Out Bullying:** https://www.stompoutbullying.org
- **Do Something:** https://www.dosomething.org/us/causes/bullying
- **Fairfax County Public Schools Digital Citizenship:** https://bit.ly/DigitalCitizenshipFCPS