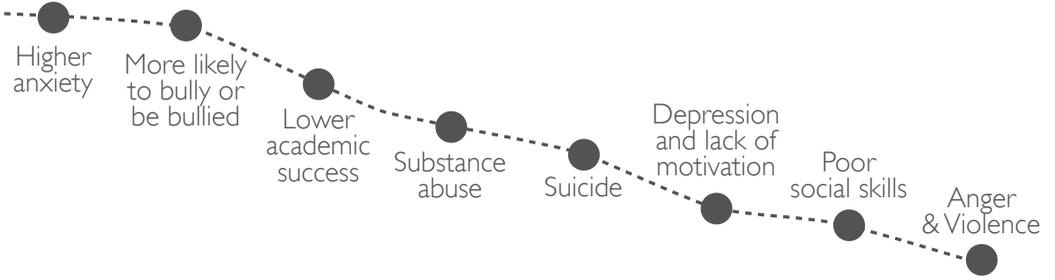


# LONG TERM IMPACT (Negative)

Low self-esteem  
Feelings of worthlessness  
Isolation  
Lack of love  
Absence of compassion



BEHAVIOR TAUGHT  
AT CHILDHOOD

LIFESPAN OF A HUMAN BEING

OUTCOMES  
THROUGHOUT LIFE

- 1 out of every 10 students who drops out of school does so because of repeated bullying
- In the US alone it is estimated that 160,000 children miss school every day due to fear of attack or intimidation by their peers
- 1 in 7 students in Grades K-12 is either a bully or a victim of bullying
- Top years for bullying are from 4th-8th Grades
- 70% of high school and middle school students have already experienced and witnessed bullying in school
- Each month, a shocking number of around 282,000 students are being victimized by bullying in the US
- Around 50% of teens have already been victims of cyber bullying
- 77% of students are being bullied whether physically, mentally, or verbally
- 75% of school-shootings incidents in the United States are linked to bullying
- 87% of students said shootings are motivated by a desire to "get back at those who have hurt them"
- 86% of students said, "other kids picking on them, making fun of them or bullying them" causes teenagers to turn to lethal violence in the schools
- 23% of students who are in Grade 9 already carry a gun
- 1 in every 20 students has seen a student carrying a gun while in school premises
- 90% of victims admitted that they suffered negative side effects.  
Among them are:
  - Significant drop in grades
  - Increase in anxiety
  - Loss of friends
  - Loss of social life
- Of the 77%, 14% experienced extremely bad effect of school bullying including "bullycide."

# LONG TERM IMPACT (Positive)



- ♥ **People who are kind and compassionate are usually the most successful.** Studies consistently show that we feel happier when we perform acts of kindness – for our children, students, families, friends, and communities. Not only do good deeds make us feel better, they provide a more successful lifestyle ([David Brooks, New York Times Nice Guys Finish First](#)).
- ♥ **Happier children have greater academic success.** Students who performed acts of kindness with their peers, families and in the community had greater academic success than those who simply recorded seeing acts of kindness over a span of three months ([Price-Mitchell, 2013](#)).
- ♥ **Self-efficacy leads to higher achievement, goals, and positive behavior.** Researchers have found that higher self-efficacy is linked to: **1)** greater ability to think productively by applying positive thinking skills when facing a challenge; **2)** higher motivation; **3)** stronger effort put into an activity or task; greater resilience; and **4)** lower vulnerability to stress and depression ([Bandura, 2013](#)).
- ♥ **Building self-value circumvents depression.** An estimated 2 million 12- to 17-year-olds experience clinical depression annually, and Reivich and Gillham (2009) have found that building resilience in younger children can help thwart depression before it starts.
- ♥ **Engaging in an act of kindness creates a larger cycle of kindness.** Harvard researchers Fowler and Christakis (2008) investigate the phenomenon known as Social Contagion which explores how behaviors and even emotions spread throughout a social network, even up to 3 degrees of separation. Performing random acts of kindness can have an impact on happiness within a social network up to 3 degrees of separation. Meaning, that if one person engages in an act of kindness, a person 3 degrees removed from that individual will benefit from its impact.
- ♥ **The happier you are, the happier others around you will be.** People's happiness depends on the happiness of others with whom they are connected. This provides further justification for seeing happiness, like health, as a collective phenomenon ([Fowler & Christakis, 2008; 2012](#)). For example, bullying is a potential source of unhappiness for young students and also for those individuals surrounding the student. Providing opportunities to better understand and experience kindness might not only improve their happiness but also the happiness of numerous others, thereby further validating the benefits of the Life Vest Inside Kindness Curriculum.
- ♥ **Kindness builds strong, lasting relationships.** Children who learn about and experience kindness tend to have stronger relationships with others because of their ability to empathize with how others feel. It is an important social skill that lasts throughout a lifetime and is seminal in adolescent and adult years ([Hughes, 2013](#)).
- ♥ **Being kind can reduce stress.** Kindness can reduce stress as well as the activation of autonomic and immune pathways that have been implicated in the development of a host of chronic, stress-related illnesses, including depression, heart disease, and diabetes ([Dodson-Lavelle, 2008](#)).
- ♥ **Sharing kindness fosters a greater sense of family and community.** Engaging in kind acts allows students to get involved in seminal developmental activities that builds a greater sense of togetherness. The connectedness, rooted in kindness, fosters fondness and compassion toward one another.
- ♥ **Being kind is healing.** Helping can enhance our feelings of joyfulness, emotional resilience, and vigor, and can reduce the unhealthy sense of isolation. The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered. Additionally, **more kindness = less pain**; a decrease in both the intensity and the awareness of physical pain can occur. ([Luk, 2001](#)).
- ♥ **Kindness improves the cardiovascular system.** Kindness benefits the nervous system. The longest nerve in the human body the vagus nerve, which controls inflammation in the body, plays a role in keeping your cardiovascular system healthy. Studies show that people who practice compassion have a more active vagus nerve, leading a healthier life ([Hamilton, 2010](#)).