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**TRAVIS TIPS: BULLIES & VICTIMS**

Both at risk for problem behaviors  
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A new study from the National Institute of Child Health and Human Development indicates that bullying is not an isolated behavior but a sign that children may be involved in more violent behavior. This is the first study to look at how bullying relates to all other forms of violence.

The study surveyed 16,000 students in grades 6-10. It included public and private school students. The survey had some surprising results:

- Both bullies **and** victims are more likely to engage in violent behaviors than respondents not engaged in bullying
- Both bullies and victims said they had carried a weapon in the past month
- Effects of bullying carry into adulthood
- Bullies are at risk for criminal behavior
- Victims are at risk for depression and low self-esteem

The study concludes that:

- Bullying is part of more serious aggressive behavior and NOT a part of normal youth development.
- Programs designed to reduce violent behaviors should address less severe forms of behavior – Bullying in particular.

This study is different from earlier studies in that it surveyed a large cross section of the population (earlier studies looked at small geographic areas) and that it looked at bullying as it connects to ALL forms of violent behavior (earlier studies only looked at single violence-related behaviors).

You can get statistics on the extent of bullying in U.S. schools from:

<http://www.nichd.nih.gov/new/releases/bullying/cfm>

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