

# YOUTH SURVEY

FAIRFAX COUNTY

## BULLYING, CYBERBULLYING, AND HARASSMENT

Self-reported by 8th, 10th, and 12th grade students in the Fairfax County Youth Survey

8% of teens reported bullying someone



18% of teens reported being bullied

49%



reported that someone said something bad about their race or culture



89% of teens have not been cyberbullied

22%



of teens reported being bullied, taunted, ridiculed, or teased by a parent or adult

### What You Need to Know

In the Fairfax County Youth Survey, bullying is defined as any aggressive and unwanted behavior intended to harm, humiliate, or intimidate the victim; involves a power imbalance between the aggressor and victim; and is repeated over time.

In Fairfax County, bullying is more common in the middle school years, but overall 18% of 8th, 10th, and 12th gradestudents reported

being bullied in the past year. Eighth-graders reported the highest rates of bullying.

It is not unusual for a teen to be both an aggressor and a victim. Fifty-nine percent of teens who report bullying others have also been a victim of bullying in the past year.

Boys (10%) report higher rates of bullying others than girls (6%) in the past year;

however, girls report slightly higher rates (20%) for being a victim of bullying than boys (16%).

Cyberbullying is bullying through email, text, social media, or other electronic means. Being cyberbullied by a classmate is reported by 13% of students surveyed. Victims of cyberbullying suffer from depression and substance abuse more than those who have not been cyberbullied.

### What Can You 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.

Adapted from [www.stopbullying.gov](http://www.stopbullying.gov)

#### 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.

### Who Can Help?

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

Your child's school teacher, counselor, administrator, nurse, psychologist, or social worker

PRS CrisisLink 24-Hour Hotline  
Call 703-527-4077 or  
text CONNECT to 855-11

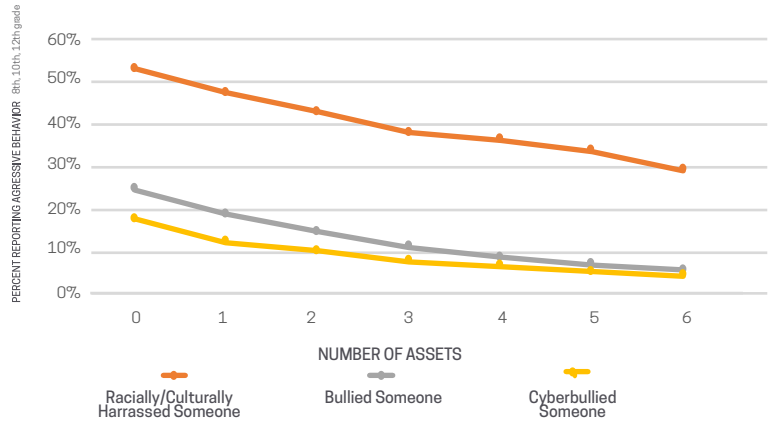
National Suicide Prevention Lifeline  
800-273-TALK (8255)

# 3 Three to Succeed

THREE TO SUCCEED IS BASED ON THE YOUTH SURVEY ANALYSIS THAT SHOWS HAVING JUST **THREE ASSETS** DRAMATICALLY REDUCES RISK BEHAVIORS AND PROMOTES THRIVING YOUTH.

Assets are strengths in young people, their families, friends, schools and communities that help them thrive in health, in school, in daily life, and in a safe environment. The more assets a person has, the fewer risk behaviors they report and the Youth Survey shows that every asset makes a difference.

Young people in Fairfax County report positive influences from the people and other assets in their lives, though there are disparities that make it more challenging for some to thrive. Take action to be an asset in any young person's life and help build a stronger, more positive community that benefits ALL children.

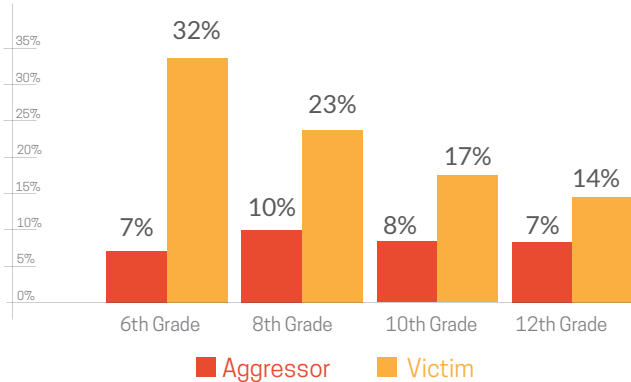


## Assets

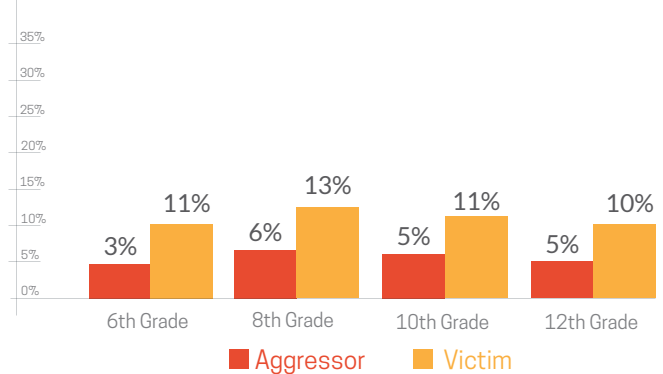
- Having High Personal Integrity
- Having Community Adults to Talk to
- Performing Community Service
- Participating in Extracurricular Activities
- Having Teachers Recognize Good Work
- Having Parents Available for Help

## Bullying by Grade

### BULLYING



### CYBERBULLYING



The definition of bullying and the response options were changed in the 2015 Youth Survey. Comparing 2015 data with prior years' is not advised. The Fairfax County Youth Survey was administered in the fall of 2015.

### WEBSITES FOR MORE INFORMATION

Fairfax County Public Schools  
<http://bit.ly/fcpsbullying>

Stop Bullying  
[www.stopbullying.gov](http://www.stopbullying.gov)

National Bullying Prevention Center  
[www.pacer.org/bullying](http://www.pacer.org/bullying)

## Related Factors

Fairfax County youth who report being victims of bullying are more likely to also report:

- Signs of depression.
- Considering or attempting suicide.
- Using drugs or alcohol.
- Carrying a weapon.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-4600, TTY 711.



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