



# FAST FACTS

*A message for health care providers*



## Bullying – The Physician’s Role

### What is Bullying?

- Bullying is a form of youth violence and can result in physical injury, social and emotional distress, and even death.
- Bullying is different than fighting or teasing. It is repetitive, negative actions by one person or persons against chosen victims.
- There are 3 groups of children involved: bullies, victims, and bystanders.

### Bullying is no joke.

- In a 2009 nationally-representative sample of youth in grades 9-12, 20% reported being bullied on school property in the preceding 12 months; the prevalence was higher among females (21%) than males (19%) (CDC datasheet <http://www.cdc.gov/ViolencePrevention/pdf/YV-DataSheet-a.pdf>)

### Who is at risk for bullying?

Some of the factors associated with a **higher likelihood of engaging in bullying** behavior include:

- Impulsivity (poor self-control)
- Harsh parenting by caregivers
- Attitudes accepting of violence

Some of the factors associated with a **higher likelihood of victimization** include:

- Friendship difficulties
- Poor self-esteem
- Quiet, passive manner with lack of assertiveness

### Things to do in your clinical practice:

- Become familiar with *Connected Kids: Safe, Strong, Secure*, the AAP’s comprehensive primary care violence prevention protocol ([www.aap.org/connectedkids](http://www.aap.org/connectedkids))
- Build key elements of the protocol into practice flow sheets or EMR age-based prompts
- Have parent and youth education materials readily accessible
- Refer to & maintain an accurate database of counseling and treatment resources & have this info available through the practice's EMR system & on the practice's internal & external Web sites
- Advocate for community-based behavioral health services, protection of children from exposure to firearms and responsible programming on TV, Internet and video games

### Resources:

- AAP *Connected Kids: Safe, Strong, Secure* [www.aap.org/connectedkids](http://www.aap.org/connectedkids)
- AMA Youth Violence Prevention Training & Outreach Guide [www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/violence-prevention/youth-violence-prevention-training-outreach-guide.page](http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/violence-prevention/youth-violence-prevention-training-outreach-guide.page)
- AMA Suicide & Depression Resources [www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/adolescent-health/guidelines-adolescent-preventive-services/suicide-depression-resources.page](http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/adolescent-health/guidelines-adolescent-preventive-services/suicide-depression-resources.page)
- CDC Understanding Bullying [www.cdc.gov/ViolencePrevention/pub/understanding\\_bullying.html](http://www.cdc.gov/ViolencePrevention/pub/understanding_bullying.html)
- CDC Youth Violence Prevention [www.cdc.gov/ViolencePrevention/youthviolence/index.html](http://www.cdc.gov/ViolencePrevention/youthviolence/index.html)
- Crisis Services 24 Hour Hotline 716-834-3131 [www.crisisservices.org/content/](http://www.crisisservices.org/content/)