

# 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:

<b>Anger</b> — <b>Depression</b>	<b>Loneliness</b> — <b>Fear</b>	<b>Anxiety and panic attacks</b> — <b>Suicidal thoughts and feeling</b>
--	---------------------------------------	---

### COMMON PHYSICAL EFFECTS:

<b>Stomachaches</b> — <b>Dizziness</b> — <b>Headaches</b>	<b>Exhaustion</b> — <b>Muscle pain or other chronic pain</b>	<b>Digestive issues</b> — <b>Insomnia or oversleeping</b>
---	--	---

### COMMON BEHAVIORAL EFFECTS:

<b>Withdrawal from normal activities</b>	<b>Decreased school performance</b> — <b>Decreased athletic performance</b>	<b>Loss of interest in activities where bullying occurs</b>
--	---	---

#### Reference

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

This resource was supported in part by grant numbers 2018-KY-B8-0001 and 15PSMA-21-GG-02193, awarded by the SMART Office, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this product are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.