Prevalence, Risk Indicators and Outcomes of Bullying Among On-Reserve First Nations Youth

Mark Lemstra, PhD,¹ Marla Rogers, BA, MPA,² Lauren Redgate, MD,³ Meghan Garner, MD,³ John Moraros, MD, PhD⁴

ABSTRACT

Objective: Bullying is common and multifaceted. There is no published literature focusing on bullying in First Nations youth on-reserve in Canada. The purpose of this paper is to examine the prevalence, risk indicators and impact of bullying within a First Nations youth population currently living on-reserve.

Methods: Students in grades 5 through 8 (age 10 to 16 years) within the Saskatoon Tribal Council were asked to complete a youth health survey. Among the seven schools, 271 students were eligible to participate.

Results: 204 youth completed the eight-stage consent protocol and the school survey for a response rate of 75.3%. Overall, 35.8% of youth reported being physically bullied, 59.3% verbally bullied, 47.5% socially bullied and 30.3% electronically bullied at least once or twice in the previous four weeks.

After regression analysis, having a father who works in a professional occupation, doing well in school, and having the perception that parents expect too much from them were found to be independent risk indicators of being bullied.

Irrespective of the type of bullying, youth who were bullied were at least twice as likely to suffer from depressed mood.

Discussion: We have found that bullying is more common for First Nations youth living on-reserve, compared to other Canadian youth. Given that the independent risk indicators also appear to be different, we hope that this new information can aid in the design of effective bullying strategies.

Key words: Risk factors; bullying; minority groups

La traduction du résumé se trouve à la fin de l'article.

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Bullying is defined as "an interaction in which a dominant individual (the bully) repeatedly exhibits aggressive behaviour intended to cause distress to a less dominant individual (the victim)."¹ This definition encompasses physical, verbal, social and electronic types of bullying.² The World Health Organization (WHO) Health Behaviour in School-aged Children (HBSC) study conducted in 2006 revealed that 36% of Canadian children in grades 6-10 were victims of bullying.³

Studies have shown that victims of bullying have higher levels of physical and mental health problems, including somatic complaints, anxiety, depression and suicide ideation.⁴⁻⁷ As well, the long-term effects of bullying include: difficulty with interpersonal relationships, higher rates of unemployment, higher rates of criminality and higher school dropout rates.¹

There are no data on the prevalence, risk indicators and impact of bullying on First Nations youth on-reserve in Canada.⁸ Even the First Nations Regional Longitudinal Health Survey, a survey specifically designed for First Nations living on-reserve, does not address bullying in the youth questionnaire.⁹

Given the lack of data, the purpose of this paper is to examine the prevalence, risk indicators and impact of bullying within a First Nations youth population currently living on-reserve.

METHODS

The Saskatoon Tribal Council (STC) consists of seven on-reserve First Nations communities within a 250-kilometre radius of the city

of Saskatoon, Canada. Based on the 2006 census, the median income per household is \$8,572, the percentage of adults who receive all of their income from government transfers is 37.1%, lone-parent families represent 26.3%, the high school graduation rate among adults is 50.7%, and the male adult unemployment rate is 27.5% while the female adult unemployment rate is 20.7%.¹⁰

In comparison, the Canadian Aboriginal population has a median income of \$16,752, with 18.1% of income received from government transfers. The high school graduation rate among Aboriginal adults in Canada is 56.3% with an unemployment rate of 16.1% for males and 13.5% for females. Lone-parent families account for 8.2% of Aboriginal families across Canada.¹⁰

In May 2010, students in grades 5 through 8 within the STC were asked to complete a youth health survey. Of the seven schools, only four schools had grade 8 students. Among the seven schools, 271 students were eligible to participate.

Author Affiliations

1. Adjunct Professor, Department of Psychiatry and Adjunct Professor, Department of Pediatrics, University of Saskatchewan, Saskatoon, SK

2. Researcher, School of Public Health, University of Saskatchewan, Saskatoon, SK

3. Pediatric Resident, Department of Pediatrics, University of Saskatchewan, Saskatoon, SK

4. Assistant Professor, School of Public Health, University of Saskatchewan, Saskatoon, SK

Correspondence: Dr. Mark Lemstra, Department of Pediatrics, University of Saskatchewan, Health Sciences Building, 107 Wiggins Road, Saskatoon, SK S7N 5E5, Tel: 306-230-3911, E-mail: mark.lemstra@usask.ca

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Prior to conducting the study, the Chief, Band Councillors and Health Directors from each of the seven First Nation communities, as well as the Education Director, gave written consent to proceed. The principal of each school and the teacher of each classroom gave verbal consent. Additionally, each parent and each youth participant gave written, informed consent prior to the youth's participation in the survey. Ethics approval was obtained from the University of Saskatchewan Behavioural Research Ethics Board (BEH#10-14).

The measure used to assess bullying was the Safe School Study developed by the Canadian Public Health Association, which was based on a survey used by the World Health Organization.^{2,11} This questionnaire measures the prevalence of bullying by asking "In the past four weeks, how often have you been bullied by other students... [physically, verbally, socially or electronically]?" There are four potential responses: never, once or twice a month, every week, or many times a week. The survey also queries causes of bullying, where bullying occurs, responses to bullying and what should be done to prevent or reduce bullying. Despite widespread usage of the survey, its validity and reliability were never formally tested.

