

Bullying's lifelong damage

Childhood bullying appears to set kids up for a lifetime of mental health problems. That's the conclusion of Duke University researchers, who interviewed 1,400 kids between the ages of 9 and 16 about their social lives and checked back in with them again between the ages of 19 and 26. They found that children who had been the victims of bullying were four times more likely to have an anxiety disorder as adults than kids who had never experienced bullying. Kids who did the bullying, on the other hand, were four times more likely to have an anti-social personality disorder. The most troubled group, it turned out, was the kids who had been both bullies and victims: They were 14 times more likely to develop a panic disorder and nearly five times more likely to be depressed. "The biggest cry for help is coming from that group," study author William Copeland tells *Slate.com*. He says he's "starting to view bullying the same way I do abuse in the home," as "something that has very detrimental, and very long-lasting, effects."

