

Genesee Christian School 12-3-19

Discussion on H.B. 4162 and H.B. 4091 Prohibit Bullying and Harassment at school

Bullying is a serious threat that effects both the victim and the bully, both on a short term and long-term basis. According to the Centers for Disease Control & Prevention (CDC), bullying affects 20% of high school students. Surveys compiled by the CDC show that 33% of students ages 12 – 18 report being bullied once or twice a month.

Bullying negatively affects both the victim and the bully on both a short term and long-term basis. According to a UCLA study of 2300 students, a high level of bullying was associated with lower grades.

Other short-term effects on victims include:

- Social Isolation
- Feeling of shame
- Sleep disturbance
- Changes in eating habits
- Low self esteem
- School avoidance
- Bedwetting
- Higher risk of illness
- Psychosomatic symptoms (stomach aches, headaches, muscle aches, with no medical causes)
- Poor school performance
- Symptoms of depression

Short term effects on the bully include:

- Poor school performance
- Increased truancy risk
- Difficulty maintaining social relationship
- Increased risk of substance abuse.

One longitudinal study led by a group of Norway scientists investigated long-term psychological effects of bullying. The results of these studies indicated that both

groups of victims and bullies during adolescence experience adverse mental health outcomes in adulthood.

Without intervention victims may experience long term effects of:

- Chronic depression
- Increased suicidal thoughts, suicidal plans and suicidal attempts
- Anxiety disorders
- Post-traumatic stress disorder
- Poor general health
- Self-destructive behavior
- Substance abuse
- Difficulty establishing trust, reciprocal friendships

Without interventions the bullies long term effects include:

- Risk of Spousal abuse, or child abuse
- Risk of antisocial behavior
- Substance abuse
- Less likely to be educated or employed

It is important that schools, families and communities work together to decrease bullying.

House bills 4091 and 4162 would require school officials to work with parents and law enforcement officials to adopt and implement a policy that prohibits "Harassment or Bullying". The new law would known as "Matt's Safe School Law", will amend the "Revised School Code" to require schools to adopt a policy that prohibits harassment or bullying at school.

H.B. 4091 would require the Department of Education to develop and disseminate a model policy that prohibits harassment or bullying at school with in a 30-day time period after the signing of the bill into law.

H.B. 4162 would require local school boards and charter schools to adopt and implement a policy prohibiting harassment or bullying at school within six months after the date of the legislation.

