Effects of Relational Bullying

Kids who are relationally bullied can experience negative physical, school, and mental health issues.

**Relational bullying can lead to:**

* Feeling rejected
* Feeling powerless
* Confusion
* Frustration
* Low self-esteem
* Feeling lonely
* Problems concentrating
* Feeling sad
* Being forgetful
* Losing interest in activities they enjoyed
* Trouble sleeping
* Sudden drop in grades or failing a class
* Skipping school or class
* Becoming quiet or withdrawn from friends
* Using alcohol or drugs
* Using negative “I am” statements
* Avoiding social situations
* Going from happy to sad or angry quickly