

## **NPM 20: BULLYING**

### **GOAL**

To reduce the percent of adolescents with and without special health care needs who are bullied or who bully others.

### **SIGNIFICANCE**

Bullying, particularly among school-age children, is a major public health problem that is associated with a number of behavioral, emotional, and physical adjustment problems. Adolescents who bully others tend to exhibit other defiant and delinquent behaviors, have poor school performance, be more likely to drop-out of school, and are more likely to bring weapons to school. Victims of bullying tend to report feelings of depression, anxiety, low self-esteem, and isolation; poor school performance; suicidal ideation; and suicide attempts. Bullying victims who also perpetrate bullying (i.e., bully-victims) may exhibit the poorest functioning, in comparison with either victims or bullies. Emotional and behavioral problems experienced by victims, bullies, and bully-victims may continue into adulthood and produce long-term negative outcomes, including low self-esteem and self-worth, depression, antisocial behavior, vandalism, drug use and abuse, criminal behavior, gang membership, and suicidal ideation.<sup>1</sup> Children with special health care needs are particularly vulnerable to bullying, with the prevalence of bullying over two times higher for children with special health care needs compared to children without special health care needs.<sup>2</sup> Dedicated support and prevention strategies are needed to support children and prevent bullying.

### **DEFINITION**

#### **Numerators:**

- Number of adolescents, ages 12 through 17, with and without special health care needs, who are reported by a parent to have been bullied in the past year.
- Number of adolescents, ages 12 through 17, with and without special health care needs, who are reported by a parent to have bullied others in the past year.

#### **Denominators:**

Number of adolescents ages 12 through 17.

### **HEALTHY PEOPLE 2030 OBJECTIVE**

- Related to LGBT Objective 05: Reduce bullying of sexual minority (lesbian, gay, bisexual) high school students. (Baseline: 33.0 percent in 2017, Target: 25.1 percent).
- Related to LGBT Objective D1: Reduce bullying of transgender students. (Developmental).

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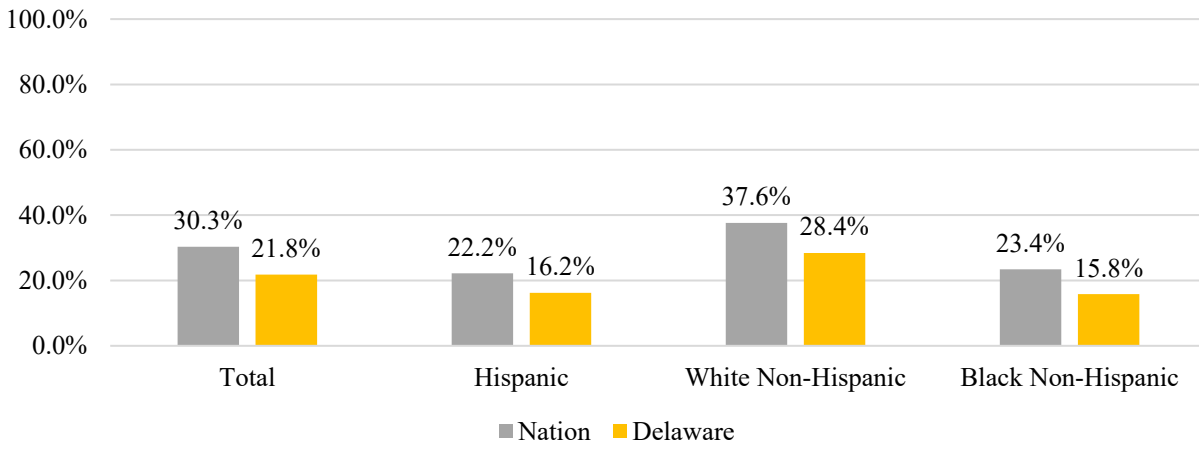
<sup>1</sup> U.S. Department of Health and Human Services. StopBullying.gov.

<sup>2</sup> Child and Adolescent Health Measurement Initiative. 2020-2021 National Survey of Children's Health (NSCH) data query. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB).