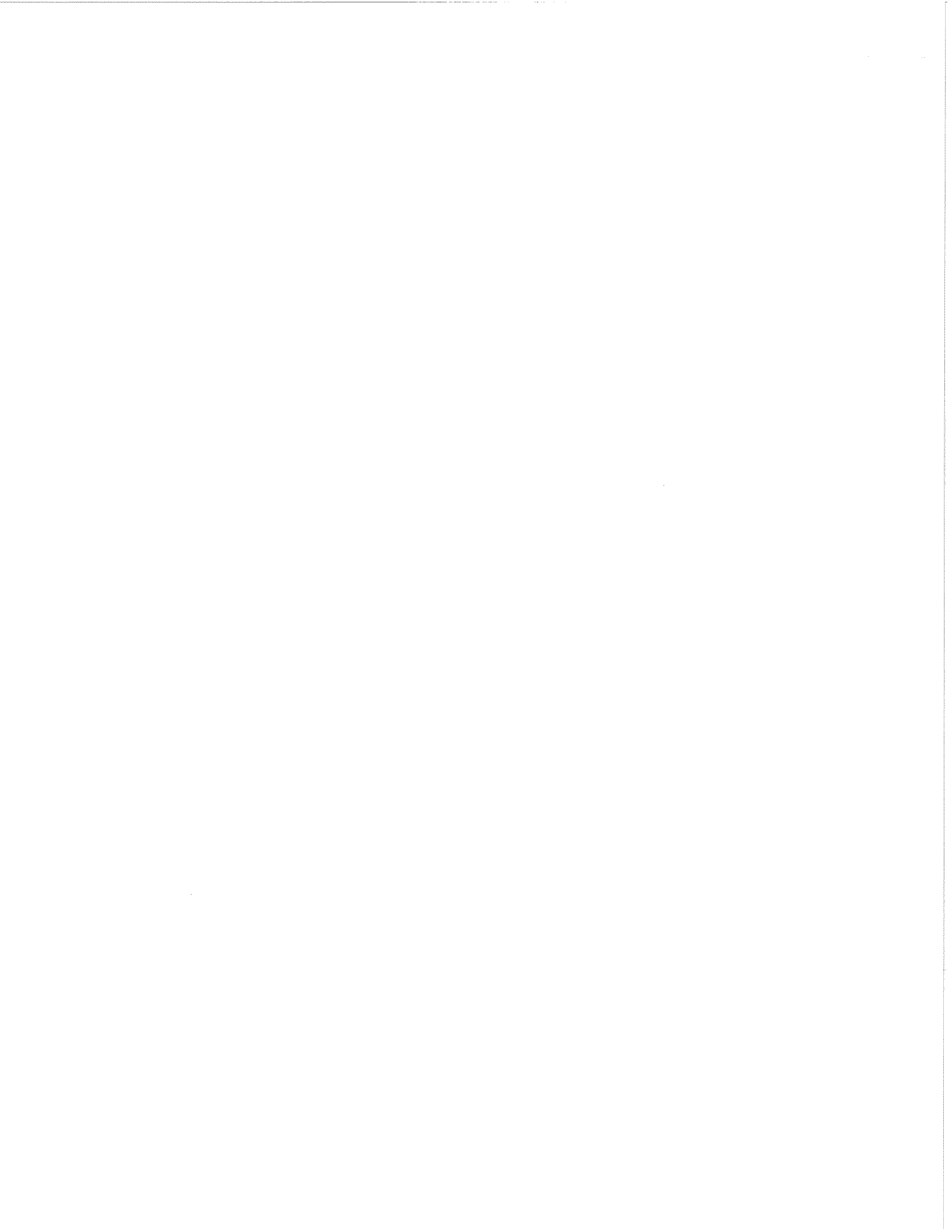
The voluntary policy proposed by the State Board of Education in September of 2006 has not been widely adopted by school districts or charter schools.

Join me in moving forward these bills to protect the future of our youth.

Article sources :

Short and Long Term Effects of Bullying – Katie Huley, LCSW

Effects of Bullying on 7 Mental Health Issues – E3 Blog 1-22-19



Short Term and Long Term Effects of Bullying

Bullying can have a variety of short and long term effects for both the victim and a bully. Learn about the psychological and societal effects of bullying here

Article by:

- Katie Hurley, LCSW

Jump to: **Short Term Effects (Victim)** **Short Term Effects (Bully)** **LongTerm Effects (Victim)** **LongTerm Effects (Bully)**

Bullying is a serious threat to our youth today. According to the Centers for Disease Control and Prevention (CDC), bullying affects 20% of high school students and cyberbullying affects 16% of high school students. Surveys compiled by the CDC also show that 33% of students ages 12-18 who reported bullying at school and 27% of students ages 12-18 who reported cyberbullying indicated that they were bullied at least once or twice a month. Middle schools reported the highest rate of bullying (25%), at least once a week.

Bullying can have negative short and long-term consequences for both the victim and the bully. While traditional intervention for bullying tends to include getting help for the victim and establishing consequences for the bully, it should be noted that both the victim and the bully benefit from psychosocial support.

SHORT-TERM EFFECTS OF BULLYING FOR THE VICTIM

All kids are different and are likely to exhibit varying behaviors during or after bullying by a peer. With relational aggression on the rise and cyberbullying easier than ever, it should be noted that bullying can be ongoing for long periods of time before students seek help.

A UCLA study of 2,300 students in eleven middle schools in Los Angeles found that a high level of bullying was associated with lower grades across three years of middle school. Students who were rated as the most bullied performed significantly worse academically than their peers.

EFFECTS ON THE BULLIED VICTIM CAN INCLUDE:

- Social isolation
- Feelings of shame
- Sleep disturbance
- Changes in eating habits

- Low self-esteem
- School avoidance
- Symptoms of anxiety
- Bedwetting
- Higher risk of illness
- Psychosomatic symptoms (stomachaches, headaches, muscle aches, other physical complaints with no known medical cause)
- Poor school performance
- Symptoms of depression

Article continues below

CONCERNED ABOUT BULLYING?

Take our 2-minute bullying quiz to see if you or someone you care about may benefit from further support.

