

Bullying on College Campuses

Information for Educators and Parents

Background

- Bullying has been found to occur for college undergraduates with 18.5% reporting having been bullied once or twice and 22% reporting being the victim of cyberbullying.^{1, 2}
- 38% of students knew someone who had been cyberbullied, while almost 9% admitted to bullying someone else on the internet.³
- *All* students, regardless of race, ethnicity, gender, physical condition, popularity, or weight can be targets of bullying and cyberbullying.⁴
- The most common vehicles for cyberbullying reported include: social networking sites, text messages, emails, and instant messages.³
- The use of technology allows bullies to act anonymously and instantaneously, which may increase the persistence and maliciousness of the attacks.⁵

What are the Consequences?

- “Many state and federal laws address bullying-like behaviors [for young adults] under very serious terms, such as hazing, harassment, and stalking.”⁶
- Studies have linked experiences of being bullied with significant health and psychological issues, such as depression, emotional distress, low self-esteem, and poor academic achievement.⁴
- Adolescent and young adult students who engage in bullying towards others tend to have high emotionality, low self-control, and may lack empathy for others’ experiences.⁴
- In one study, targets of cyberbullying endorsed significantly more suicidal behaviors than those who did not identify as a victim.⁷

How to Help Students

- Promote a more accepted and inclusive campus climate. Students who feel connected within the campus have been found to be more willing to report threats and bullying behaviors on campus.⁸
- Share information regarding bullying/cyberbullying and how to report it with residents, sororities, fraternities, etc.
- Educate students on how to use technology safely and effectively, such as changing passwords frequently, printing out evidence of cyberbullying as it happens, and reporting instances of bullying to the proper authorities.
- Encourage students to talk to someone they trust if they or someone they know is being bullied, whether it is a resident advisor, faculty members, academic advisor, close friend, etc.
- Model respectful, empathic behavior to students in all settings.⁵
- Be aware of campus policies or laws, and whether a certain bullying act violates these. Report any behavior in violation to campus police, local police, or an individual of authority.⁶

Resources for More Information

StopHazing: Educating to Eliminate Hazing

www.stophazing.org

A Thin Line: Sexting and Cyberbullying

www.athinline.org

U.S. Department of Justice Civil Rights Division

www.justice.gov/crt/complain/#three | 1-877-292-3804

Get Help Now

Within the University at Buffalo

University Police: 716-645-2222

Office of Judicial Affairs: 716-645-6154

Counseling Center: 716-645-2720

Office of Equity, Diversity, and Inclusion: 716-645-2266

Within Western New York

Buffalo Crisis Services Hotline: 716-834-1144 or 1-877-KIDS-400

Catholic Charities for Therapeutic Support: 716-218-1400

Within the United States

National Suicide Prevention Helpline: 1-800-273-TALK

Suicide Hotline for Spanish Speakers: 1-888-628-9454

Crisis Chat: www.crisischat.org

Reach Out - Get Through Tough Times: <http://us.reachout.com/>

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