



BULLYING + SUBSTANCE USE

SUMN.org FACT SHEET

2014

Bullying + Harassment

Definition

Bullying is unwanted, intentional, aggressive, repeated behavior that involves an imbalance of power. Harassment includes systematic and/or continued unwanted actions; federal law prohibits harassment based on race, color, national origin, sex, sexual orientation, disability, or religion. Bullying and harassment data included in this fact sheet are from the 2013 Minnesota Student Survey. Students responded to questions about whether other students at school did any or all of the following in the 30 days prior to the survey:

- Pushed, shoved, slapped, hit or kicked them when not kidding around
- Threatened to beat them up
- Spread mean rumors or lies about them
- Made sexual jokes, comments, or gestures towards them
- Excluded them from friends, other students, or activities

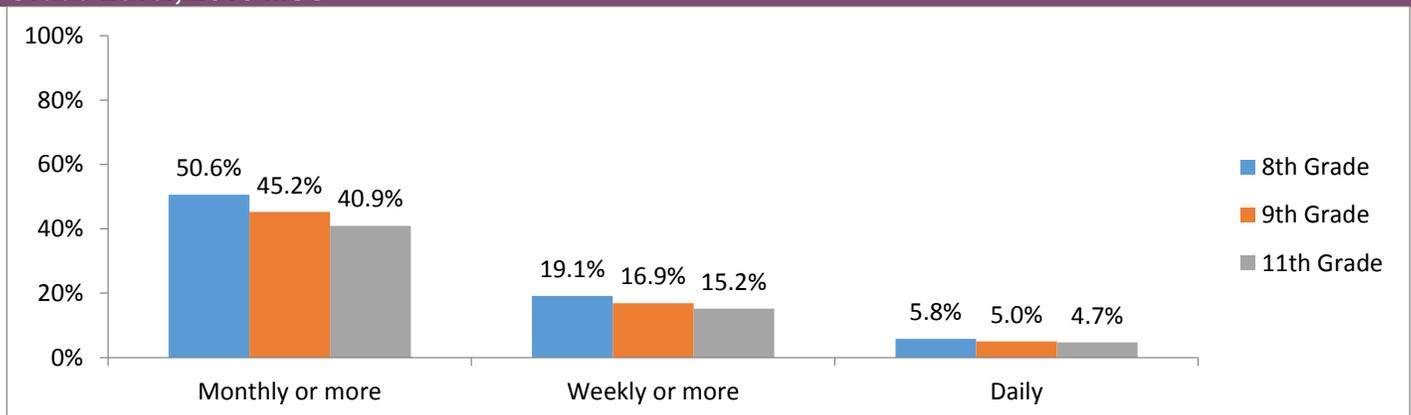
For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

Prevalence + Frequency

According to the 2013 Minnesota Student Survey (MSS):

- Approximately 1 out of 20 students were bullies only in the past month, 1 out of 4 students were victims of bullying only, and 1 out of 5 students reporting being both victims and bullies in the past month.
- The most frequent type of bullying reported is students spreading mean rumors or lies, followed by students excluding others from friends/activities
- The prevalence of bullying and harassment decreases by grade level (see graph)

Minnesota Students Experiencing Past Month Bullying or Harassment, by Frequency of Bullying + by Grade Level, 2013 MSS



Risk for Substance Use

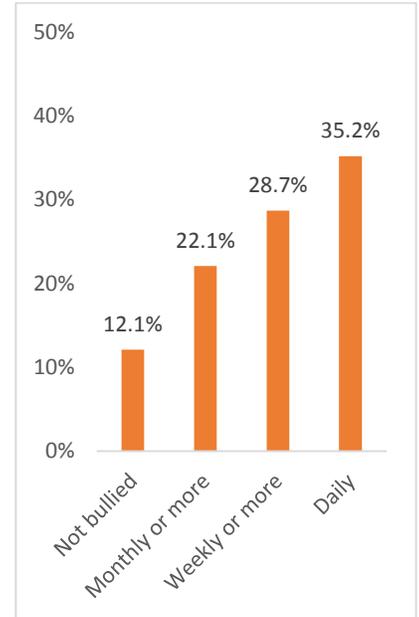
Bullying behavior puts both the victim and the bully at higher risk for social and emotional problems, including substance use and academic failure.

Alcohol

- Rates of reported past month alcohol use increase with the frequency at which students report being bullied or harassed (see graph); the same patterns appears for past month binge drinking
- Past month alcohol use was reported by 10.5% of students who were neither a bully nor a victim, 16.2% of students who were a victim only in the past month, 24.4% of students who were a bully only, and 28.6% of those who reported being both a victim and a bully in the past month

Other Drugs

- Students who were bullied weekly or more often were almost 2.5 times more likely to report past month marijuana use as compared to students who were not bullied in the past month; those bullied daily were 3 times more likely to do so
- Students who were bullied weekly or more often were over 4 times more likely to report past month prescription drug misuse as compared to students who were not bullied in the past month; those bullied daily were over 5.5 times more likely to do so



Past Month Alcohol Use among 8th, 9th and 11th Graders, by Frequency of Being Bullied or Harassed in the Past Month (MSS 2013)

State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

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Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: substanceusemn@gmail.com

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcm.org