

HELPFUL RESOURCES

Houston Health Department
<http://www.houstontx.gov/health/HHS-Home-Page>

121Help.me
<http://www.121help.me/>

Be Smart Be Well
<http://www.besmartbewell.com/bullying/>

The Bully Expert, Houston, TX
<http://houston.thebullyexpert.com/houston-tx/anti-bullying-resources/>

Bullying Prevention
<http://www.stopbullying.gov/>

The BULLY Project
<http://www.thebullyproject.com/tools>

Centers for Disease Control and Prevention
<http://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html>

Houston Independent School District
<http://www.houstonisd.org/>

National Bullying Prevention Center
<http://www.pacer.org/bullying/videos>

National Education Association Bullying Prevention Kit
<http://www.nea.org/home/neabullyfree.html>

Pacer Center's Teens Against Bullying
www.pacerteensagainstbullying.org/tab/

Substance Abuse and Mental Health Services Administration
<http://store.samhsa.gov/apps/knowbullying/index.html>

Stop Bullying
www.stopbullying.gov

Stop Bullying - Kids Version
www.stopbullying.gov/kids

Teen Line
<https://teenlineonline.org/>

The Trevor Project
<http://www.thetrevorproject.org/>

U.S Department of Health and Human Services Office of Adolescent Health
<http://www.hhs.gov/ash/oah/adolescent-health-topics/index.html>

Violence Prevention Works
<http://www.violencepreventionworks.org/public/index.page>

GET INVOLVED!^{16, 17}

Youth

- Take leadership roles to educate younger kids on bullying.
- Talk with peers about addressing, preventing and responding to bullying.

Parents

- Keep the lines of communication open with youth.
- Become familiar with bullying resources in the community.
- Think about what you would do if you found out that your child is in an unhealthy relationship.
- Increase awareness about the relationship between social media outlets with bullying.

School Personnel

- Create a school culture where everyone is treated with respect.
- Know how to identify and respond to bullying in your school.
- Implement effective anti-bully programs.
- Refer students to appropriate resources.

Community

- Promote thriving, safe, and connected communities.
- Seek youth voice for decision-making in organizations.
- Engage in town hall meetings and workshops on bullying prevention.
- Engage organizations to support anti-bullying programs.

References and More!

Please visit <http://www.houstontx.gov/health/hdhhs-profiles> for a full list of references.

Other Titles in this Series:

- Teen Pregnancy & Prevention
- Youth Suicide Prevention
- Youth Mental Health
- Youth Violence Prevention
- Teen Dating Violence Prevention
- Youth Immunizations
- Youth Obesity & Prevention
- Youth Homelessness
- Youth Sexual Health, STIs & HIV
- Youth Substance Abuse & Prevention
- Overall Summary of Youth Health

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Health, Safety Coalition at: 4youthvoice@houstontx.gov
Facebook: [4youthvoicehouston](https://www.facebook.com/4youthvoicehouston) Twitter: [@4youthvoice](https://twitter.com/4youthvoice)

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YOUTH IN HOUSTON & HARRIS COUNTY^{1,3}

Population*
Houston: 601,918 (29%)
Harris County: 1,263,889 (31%)

Poverty
Children under 18 living below poverty level:
Houston: 35.3%
Harris County: 27.4%

Education
High School Graduates (ages 18-24):
Houston: 29.3%
Harris County: 30.5%

DEMOGRAPHIC SNAPSHOT OF YOUTH^{1,4}

Below is a snapshot of the demographics for youth living in Houston and Harris County.

Gender
Houston: Male: 51% Female: 49%
Harris County: Male: 51% Female: 49%

Age
Houston: Under 5 years: 28% 5 to 9 years: 25% 10 to 14 years: 23% 15 to 19 years: 24%
Harris County: 27% 25% 24% 24%

Race/Ethnicity
Harris County: Hispanic: 51% White: 23% Black: 19% Other: 7%

* Percentages (youth under the age of 19) are representative of the total Houston/Harris County population.
[†] As of 2010, percentages are based on total population of Houston and/or Harris County under the age of 19.

YOUTH
voice health safety

Adolescent Health and Injury Prevention (AHIP)

YOUTH BULLYING & PREVENTION

Profile of the City of Houston & Harris County, Texas

Bullying is an unwanted, aggressive behavior among school aged children.⁵ Bullying is generally repeated over time and involves a real or perceived power imbalance. Intentional and repeat incidences of bullying can result in long term impacts on physical, mental, and social functioning.

In 2013, 15.6% of boys and 23.7% of girls ages 14—18 years, reported being victims of at least one type of bullying .
—YRBS

Youth Risk Behavior Surveillance System (YRBS)⁶

Bullied on school property— YRBS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove or hurt another student over and over again.

Bullied on school property:

- Nationally — **19.6%**
- Texas — **19.1%**
- Houston — **9.1%**

Electronically bullied— being bullied through email, chat rooms, instant messaging, websites, or texting.

