

Bullying & Native Youth

National American Indian & Alaska Native School Mental Health Program



BULLYING AND YOUTH DATA

- Thousands of students refuse to go to school and dread the physical and verbal aggression of their peers, as well as the isolation that comes from being bullied (CDC, 2010).
- A recent report from the American Medical Association (AMA) on a study of more than 15,000 6-10th graders estimates that approximately 3.7 million youths engage in, and more than 3.2 million are victims of, moderate or serious bullying each year.
- Bullying negatively affects the atmosphere of the school and disrupts the learning environment: student achievement suffers, teacher morale declines, adult-student relationships suffer, parent confidence and trust in the school erodes (Stopbullying.gov, 2012).
- The effects of being bullied include “higher levels of insecurity, anxiety, depression, loneliness, unhappiness, physical and mental symptoms, and low self-esteem” (Nansel et al., 2001).
- It could also extend to incarceration, depression-suicide, and problems in school functioning (Pergolizzi, et al., 2009).

BULLYING AND NATIVE YOUTH

- “54% of all American Indian students reported some type of bullying behavior (either physical violence or threats).
- Of those experiencing bullying behavior, 29.3% experienced threatening, 47.5% experienced physical violence and 23.5% experienced both physical violence and threatening behavior (Campbell & Smalling 2013).
- Bullying can be even more of a challenge for Native Americans due to the suffering and violence Native Americans have endured.
- Living on a reservation is one of the risk factors associated with bullying, placing Native youth at a higher risk of experiencing it.
- Youth on reservations face stereotypes and misconceptions of what it means to be a Native American from the main society and inherent historical bullying by the major culture, generational poverty, generational alcoholism and drug addiction, poor nutrition and diet, substandard and inadequate housing, and or family structures that are not intact (Owen, 2011).
- Research shows that bullying has emerged as a contributing factor to the sharp rise in the American Indian and Alaskan Native youth suicide rate (National Education Association, 2011).



NATIVE YOUTH BULLYING PREVENTION & CURRICULA

- Not In Our School (NIOS): addresses student bullying by building safe and inclusive school environments. NIOS offers trainings, films, lesson plans and other resources <https://www.niot.org/nios>
- We Are Native: a multimedia health resource for Native youth, by Native youth. It has a particular focus on the prevention of bullying, substance use and suicide <https://www.wernative.org>
- American Indian Life Skills Development Curriculum (Dr. Teresa D. LaFromboise- 1995, 2006, 2008): a school-based suicide prevention curriculum designed to address bullying by reducing suicide risk and improving protective factors among American Indian adolescents 14 to 19 years old <https://www.sprc.org/resources-programs/american-indian-life-skills-developmentzuni-life-skills-development>

RESOURCES: INFORMATION ON BULLYING & NATIVE YOUTH AND HOW TO HELP

- <https://www.samhsa.gov/sites/default/files/ttac-bullying-factsheet-2.pdf>
- <https://www.ihs.gov/newsroom/announcements/2010announcements/stopbullyinginyourschoolsandcommunities/>
- <http://soaringeagles.americanindiansource.com/sentinel/bully.html>
- <https://www.parentcenterhub.org/resources-bullying-cyberbullying-native-youth/>
- <https://www.wernative.org>
- <https://unityinc.org/native-youth/anti-bullying-resources-for-native-youth/>

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IOWA

SAMHSA

Substance Abuse and Mental Health
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