

Effects of Bullying on Our Bodies:

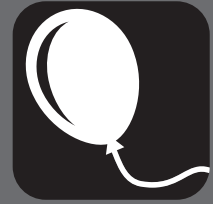
Over 3.2 million young people are being bullied each year. It is estimated that 20 percent of high school students are being bullied at any given time. That's one in five being hit, shoved, taunted, or intimidated⁶.

Someone who has been the victim of bullying or abuse is more likely to act out in unhealthy ways⁶. Some include the following:

- Self-abuse, unexplainable injuries, talking about suicide, and risky behaviors. It is estimated that two million Americans are cutting or harming themselves⁶.
- Loss of appetite or change in eating patterns.
- Frequent illness including headaches, stomachaches, or faking sickness.
- Decreased academic achievement or lack of motivation to go to school.
- Depression and anxiety.
- Feelings of being alone and wanting to isolate from social situations or decreased self-esteem.
- Difficulty sleeping.

If you or someone you know is the target of any type of abuse, break the silence. Tell someone, anyone!





Signs and Symptoms of Stress

The following are common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

Behavioral Symptoms

- Isolating yourself from others
- Eating more or less
- Using alcohol, cigarettes, or drugs to relax
- Sleeping too little or too much
- Procrastinating
- Disregarding responsibilities
- Nervous habits

Emotional Symptoms

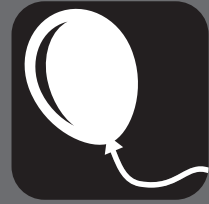
- Moodiness
- Feeling overwhelmed
- Sense of loneliness and avoiding others
- Irritability or short temper
- Easily agitated
- Inability to relax
- Depression or general unhappiness
- Low self-esteem

Cognitive Symptoms

- Memory problems
- Poor judgment
- Anxious thoughts
- Inability to concentrate
- Constant worrying
- Seeing only the negative
- Racing thoughts
- Forgetful or disorganized

Physical Symptoms

- Aches, pains, or muscle tension
- Low energy
- Nausea or dizziness
- Chest pain or rapid heartbeat
- Headaches
- Diarrhea or constipation
- Frequent colds
- Insomnia



Common Signs and Symptoms of Stress

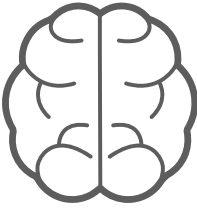
The following are common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

- Frequent headaches
- Clenching jaw
- Grinding teeth
- Stuttering
- Constipation or diarrhea
- Difficulty breathing
- Little interest in appearance
- Nervous habits
- Increased frustration
- Overreaction to trivial annoyances
- Increased number of minor accidents
- Obsessive or compulsive behavior
- Reduced work efficiency
- Lies or excuses to cover up poor work
- Rapid or mumbled speech
- Excessive defensiveness or suspiciousness
- Problems in communication
- Social withdrawal
- Constant tiredness
- Sudden attacks of life-threatening panic
- Chest pain
- Frequent urination




Possible Affects of Stress on the Human Body

BRAIN



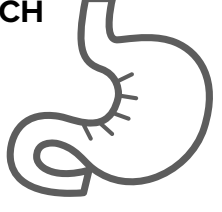
Increased risk of slower processing, headaches, tremors, or nervous tics

MUSCLES




Increased risk of aches, pains, tension, inflammation, or lack of flexibility

STOMACH



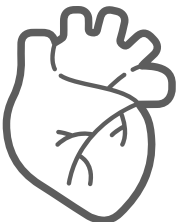
Increased risk of stomach cramping, nausea, weight fluctuation, or could lead to diabetes

SKIN



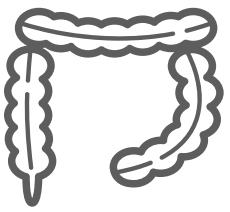
Increased risk of acne, eczema, dryness, or other skin rashes

HEART



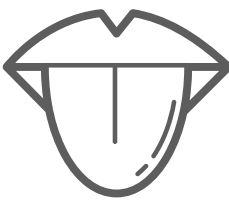
Increased risk of hypertension, chest pains, heart attack, or high cholesterol

BOWELS



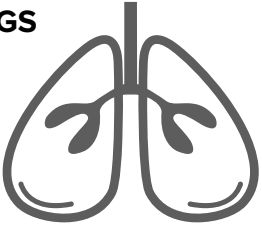
Increased risk of digestive issues like abdominal pain, diarrhea, or constipation