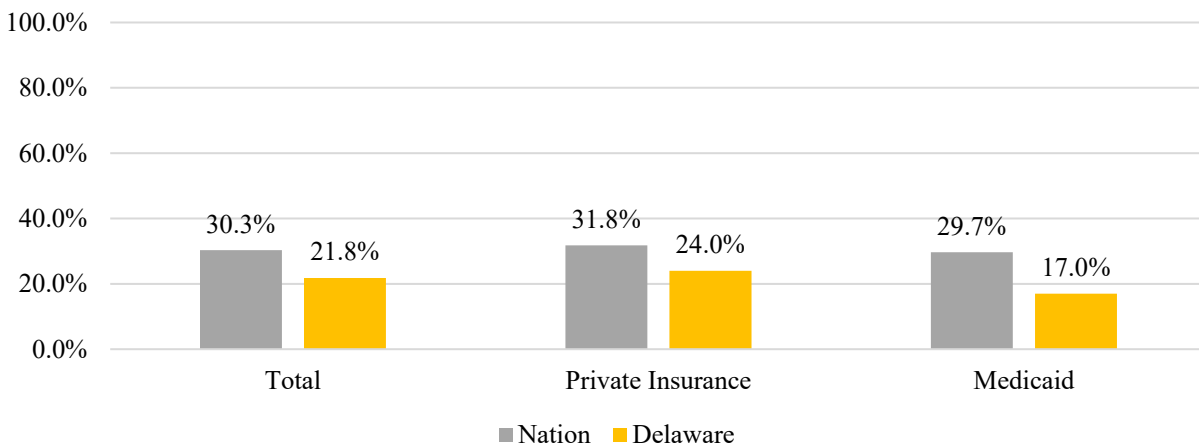
## **STATUS**

The percentage of adolescents who are reportedly bullied was slightly lower among Delaware adolescents as compared to the nation (Figure A1). The percentages of Black non-Hispanic and Hispanic adolescents who reported being bullied is also lower than that of White non-Hispanic adolescents (Figure A1). Moreover, note that in all categories where data was available, the percentages of bullying reported among CYSHCN adolescents were higher than among non-CYSHCN adolescents (i.e., Figure B1 compared to Figure A1, Figure B2 compared to Figure A2).

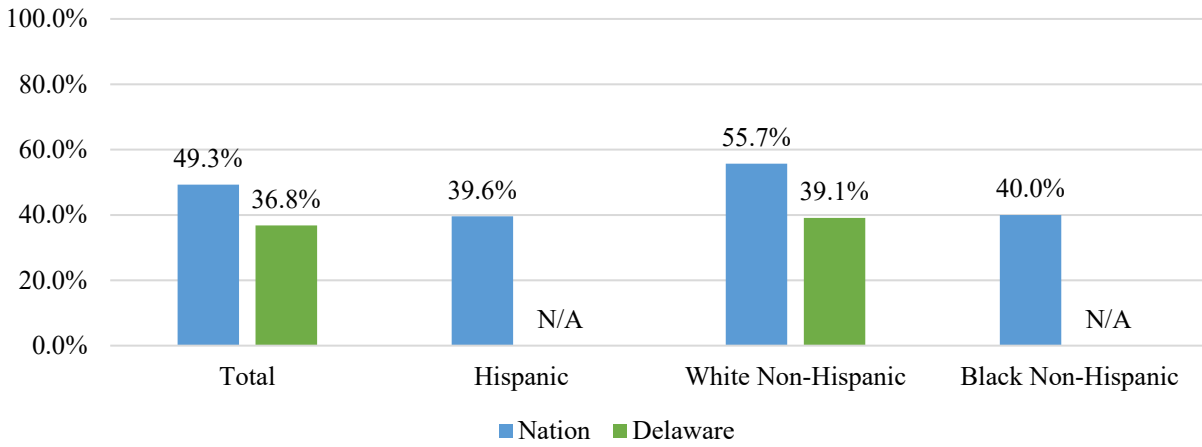
**Figure A1. Percentage of Adolescents Who Are Bullied, by Selected Race/Ethnicities, NSCH 2021-2022.**



**Figure A2. Percentage of Adolescents Who Are Bullied, by Health Care Coverage, NSCH 2021-2022.**



**Figure B1. Percentage of CYSHCN Adolescents Who Are Bullied, by Selected Race/Ethnicities, NSCH 2021-2022.**



**Figure B2. Percentage of CYSHCN Adolescents Who Are Bullied, by Health Care Coverage, NSCH 2021-2022.**

