

PLEASE TAKE A MOMENT TO UNDERSTAND THE IMPACT OF BULLYING ON OUR
YOUNG PEOPLE IN NEBRASKA

FACT: In Nebraska an estimated **90,000 youth 0-17** have a diagnosable behavioral health disorder

FACT: **17%** of students indicate that they have been bullied with some frequency.

FACT: Victims of bullying are between **2-9 times** more likely to consider suicide.

FACT: Suicide is the **third leading cause of death** for children 1-19 years of age in Nebraska

FACT: For every suicide among young people, **there are at least 100 suicide attempts.**

FACT: Over **14 percent** of high school students have considered suicide, and almost 7 percent have attempted it.

FACT: At **least half of suicides** among young people are related to bullying

FACT: **10 to 14 year old girls** may be at even higher risk for suicide, according to the study above

FACT: Nearly **30 percent of students** are either bullies or victims of bullying

FACT: **160,000 kids** stay home from school every day because of fear of bullying

FACT: As the number of traumatic events experienced during childhood increases, the **risk for the** following health problems in adulthood increases: depression; alcoholism; drug abuse; suicide attempts; heart and liver diseases; pregnancy problems; high stress; uncontrollable anger; and family, financial, and job problems.

FACT: Bully-related suicide can be connected to **any type of bullying**, including physical bullying, emotional bullying, cyberbullying, and sexting, or circulating suggestive or nude photos or messages about a person

FACT: Some schools or regions have more serious problems with bullying and suicide related to bullying. This may be due to an **excessive problem with bullying** at the school. It could also be related to the tendency of students who are exposed to suicide to consider suicide themselves.

During National Children's Mental Health Awareness month, May 2012, Nebraska Federation of Families and Affiliate Family Organizations across the state will:

- Share information about Bullying and it's relation to Suicide, as well as the warning signs
- Share information and resources about how to get help
- Raise awareness about the frequency of bullying, and the damage it can have on a young person- particularly a younger person with a behavioral health challenge.
- Raise awareness about suicide in young people, and the relationship between bullying and suicide
- Raise awareness about mental health and emotional health of young people, including the connection to childhood trauma
- Listen to the voices of parents and children who struggle with the challenges they face with everyday and share that voice across the state and with our Governor on June 2nd.