MOUTH/SALIVA



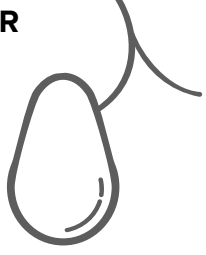
Increased risk of dryness of mouth, lump in throat, or mouth ulcers

LUNGS

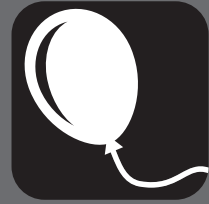


Increased risk of coughs, asthma, or strained breathing

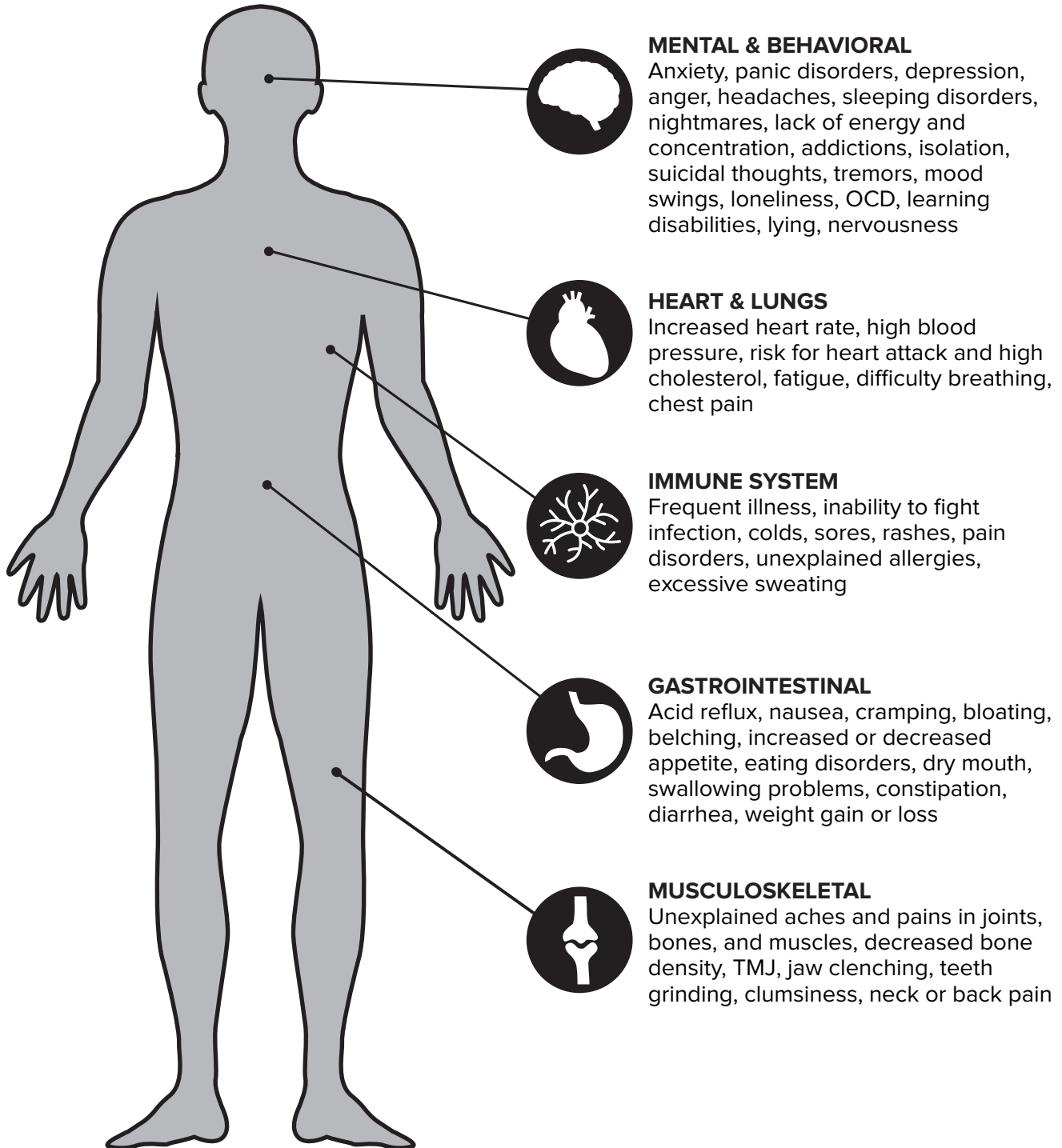
BLADDER



Increased risk of frequent urination, or prostatic symptoms



How Stress Effects Human Body Systems



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