

SOCIAL RELATIONSHIPS

INDICATOR #37 Bullying Rate

DEFINITIONS

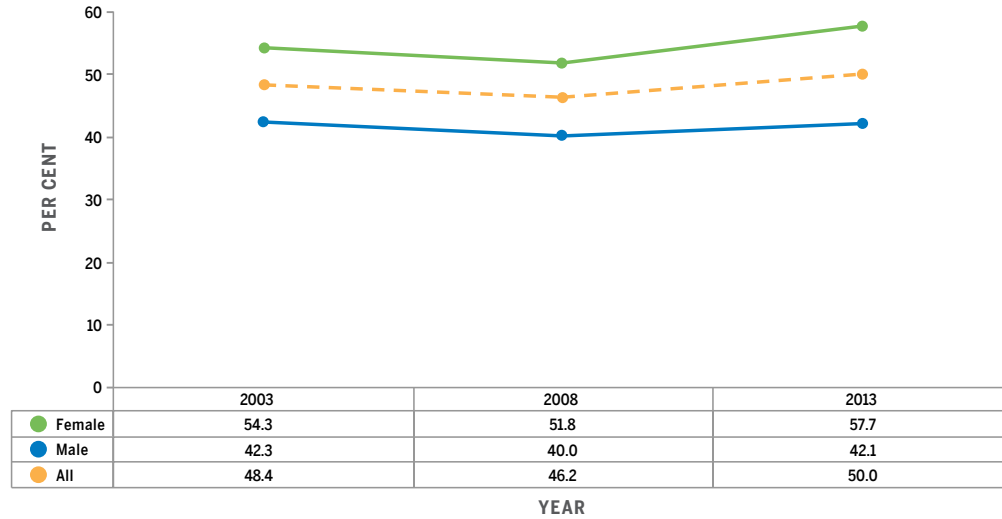
INDICATOR #37A — Percentage of BC students in grades 7–12 who report having been bullied at school or on the way to or from school in the past year.

INDICATOR #37B — Percentage of BC students in grades 7–12 who report having been bullied over the Internet or other technology in the past year.

KEY MESSAGES

- ▶ **Bullying** is a pattern of unwelcome or aggressive behaviour, often with the goal of making others uncomfortable or scared, or hurting someone. It is almost always used as a way to have control or power over a target, and it is often based on another person's appearance, culture, race, religion, ethnicity, sexual orientation, or gender identity.¹
- ▶ There are four common types of bullying: physical (hitting, tripping, pinching, or damaging property); verbal (name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse); social-emotional (spreading rumours, negative facial gestures, playing mean jokes to embarrass or humiliate, or social exclusion); and cyber (taunting, threatening, or humiliating over the Internet or through social media).¹
- ▶ There is clear evidence of a negative association between bullying and child health and well-being, such as psychological well-being, academic achievement, and later substance use.^{2,3} In fact, there is strong, consistent, international evidence that all forms of bullying have harmful mental health consequences for children and youth.^{4,5}
- ▶ Being bullied has also been linked to health risk behaviours such as **binge drinking** and using marijuana. The fear of being bullied restricted some students' activities, as they said they had not participated in extracurricular activities for fear of being bullied.⁶
- ▶ Evidence has shown that in BC, youth who were victims of bullying by their peers—teasing, exclusion, or assault—in the past year were more likely than those who were not bullied to report skipping class in the past month. The more types of bullying students experienced, the more likely they were to miss school.⁶
- ▶ Figure 37A.1 shows that about 50 per cent of youth in grades 7 to 12 surveyed in BC reported being bullied, with a greater proportion of females reporting being bullied than males. While the percentage for males was relatively stable from 2003 to 2013, the percentage among females increased somewhat during that time, from 54.3 per cent in 2003 to 57.7 per cent in 2013.
- ▶ It is challenging to determine the prevalence of cyberbullying because of inconsistent definitions and varied data collections methods; however, Figure 37B.1 suggests that it decreased slightly from 2008 to 2013. This figure also shows that females were twice as likely as males to report being cyberbullied.

