

# Bullying's Impact on Students and What Can Be Done to Stop It

## Body

Bullying can have damaging effects on students' mental health and academic performance. For example, victims of bullying are more likely to suffer from depression, anxiety, low self-esteem, sleep disturbances, eating disorders, suicidal ideation, and other mental health issues.

They also tend to perform worse academically than their non-bullied peers due to the stress and disruption caused by the bullying behavior. In addition, students who are bullied are more likely to be absent from school or drop out altogether. These factors can lead to long-term difficulties for bullied students later in life.

There are a few strategies that could help reduce the prevalence of bullying in schools. First and foremost is providing education about bullying behavior and how to respond if someone is being bullied or witnesses bullying behavior. This type of education should be provided at all levels—from elementary to high school—and should be reinforced regularly with refresher sessions throughout the year.

Additionally, school administrators should maintain an open dialogue with students, so they feel comfortable reporting incidents of bullying when they occur. Finally, schools should create a safe environment where all students feel supported in expressing themselves without fear of reprisal from their peers or adults in authority positions.