Questions on demographics, socio-economic status and body mass index were taken from Statistics Canada's National Longitudinal Survey of Children and Youth (NLSCY). This comprehensive health survey was designed to collect information about factors that influence a youth's social, emotional and behavioural development. The NLSCY has been validated for youth aged 10 to 13 years old.¹²

The instrument used to measure depressed mood among youth was the Center for Epidemiologic Studies Depression scale (CES-D 12).¹³ This scale was used in the NLSCY, which has been validated for youth, and has been shown to have good internal consistency and content validity with a Cronbach's alpha of .85.¹⁴ A cut-off score of 16 or higher is used to determine depressed mood.

Parenting questions came from the Parenting Relationship Scale that was used in the HBSC study. Although validity and reliability have never been published, the scale has been used in an international project facilitated by the World Health Organization.¹⁵

Cross tabulations were performed between ever being physically bullied and demographics, socio-economic status, living arrangements, relationship with parents and depressed mood. The frequency of verbal, social and electronic bullying was also cross tabulated with depressed mood. After these initial cross tabulations, binary logistic regression was used to determine the independent association between the outcome variable of being physically bullied within the previous four weeks (in comparison to not) and the potential explanatory variables. Due to the smaller sample size of the study, the unadjusted effect of each covariate was determined and then entered one step at a time based on changes in the -2 log likelihood and the Wald test.¹⁶ The final results are presented as adjusted odds ratios with 95% confidence intervals.

RESULTS

Out of 271 students in grades 5 through 8 who were eligible to participate, 204 youth completed the eight-stage consent protocol and the school survey for a response rate of 75.3%.

Of the 204 youth participants, 10.3% were 10 years old, 48% were 11 to 12 years old, and 40.2% were 13 to 16 years old; 44.1% were male (55.9% female). With regard to socio-economic status, 36.3% had an unemployed father, with 92.6% of the employed

Table 1. Prevalence of Different Types of Bullying Among STC First Nations Youth (N=204)

Bullying Question	Prevalence N (%)
In the past 4 weeks, how often have you been bullied by other students... physically?	
Never	120 (58.8)
Once or twice a month	54 (26.5)
Every week	8 (3.9)
Many times a week	11 (5.4)
Missing	11 (5.4)
In the past 4 weeks, how often have you been bullied by other students... verbally?	
Never	71 (34.8)
Once or twice a month	80 (39.2)
Every week	19 (9.3)
Many times a week	22 (10.8)
Missing	12 (5.9)
In the past 4 weeks, how often have you been bullied by other students... socially?	
Never	95 (47.0)
Once or twice a month	61 (29.9)
Every week	19 (9.3)
Many times a week	17 (8.3)
Missing	12 (5.9)
In the past 4 weeks, how often have you been bullied by other students... electronically?	
Never	129 (63.2)
Once or twice a month	37 (18.1)
Every week	9 (4.4)
Many times a week	16 (7.8)
Missing	13 (6.4)

Table 2. Self-report Causes, Locations and Interventions to Reduce Bullying Among STC First Nations Youth

Causes of bullying in past month*	Percentage
The way you look or body shape	38.8%
You do well in school	31.7%
Your weight	28.7%
Your gender	28.2%
The way you dress	25.3%
Physical disability	24.5%
School is hard for you	22.3%
Because of how little money you have	21.2%
Learning disability	21.6%
Mental disability	17.2%
Locations where bullying happens most*	
Classroom	45.6%
Malls or stores	45.6%
Lunchroom or eating area	43.6%
Hallways	43.1%
Gymnasium	40.2%
Washrooms	31.4%
On the computer or cell phone	23.0%
On the way to and from school	21.6%
Coatroom	20.6%
On the school bus	18.1%
Change rooms	15.7%
Computer room	15.7%
Library	10.8%
Outdoor area around school	10.8%
What can your school do to prevent or reduce bullying?*	
More discipline for bullies	29.7%
More anti-bully programs or education	12.5%
Increase supervision at school	10.9%
Nothing can be done	9.4%
Other	37.5%

* Students were instructed to check all that apply; as such, totals exceed 100%.

fathers working in a non-professional occupation (non-management or occupation not requiring a degree); 44.6% had an unemployed mother, with 73.6% of the employed mothers working in a non-professional occupation. Overall, 43.6% lived with both their mother and father, while 21.6% were living with a guardian.

