

Bullying in Florida: Everything You Need to Know

What Is Bullying?

For a behavior to constitute bullying, it must:

Include an imbalance of power.

That power is used to control or harm another person.



Be repeated.

Behaviors must have the potential to happen or do happen more than once.

According to experts, there are three different types of bullying:



Verbal



Social



Physical

The Effects of Bullying

Because all children are different, the effects of bullying can be unique. However, some of the most common effects include:

Short term

- Decrease in academic performance
- Sleep disturbances
- Changes in eating habits
- Lowered self-esteem
- Social isolation
- Psychosomatic symptoms
- Depression



Without treatment, a victim may experience long-term effects of bullying.

Long term

- Depression
- Suicidal thoughts, plans or attempts
- Anxiety
- Post-traumatic stress disorder
- Self-harm
- Substance abuse

How Florida Is Fighting Bullying

A new law gives victims of bullying or sexual harassment a chance to attend private school on scholarship, or transfer to another public school, to escape bullying.

Schools that have 10 or more students take advantage of the ability to transfer due to bullying or harassment would be subject to investigation by the Department of Education.

Each school district must adopt a policy prohibiting bullying and harassment of a student or employee of a public K-12 school, and the policy must be reviewed at least every 3 years.

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