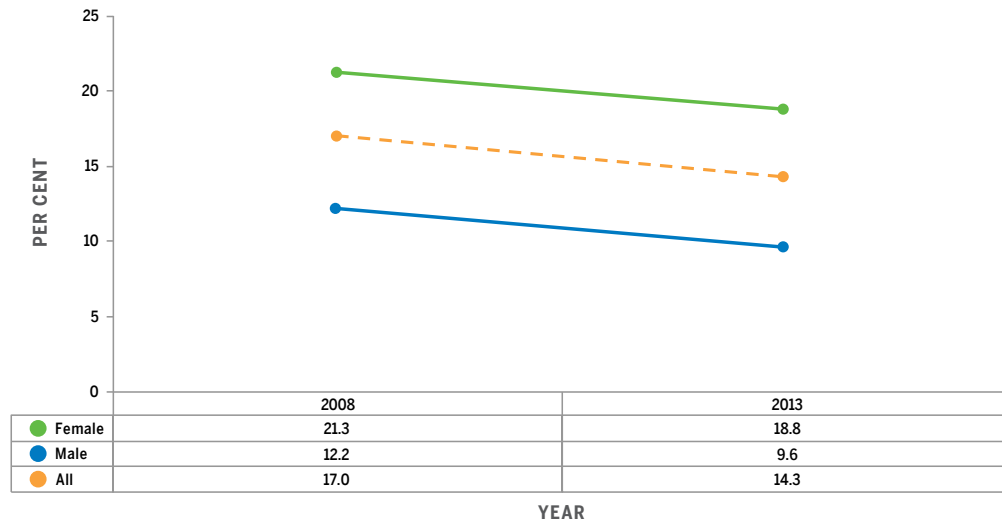
FIG 37A.1 Percentage of Students in Grades 7-12 Who Reported They Were Bullied at School in the Past Year, by Sex, BC, 2003, 2008, and 2013



Notes: "Bullied at school in the past year" means youth reported having been teased, excluded, and/or physically assaulted by another youth at school or on the way to or from school in the 12 months prior to the survey. The differences between years were statistically significant for all groups, with the exception of males, where the difference between 2003 and 2013 was not statistically significant. The difference between the sexes was statistically significant in all years. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2003, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

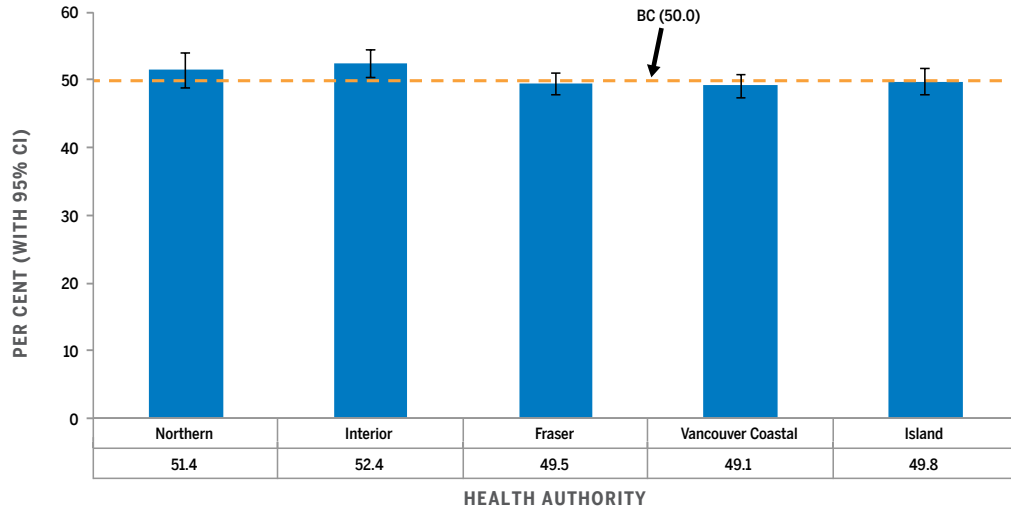
FIG 37B.1 Percentage of Students in Grades 7-12 Who Reported They Were Cyberbullied in the Past Year, by Sex, BC, 2008 and 2013



Notes: "Cyberbullied in the past year" means youth reported being bullied or picked on through the Internet or other technology in the 12 months prior to the survey. The difference between years was statistically significant for all groups. The differences between the sexes were statistically significant in both years. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

