

PARENT AND GUARDIAN'S HANDBOOK FOR SAFER SPORT

THE EFFECTS OF BULLYING



Like other forms of trauma, bullying and hazing can impact brain development and cause the body's stress response systems to overload. This can lead to negative physical and mental health consequences that can last into adulthood.

Everyone responds to bullying differently. Not everyone who shows these signs has been bullied, and some who have been bullied may show no signs. It is helpful to look for unexplained emotional, physical, and behavioral changes instead of specific signs.

COMMON EMOTIONAL EFFECTS:

Anger	Loneliness	Anxiety and panic attacks
Depression	Fear	Suicidal thoughts and feeling

COMMON PHYSICAL EFFECTS:

Stomachaches	Exhaustion	Digestive issues
Dizziness	Muscle pain or other chronic pain	Insomnia or oversleeping
Headaches		

COMMON BEHAVIORAL EFFECTS:

Withdrawal from normal activities	Decreased school performance	Loss of interest in activities where bullying occurs
	Decreased athletic performance	

Reference

"Bullying Statistics." PACER's National Bullying Prevention Center. (2020). <https://www.pacer.org/bullying/info/stats.asp>

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