

Bullying in Peel

Definition of Bullying

[Bullying](#), by definition, is a form of youth violence defined as “unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated” (1). Bullying can include “aggression that is physical, verbal or relational/social” (1). It can also occur through technology (i.e. [cyberbullying or electronic aggression](#)).

The Impacts of Bullying

Bullying has multiple negative outcomes for both the victims and perpetrators potentially resulting in physical injury, emotional distress and even death (1). Victims are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment (1). Bullies are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood (1).

What are the Trends in Peel?

According to the 2013 Ontario Student Drug Use and Health Survey, among Peel students between grades 7 to 12 (2):

- 21% of Peel students overall reported being bullied at school.
- 5% of Peel students overall reported being bullied on a daily or weekly basis.
- Bullying was more common among Peel students in the younger grades.
 - 30% of grade 7/8 students reported being bullied compared to 13% of grade 12 students.
- 15% of Peel students overall reported bullying others at school.
- 15% of Peel students overall experienced cyber bullying through the internet.
- Bullying trends in Peel are similar to what is observed in other regions in Ontario and in the province overall (3).

Additional Resources to Support Bullying Prevention Efforts

[Bullying Programs Research to Practice Brief](#)

Summarizes current research on effective bullying prevention interventions.

[Centers for Disease Control and Prevention \(CDC\)](#)

The CDC offers a wide range of information, research and tools to support parents, educators and other professionals in the community with bullying prevention and intervention tactics.

[Dufferin-Peel Catholic District School Board](#)

The Dufferin Peel Catholic District School Board has a range of supports in place, to prevent, intervene and respond to bullying in accordance with the provincial Safe Schools Act and in alignment to Catholic education values.

[Ontario Ministry of Education](#)

The Ontario Ministry of Education ensures the provision of the Safe and Accepting Schools Acts and provides resources, policies and supports for educators and parents on how to keep children safe and respected at school.

[Peel District School Board](#)

The Peel District School Board has a range of supports in place, including school Bullying Prevention and Intervention Plans and parent resources to proactively address and respond to bullying in accordance with the provincial Safe Schools Act.

[Peel Public Health](#)

Peel Public Health has resources and supports for parents and children with respect to bullying. It also offers a suite of [resources for teachers](#) with respect to bullying prevention.

[Peel Regional Police](#)

Peel Regional Police provides effective policies to ensure a safe environment within Peel, including resources and supports for bullying and cyber-bullying.

[PREVNet](#)

PREVNet is a network of leading researchers and organizations across Canada, working together to stop bullying. It provides education, research and training for parents, educators, and organizations that play a role in bullying prevention across communities.

References

1. Centers for Disease Control and Prevention (2013). Understanding Bullying: Fact Sheet. Retrieved From [December 1, 2014]: www.cdc.gov/violenceprevention/pdf/bullying_factsheet.pdf
2. [Pending Release]. Peel Technical Report 2013: Ontario Student Drug Use and Health Survey (OSDUHS). Peel Public Health, 2014.
3. Boak, A., Hamilton, H. A., Adlaf, E. M., Beitchman, J. H., Wolfe, D., & Mann, R. E. (2014). The mental health and well-being of Ontario students, 1991–2013: Detailed OSDUHS findings (CAMH Research Document Series No. 38). Toronto, ON: Centre for Addiction and Mental Health.

PeelThinkShare Data Fact Sheets

This is one in a series of Data Fact Sheets prepared by the Community Health Initiatives Team, Region of Peel, Health Services in order to support community-based organizations in the Peel Region with accessing and using current data about the Peel population.

The intent of these Data Fact Sheets is to present the most current Peel-specific data and statistics for the topic, and compare to provincial and/or national data when possible.

These Data Fact Sheets and other resources can be found at: www.peelthinkshare.ca

Is there Peel-specific data that you are interested in, that has not been covered in our Data Fact Sheets Series yet? Let us know by emailing peelthinkshare@peelregion.ca.