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REWARDS FOR LIFE'S JOURNEY

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StageofLife.com Reports 91% of Teenagers Have Been Bullied

YORK, PA--(Marketwire - Aug 25, 2011) - School's starting and teens once again face the ugly reality of [bullying](#). StageofLife.com, a free blog for high school students, reached out to teenagers during its national essay contest to ask high school and college students, "Have you ever been bullied?"

Over 1,000 teens participated in the survey and [writing contest](#), and StageofLife.com collected scores of courageous testimonials from students.

From the survey, StageofLife.com revealed the following [bullying statistics](#):

- 91% of teens have been a victim of bullying
- Top five bullying reasons were: Looks/Size (23%), Being Smart/"Nerdy" (19%), Interests/Hobbies (13%), Race (9%), and Family (6%)
- 3% admitted to having been a bully and now regret their actions
- 6% have never been bullied
- Other reasons identified for the cause of the bullying: being poor (5%), being rich (2%), having physical or learning disability (4% combined), sexual orientation (2%), and receiving food assistance from food stamps or a food bank (1%).

From the essay submissions, StageofLife.com revealed five [bullying trends](#):

1. **Confidence:** Teens learned that the best way to overcome bullying is to be proud of yourself; have faith in who you are as a person.
2. **Friends:** It's important to have a friend who helps you in standing up for yourself, or at the very least, understands what you are going through.
3. **School Officials:** Sadly, many teens expressed frustration that school officials did nothing to stop bullying, even after it was reported. This has been a crisis in many school systems, who wave bullying off as a "he said, she said" situation.
4. **Racism:** Teens are frustrated and surprised that in a melting pot like America, people could still be this intolerant.
5. **Body:** The majority of essays submitted dealt with bullying because of looks, body shape, or body size. Several wrote about their therapy or hospitalization because of harsh bullying.

The winning essay was entitled, "[I was bullied because of my acne](#)" written by Ann Sangeun Cho from Westlake High School in Austin, TX.

A summary report is available at <http://www.stageoflife.com/TeensandBullies.aspx> with survey results, links to over 100 teen essays about bullying, bullying prevention resources and more.

StageofLife.com is a free blog for all generations with [free lesson plans](#), [writing contests](#), and My Life Rewards®, a free savings program providing [printable coupons](#) and [coupon codes](#) for every stage of life.

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<http://www.stageoflife.com>

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