



# BULLYING + SUBSTANCE USE

SUMN.org FACT SHEET

2017

## 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 2016 Minnesota Student Survey, combining 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders. 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

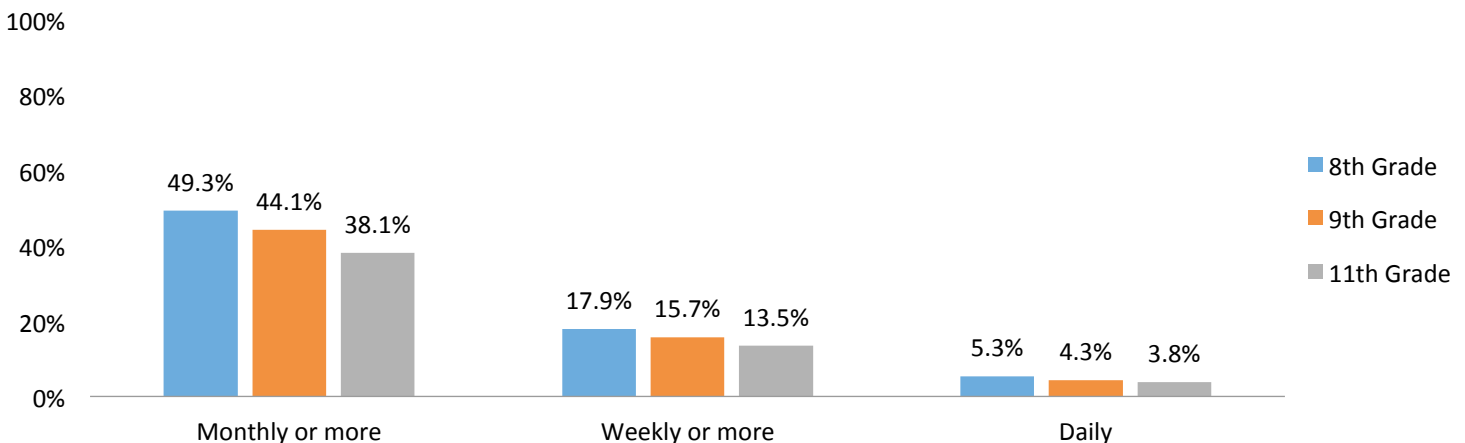
*For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit [SUMN.org](http://SUMN.org)*

### Prevalence + Frequency

According to the 2016 Minnesota Student Survey (MSS):

- Students report that, in the past month, approximately:
  - **1 out of 20** students **engaged in bullying behavior**
  - **1 out of 4** students **experienced bullying behavior**
  - **1 out of 5** students **both were bullied, and bullied others**
- The most frequent type of bullying reported is exclusion of students from friends/activities, followed by students spreading mean rumors or lies.
- 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, 2016 MSS**



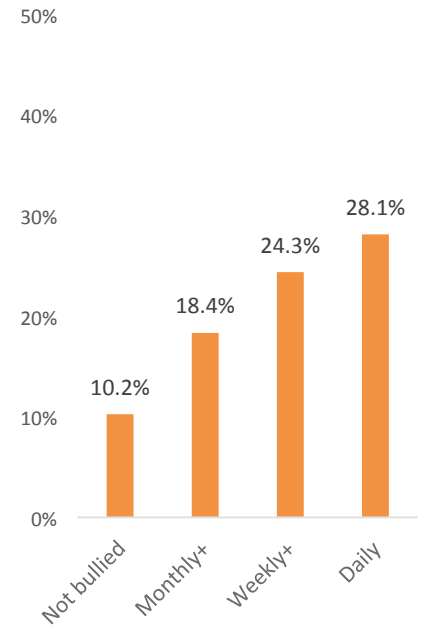
## Risk for Substance Use

Bullying behavior puts both those engaging and those experiencing the bullying behaviors 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 pattern appears for past-month binge drinking.
- Past-month alcohol use was reported by...
  - **9.1%** of students who **neither were bullied nor bullied others...**
  - **14.1%** of students who reported only **being bullied...**
  - **20.8%** of students who reported **bullying others...**
  - **23.2%** of those who reported **both being bullied and bullying others...**

...in the past month.



**Past-Month Alcohol Use among 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> Graders, by Frequency of Being Bullied or Harassed in the Past Month (MSS 2016)**

### Other Drugs

- Compared to students who weren't bullied in the past month, students who were **bullied weekly** or more often were:
  - **2.6 times** more likely to report **tobacco** use...
  - **2.3 times** more likely to report **marijuana** use...
  - **3.6 times** more likely to report **prescription drug** misuse...  
...in the past month.
- Students who were bullied **daily** were:
  - **3.1 times** more likely to report **tobacco** use...
  - **3.0 times** more likely to report **marijuana** use...
  - **4.6 times** more likely to report **prescription drug** misuse...  
...in the past month.

## 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.

## Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: [info@sumn.org](mailto:info@sumn.org)

To contact the Regional Prevention Coordinator for your region, please visit: [www.rpcmn.org](http://www.rpcmn.org)

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