

# BULLYING & TRAUMA FACTS

Having been traumatized leads to an increased likelihood that a person will engage in bullying behavior.

Having been traumatized leads to an increased likelihood that a person will be bullied.

## The relationship between trauma and bullying

### FACT

Children who are victims of trauma often have difficulty developing appropriate social skills and are thus more likely to become victims of bullying later in life.

41% of kids who have had at least 3 Adverse Childhood Experiences (ACEs) demonstrate negative behaviors like bullying

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As the number of ACEs increased, the likelihood of adolescent violence related perpetration (including bullying) also increased

## Being bullied can lead to PTSD

For all bullied students, 27.6% of boys and 40.5% of girls had PTSD scores within the clinical range

Those who both bully and are bullied had even worse symptoms

Because bullying is ongoing and typically goes undetected, many children who are bullied can develop symptoms of PTSD

## What does this tell us



Just implementing a bullying prevention and intervention program without also addressing trauma may be missing the needs of many children



Just implementing trauma interventions without also addressing bullying may be ignoring a potential and current source of trauma