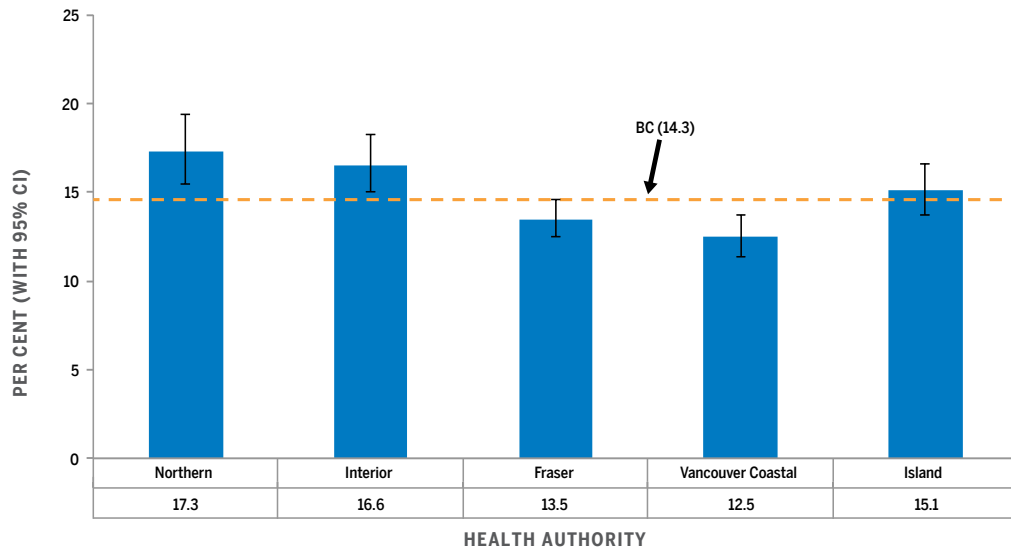
FIG 37A.2 Percentage of Students in Grades 7-12 Who Reported They Were Bullied at School in the Past Year, by Health Authority, BC, 2013



Notes: "Bullied at school in the past year" means youth reported having been teased, excluded, and/or physically assaulted by another youth at school or on the way to or from school in the 12 months prior to the survey. Health authority is based on the location of the school. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

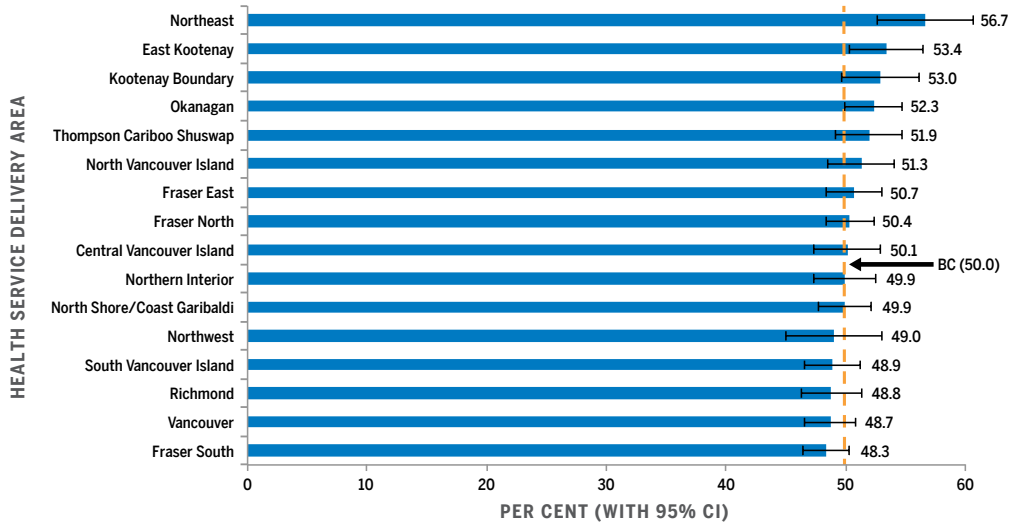
FIG 37B.2 Percentage of Students in Grades 7-12 Who Reported They Were Cyberbullied in the Past Year, by Health Authority, BC, 2013



Notes: "Cyberbullied in the past year" means youth reported being bullied or picked on through the Internet or other technology in the 12 months prior to the survey. Health authority is based on the location of the school. See Appendix B for more information about this data source.

Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

FIG 37A.3 Percentage of Students in Grades 7-12 Who Reported They Were Bullied at School in the Past Year, by Health Service Delivery Area, BC, 2013



Notes: "Bullied at school in the past year" means youth reported having been teased, excluded, and/or physically assaulted by another youth at school or on the way to or from school in the 12 months prior to the survey. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

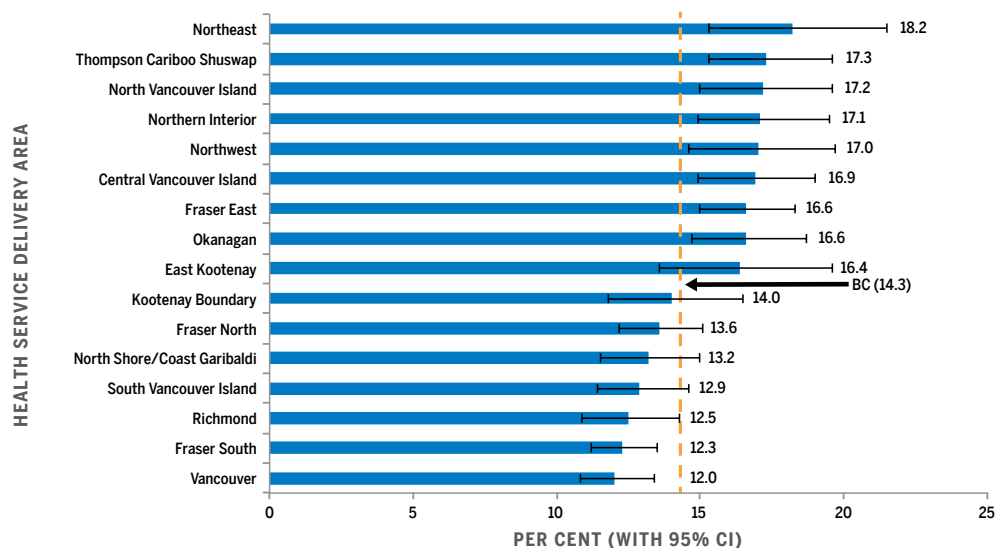
Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

“Schools are becoming more diverse and things that were formerly kept hidden like sexual orientation are more in the open now, so people who are prone to bullying have more targets to aim at than they used to.”

“Bullying is easier to do and people have become more subtle about it. Kids have become more opinionated about diversity and expression.”

“Cyber bullying has become really uncool. It is a sign of weakness to do it.”

FIG 37B.3 Percentage of Students in Grades 7-12 Who Reported They Were Cyberbullied in the Past Year, by Health Service Delivery Area, BC, 2013



Notes: "Cyberbullied in the past year" means youth reported being bullied or picked on through the Internet or other technology in the 12 months prior to the survey. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.
Source: McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

REFERENCES

- ¹ BC Ministry of Education. ERASE bullying [Internet]. Victoria, BC: BC Ministry of Education; 2012 [cited 2016 Apr 28]. Available from: <http://www.erasebullying.ca/index.php>.
- ² Pivak J. Child and youth health and well-being indicators project: appendix H – social relationships evidence review [prepared for the Office of the Provincial Health Officer and the Canadian Institute for Health Information]. Ottawa, ON: Canadian Institute for Health Information; 2011.
- ³ Houbre B, Tarquinio C, Thuillier I, Hergott E. Bullying among students and its consequences on health. *European Journal of Psychology of Education*. 2006 Jun 1;21(2):183-208.
- ⁴ Kaltiala-Heino R, Rimpela M, Marttunen M, Rimpela A, Rantanen P. Bullying at school: an indicator of adolescents at risk for mental disorders and suicide ideation in Finnish adolescents. *BMJ*. 1999 Aug 7;319(7206):348-51.
- ⁵ Rigby K, Slee P. Suicide ideation among adolescent school children, involvement in bully-victim problems and perceived social support. *Suicide Life Threat Behav*. 1999;29:119-30.
- ⁶ Smith A, Stewart D, Poon C, Peled M, Saewyc E. From Hastings Street to Haida Gwaii: provincial results of the 2013 BC Adolescent Health Survey. Vancouver, BC: McCreary Centre Society; 2014.