

## ***How Cyberbullying Affects the Bully***

### ***Lesson 4, Student Resource 3***

The act of cyberbullying may be more damaging to the bully than to the person being bullied, and this may be the single most compelling reason for a bully to change his or her actions and attitudes. Consider:

1. Because bullying gets bullies what they want at the moment, they frequently don't learn the life skills their peers master, such as the ability to compromise, negotiate and work together to create a mutually supportive environment.
2. Bullies often end up with a criminal record:
  - Nearly 60 percent of boys who researchers classified as bullies in grades six to nine were convicted of at least one crime by the age of 24.
  - 40 percent of them had three or more convictions by age 24 (Fight Crime: Invest in Kids, September 2003).
3. Among boys who said they had bullied others at least once a week in school:
  - More than half had carried a weapon in the past month.
  - 43 percent had carried a weapon in school.
  - 39 percent were involved in frequent fighting.
  - 46 percent reported having been injured in a fight (National Institute of Health, 2003).
4. Many bullies, particularly boys, use bullying as a means of regaining their power and self esteem after having been bullied themselves.
5. Research showing that bullies may enjoy a level of popularity and peer status also indicates that they:
  - Have trouble making and keeping friends, particularly girl/boy friends.
  - Usually do poorly in school.
  - Are in general not liked by their teachers.
  - Are at increased risk for abusing alcohol and drugs.
6. As bullies grow up, they are more likely to continue bullying. This affects their work where they do poorly — no one wants to work with or for a bully. Bullies are also more likely to abuse their wives, husbands, and children.