

Bullying among youth in Utah



Department of Health
& Human Services

Bullying is defined as aggressive behavior by an individual or group toward another and involves a power imbalance and is repeated over time. It is considered an adverse childhood experience (ACE) that can result in physical and emotional harm. ACEs increase the risk of depression, anxiety, lower academic achievement, and dropping out of school. Bullying does not include aggression between siblings or current dating partners. We can all play a role in preventing bullying. See stopbullying.gov for more information.

How common is bullying?

- According to parents, **almost half** of children in Utah ages 6–17 were bullied in 2024.¹

Among 8th, 10th, and 12th grade students in 2025:²

- **26%** reported being bullied on school property.
- **16%** reported being bullied electronically.
- **10%** felt unsafe at school.

Become an **upstander**.

An upstander is someone who takes action when they witness bullying. Scan the QR code to learn more:

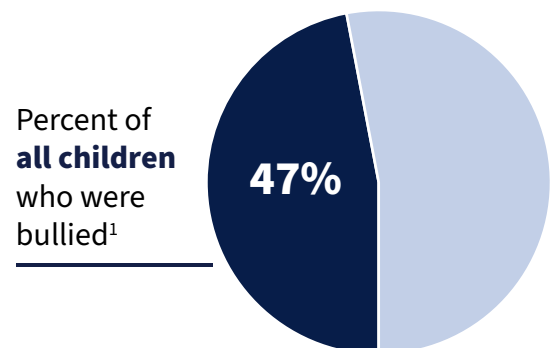
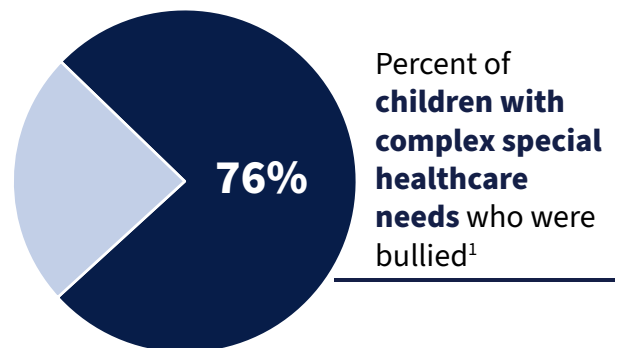


Who is at more risk of being bullied?

Bullying harms all youth involved, including those being bullied, those who bully others, and bystanders who witness it. Some youth who are more at risk for being bullied include:¹

- **Children with special healthcare needs**, with risk increasing with the complexity of their needs.
- Youth with **mental, emotional, developmental, or behavioral problems**.
- **Younger children (6–11)**.
- **Females**.

Special healthcare needs are defined by the federal Maternal and Child Health Bureau as “a medical, behavioral, or other type of health condition that has lasted, or is expected to last, 12 months or longer.”¹



Students (8th, 10th, and 12th grade) who were most likely to report being bullied at school or electronically include:²

- Those identifying as **black** or **more than one race**.
- Those identifying as **gay, lesbian, bisexual, or transgender**.
- **8th graders**.

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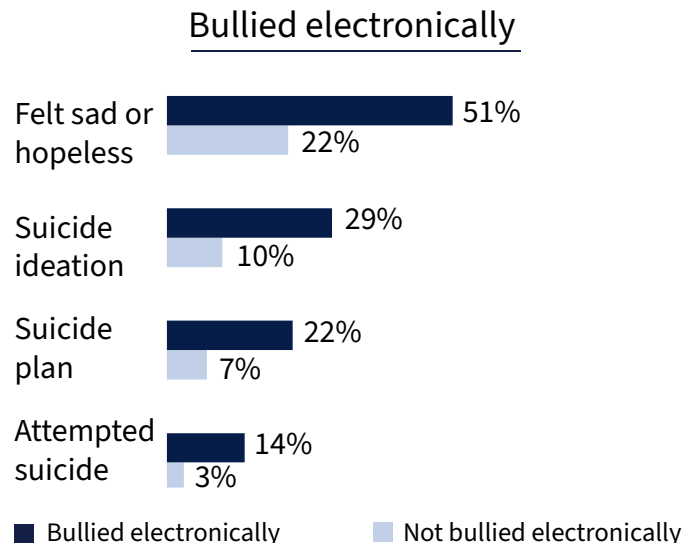
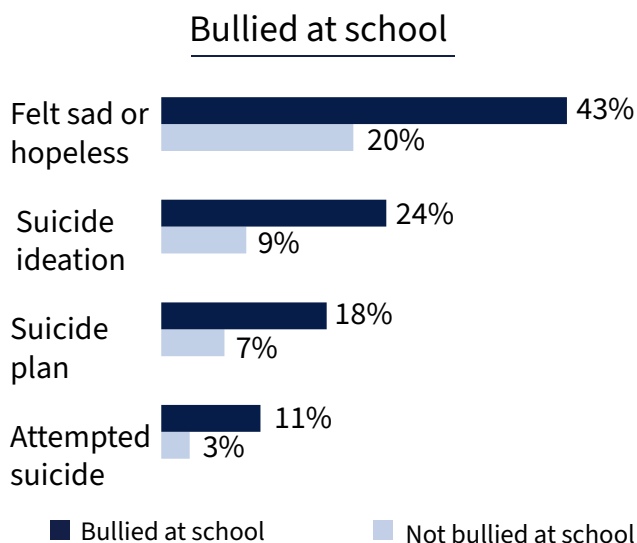


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How does bullying impact mental health and suicidality?

Youth in Utah who were bullied at school or electronically were more likely to experience mental health challenges and suicidality. This difference was more pronounced among youth who were bullied electronically.² The [CHAT](#) campaign aims at promoting meaningful connections as a protective factor against mental health challenges among youth.

Almost **1 in 4**
youth in Utah who died by suicide
had a **school problem**.³



How can we prevent bullying?

Parents, school staff, and other adults can help prevent youth bullying by:⁴

- Helping children to understand bullying.
- Keeping the lines of communication open.
- Encouraging children to do what they love.
- Modeling how to treat others with kindness and respect.



Resources

- **StopBullying.gov**—Provides resources and information on bullying and how to get help.
- **Centers for Disease Control and Prevention** | <https://www.cdc.gov/youth-violence/about/about-bullying.html>—Bullying landing page that provides data on bullying in the United States, and information on warning signs, outcomes, and prevention.
- **Utah State Board of Education** | <https://schools.utah.gov/prevention/bullyingprevention>—Provides Utah-specific information and policies related to bullying.

References

1. National Survey of Children's Health, Health Resources and Services Administration, Maternal and Child Health Bureau, 2024 data. <https://mchb.hrsa.gov/data-research/national-survey-childrens-health>
2. Utah Prevention Needs Assessment Survey (PNA), part of the Student Health and Risk Prevention (SHARP), 2025 data queried via IBIS-PH [cited 2026 May]
3. Utah Violent Death Reporting System, Violence and Injury Prevention Program, Utah Department of Health and Human Services, 2019-2023 data [cited 2026 May]
4. StopBullying.gov, How to prevent bullying. <https://www.stopbullying.gov/prevention/how-to-prevent-bullying>