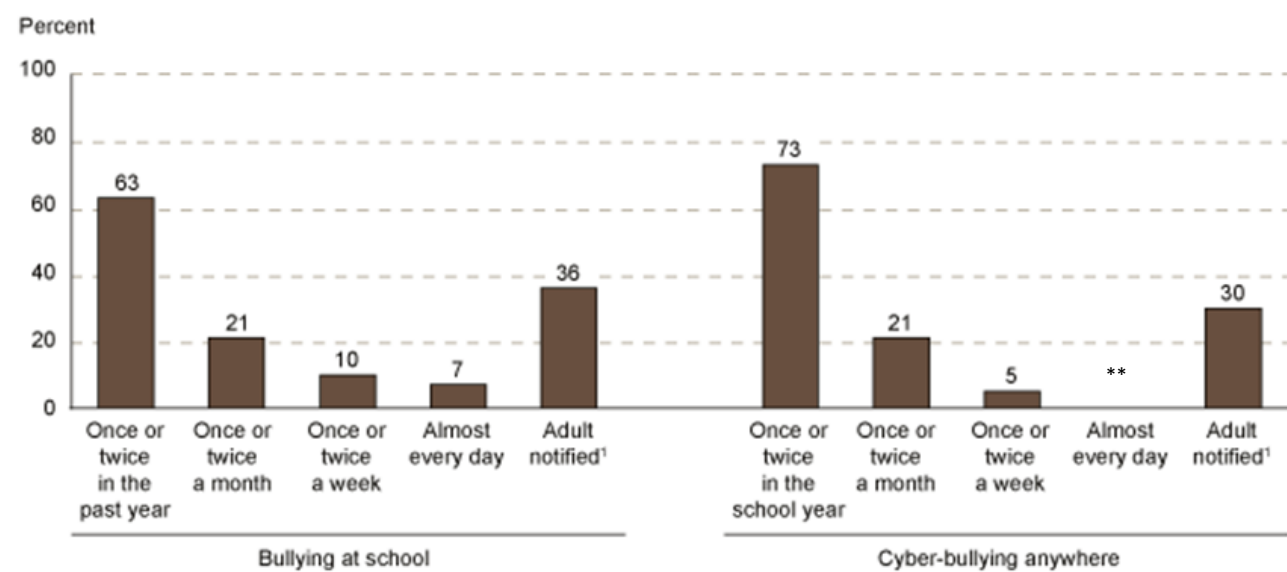
Electronically bullied:

- Nationally — **14.8%**
- Texas — **13.8%**
- Houston — **9.1%**

Why Bullying is an issue for schools?⁷

- Almost **1 in 3** students has been bullied.
- Only **20-30%** of students who are bullied tell adults about the bullying.
- Short and long-term consequences include academic difficulties, depression, and suicidal ideation and attempts.

PREVALENCE OF BULLYING NATIONALLY, 2011⁸



** Data was not available

WHAT WORKS?

The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for bullying intervention and prevention.

| Program | What Is It? | Website |
|--|---|---|
| Steps to Respect * | A school-wide program. All adults in school are trained to recognize and deal with bullying. Classroom lessons teach youth how to make friends, recognize feelings and recognize, refuse and report bullying. | http://www.cfchildren.org/steps-to-respect |
| Second Step* | There are five program themes in this curriculum — empathy and communication, bullying prevention, emotion management, problem-solving and substance abuse prevention. | http://www.secondstep.org/ |
| Bullying: Ignorance is No Defense | The goal is to educate youth on how to use alternative methods for resolving issues rather than resort to bullying. Curriculum includes opportunities for students to understand proper problem solving strategies. | http://antibullyingprograms.org/Programs.html#HighSchool |

*Denotes evidence based program as listed by SAMHSA—National Registry of Evidence-based Programs and Practices.

TYPES AND CHARACTERISTICS OF BULLYING

Types of Bullying include: ^{5,9,10}

Physical — punching, shoving, hair-pulling, tripping

Verbal — calling hurtful names, teasing, threatening

Indirect — rejection, rumor spreading, humiliation, isolation, manipulation of friendships, exclusion

Electronic — any kind of aggression perpetrated through technology

Youth who are bullied¹¹ usually have:

- Lower peer status
- Lower social competence
- Negative community factors
- Negative school climate

Youth who bully¹¹ other students have:

- Externalizing behavior
- Social competence challenges
- Academic challenges
- Negative attitudes toward others
- Family characterized by conflict

WARNING SIGNS OF BULLYING ¹²

1. Unexplained injuries
2. Lost or destroyed items such as clothing or books
3. Aggressive behavior
4. Acting out
5. Poor academic performance
6. Excessive absences
7. Lack of interest in school
8. Social isolation

Recommendations:¹⁴

- Increase implementation of secondary and tertiary bullying prevention programs.
- Anti-bullying programs need to consider incorporating discussion of sexual harassment and homophobic language.
- Engage school personnel, parents and youth in discussions regarding bullying.
- Build safe environments at home, school, and in community settings.

Related Policies and Policy Implications:¹⁵

Currently, there are no federal laws directly addressing bullying.

Forty-seven states have anti-bullying laws. Eighteen states include cyberbullying in their anti-bullying legislation.

HB 3226: Texas anti-bullying; healthy workplace bill.

HB 1942: Related to bullying in public schools. Chapter 21.451: Requires public school districts to provide staff development on bullying.

The Texas Education Code, Chapter 37 Section 37.001(a.7-a.8) requires that each school district's Student Code of Conduct have a local policy that:

- prohibits bullying, harassment, and making hit lists and ensures that district employees enforce those prohibitions.
- provides methods and options for: managing students in the classroom and on school grounds, disciplining students, and preventing and intervening in student discipline problems.
- Texas law also covers cyberbullying.

60% of males who bully in grades six through nine are approximately 3x as likely to be convicted of a least one crime as an adult.¹³