

# BULLYING: WHO'S INVOLVED?

**Directions:** Read the following list of student participants in a bullying situation. Then look at the illustration and identify each participant.

## PARTICIPANTS IN A BULLYING SITUATION

- **Student who bullies**
- **Student who is bullied**
- **Follower** (student who goes along with the bullying—for example, by laughing)
- **Silent bystander** (student who sees the bullying and does nothing)
- **Defender** (student who takes action to address the bullying situation)

**STEP 1:** Explain on separate paper how you think each participant is affected by, or affects, the situation. Are they positively or negatively affected?

**STEP 2:** Study the scenario in the illustration and the individuals involved. What are some impacts for each participant in the short term and in the long term? How might each participant change his or her behavior to positively improve the situation?



## ALSO INVOLVED: Health Problems From Alcohol and Drugs

Bullying can have many short- and long-term consequences on those involved. Children or youths who are bullied may experience health problems, such as trouble sleeping or headaches. They may have difficulty concentrating and may struggle in school. Mental health problems associated with bullying, such as anxiety and depression, can last long into adulthood.

But did you know that bullying can also increase the risk that a young person will use drugs and alcohol? Studies have shown that middle and high school students who are involved in bullying situations are more likely to develop a substance use disorder. This includes the student who is doing the bullying as well as the student being bullied.

**THINK ABOUT IT:** Discuss the different ways drugs and alcohol may be connected with bullying. Why do you think students who bully others, or those who are bullied, might be more likely to use drugs and alcohol? How might this affect a bullying situation?