[**Take Bullying Quiz**](#)

SHORT-TERM EFFECTS OF BULLYING FOR THE BULLY

While it can be difficult to empathize with the bully, it's essential that parents and school officials recognize that bullies engage in bullying behavior for a reason. Without help, the behavior will continue, and potentially worsen, over time.

Effects on the bully can include:

- Poor school performance (missed school due to suspensions increases this risk)
- Increased truancy risk
- Difficulty maintaining social relationships
- Increased risk of substance abuse

One longitudinal study led by a group of scientists in Norway investigated the long-term psychological effects of adolescents. Results of the study indicated that all groups involved in bullying during adolescence, both bullies and victims, experienced adverse mental health outcomes in adulthood. While the victims showed a high level of depressive symptoms in adulthood, both groups experienced an increased risk of psychiatric hospitalization due to mental health disorders.

LONG-TERM RISKS OF BULLYING FOR THE VICTIM

With immediate and proper mental health treatment and support systems in place, victims can stave off some of the potential long-term consequences of bullying. Without intervention, however, kids are at risk for the following:

- Chronic depression
- Increased risk of suicidal thoughts, suicide plans, and suicide attempts
- Anxiety disorders
- Post-traumatic stress disorder

- Poor general health
- Self-destructive behavior, including self-harm
- Substance abuse
- Difficulty establishing trusting, reciprocal friendships and relationships

LONG-TERM EFFECTS OF BULLYING FOR THE BULLY

Without proper treatment, bullying behavior is likely to continue into adulthood.

- Risk of spousal or child abuse
- Risk of antisocial behavior
- Substance abuse
- Less likely to be educated or employed

Childhood bullying has serious effects on both short and long-term health of children. Immediate intervention and long-term follow-up can help mediate some of these effects. It is imperative that schools, families, and communities work together to understand bullying and its consequences and find ways to decrease, and hopefully eradicate, bullying both in schools and communities.

Article Sources

Last Updated: Sep 26, 2018

The Effects of Bullying on 7 Mental Health Issues

- January 22, 2019
- , 10:24 am
- , E3 Blog

There is a lot of pressure in school to get great grades to make your parents proud. In addition, there's the influx of hormones, wanting to feel confident in your own body, and trying to fit in with everyone else. Bullying ruins any chance of that happening.

- **1. Insecurity:** Bullying tears down your self-esteem, leaving you feeling like you are worthless. Bullies are trying to make you feel as insecure as possible (because they are insecure).
- **2. Self-Esteem:** Bullying makes you nervous about everything you're doing, feeling afraid you're going to mess up. It doesn't matter what you change or how hard you try, it makes you feel that nothing you do will ever be good enough, so you stop trying.
- **3. Resentment:** You look around and see other kids talking and laughing. Everyone is posting happy times on social media and you wish your life was like that.
- **4. Anger:** When others are constantly judging you and putting you down, it feels bad and makes you so angry. The slightest remark can trigger anger. You already feel stressed out, with them pushing your buttons, messing with you, annoying you, you get angry, freaked out, don't know how to manage the negative emotions that are bombarding you. You just want the pain to stop.
- **5. Anxiety:** The continual pressure and instigating makes you annoyed and stressed out. The constant stress does horrible things to your health. Then your own brain starts bullying you. You start worrying about every little thing, and the thoughts spiral and swirl in your head and torment you.
- **6. Depression:** Bullying makes you sad. It's hurtful. It makes you feel worthless. It's a terrible downward spiral. When you feel worthless, it's easy to believe the stuff they say every day.
- **7. Thoughts of Suicide:** Bullies say you are a burden, they say they wish you were gone, they would be better if you were dead. Bullies make you believe that you are the problem.

TALK TO YOUR CHILDREN

Kids think they are old enough to handle these problems, but their ways of coping aren't fixing anything. Kids are going to look for ways to feel better.

Some kids try smoking or vaping. Others prefer alcohol or marijuana-laced gummies. Some kids think having sex will help. For too many, their choice is death.

Kids will do anything to not have to experience all of the bad feelings from being bullied. Talk to your children, they may not act like it, but they need your help in finding relief. Even if they're not being physically abused, the damage is taking its toll on their hearts. Help them find an outlet, an escape, E3 Sports Facility has programs to help your child or teen develop resilience through sports and education. There is help and hope out there, you just have to find their thing.