

Bullying in Childhood

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What is Bullying?

Aggressive interpersonal behavior including physical, verbal, relational, and cyber-aggression¹. A set of behaviors is considered bullying when they are repeated and enacted by someone with a higher social status².

2

Cognitive Development

Victims of bullying show an increase in poor coping mechanisms like rumination and passive avoidance,⁴ psychological malfunctioning,⁴ and cognitive inflammation.⁵

4

Neural Development

Being a victim of bullying can impact the development of certain areas in the brain related to threat detection and motivation.⁸

6

Protective Factors

- What protects against these negative impacts?
- Parental support ³
 - Peer support ³
 - Talking to someone about it ¹⁰

8

Ethical Considerations

In research, a researcher cannot ethically assign a child to a “bullying” condition. However, researchers can imply social rejection in experiments to see the impacts of rejection in real time.¹²

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Significance

Being a victim of bullying can lead to physical and mental health outcomes in childhood, adolescence, and later on in adulthood.³ **Bullying is serious.**

3

Social Development

Bullying can impact child social adjustment,⁶ decrease connection with parents,³ increase social anxiety, and loneliness.⁷

5

Beyond

Being a victim of bullying can even lead to difficulty in adulthood, including mental illness and financial difficulties.⁹

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Cultural Considerations

- Mostly studied in Western countries¹¹
- Cultural values & how bullying is viewed ¹¹
- Language & how bullying is defined ¹¹

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Resources

If you are considered about a child's safety:

- Be a safe space for the child.
- Talk to teachers and school administration.
- Visit www.stopbullying.gov
- Reach out to Crisis Counselors at **741741**
- Contact a child counselor.

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