Of all STC youth in grades 5 through 8, 44.1% were male, compared to 50.7% reported in the Canadian Census.¹⁷

Table 3. Cross Tabulations of Being Physically Bullied Ever in Past Four Weeks by Demographics, Socio-economic Status and Body Mass Index

	Physically Bullied in Past Month	
	Prevalence Within Each Variable	p-value
Age (Years)		0.771
10	38.1%	
11-12	39.1%	
13-16	34.6%	
Gender		0.280
Male	42.5%	
Female	34.8%	
Father is employed		0.908
Yes	38.9%	
No	38.0%	
If employed, father's occupation		0.038
Professional	71.4%	
Non-professional	35.3%	
Mother is employed		0.134
Yes	43.5%	
No	32.6%	
If employed, mother's occupation		0.981
Professional	40.9%	
Non-professional	40.7%	
Body Mass Index		0.479
Underweight	36.7%	
Normal	41.1%	
Overweight or Obese	51.7%	

Table 4. Cross Tabulations of Being Physically Bullied Ever in Past Four Weeks by Family Unit and Parental Relationship

	Physically Bullied in Past Month	
	Prevalence Within Each Variable	p-value
Who do you live with?		0.966
Both my mother and father	37.9%	
Other than both mother and father	38.2%	
Parenting Relationship Scale		0.983
My parents understand me		
Strongly agree or agree	35.8%	
Neither agree nor disagree	37.1%	
Strongly disagree or disagree	37.5%	
I have a happy home life		0.748
Strongly agree or agree	34.8%	
Neither agree nor disagree	38.5%	
Strongly disagree or disagree	42.9%	
My parents expect too much from me		0.018
Strongly agree or agree	47.4%	
Neither agree nor disagree	28.3%	
Strongly disagree or disagree	25.9%	
My parents trust me		0.002
Strongly agree or agree	30.8%	
Neither agree nor disagree	29.2%	
Strongly disagree or disagree	65.2%	
I have a lot of arguments with my parents		0.177
Strongly agree or agree	42.1%	
Neither agree nor disagree	43.6%	
Strongly disagree or disagree	29.5%	
There are times when I would like to leave home		0.083
Strongly agree or agree	42.9%	
Neither agree nor disagree	21.7%	
Strongly disagree or disagree	30.2%	
What my parents think of me is important		0.092
Strongly agree or agree	40.4%	
Neither agree nor disagree	28.0%	
Strongly disagree or disagree	16.7%	
My parents expect too much from me at school		0.690
Strongly agree or agree	37.9%	
Neither agree nor disagree	38.3%	
Strongly disagree or disagree	29.0%	

In our study, 36% of youth reported being physically bullied; 59%, verbally bullied; 47%, socially bullied; and 30%, electronically bullied at least once or twice in the previous four weeks (Table 1).

Figure 1. Frequency of different types of bullying and depressed mood among STC First Nations youth

The prevalence of being physically bullied within the previous four weeks ranged from 20% to 61% by community.

Table 2 displays self-reported causes, locations and potential anti-bullying interventions listed by students themselves. Two of the three leading self-reported causes for being bullied were the way a youth looks or their body shape (38.8%) and body weight (28.7%). Additionally, 31.7% of youth self reported that they were bullied because they did well in school. The area where bullying occurred most frequently was the classroom (45.6%). When asked what can be done to prevent or reduce bullying in their school, 29.7% of students reported that they wanted more discipline for bullies whereas only 12.5% wanted more anti-bullying programs and 10.9% wanted more supervision at school.

After cross tabulation, there were no significant associations found between physical bullying in the previous four weeks and age, gender, parental employment status, mother's occupation and body mass index. However, youth who had a father with a professional occupation were more likely to be the victim of physical bullying (Table 3).

After cross tabulation, youth who felt that their parents expected too much of them or felt that their parents did not trust them were more likely to be physically bullied within the previous four weeks (Table 4).

Table 5 shows the cross tabulation performed between physical, verbal, social and electronic bullying and depressed mood. There was a statistically significant association between depressed mood and frequency of being physically, socially or electronically bullied, but no statistically significant association between depressed mood and being verbally bullied. This information also appears in Figure 1.

Binary logistic regression analysis was used to determine the independent risk factors for ever being physically bullied. There were three covariates, including 1) having a father who works in a professional occupation, 2) doing well in school, and 3) having the perception that parents expect too much from them. The results are presented in Table 6.

DISCUSSION

The CPHA Safe School Study quantified bullying in Canadian children in grades 4 to 12 and found that 21% of children reported

Table 5. Cross Tabulations of Frequency of Different Types of Bullying and Depressed Mood

	Physical Bullying Frequency in Past Four Weeks				p-value
	Never Bullied	Once or Twice a Month	Every Week or Many Times a Week	Rate Ratio*	
Prevalence of depressed mood	21.1%	31.4%	57.9%	2.74	0.003
	Verbal Bullying Frequency in Past Four Weeks				p-value
	Never Bullied	Once or Twice a Month	Every Week or Many Times a Week	Rate Ratio*	
Prevalence of depressed mood	18.2%	29.5%	38.5%	2.12	0.067
	Social Bullying Frequency in Past Four Weeks				p-value
	Never Bullied	Once or Twice a Month	Every Week or Many Times a Week	Rate Ratio*	
Prevalence of depressed mood	18.9%	31.7%	42.4%	2.24	0.023
	Electronic Bullying Frequency in Past Four Weeks				p-value
	Never Bullied	Once or Twice a Month	Every Week or Many Times a Week	Rate Ratio*	
Prevalence of depressed mood	22.0%	33.3%	47.8%	2.17	0.026

* Rate ratio is bullied every week or many times a week in comparison to never bullied

being physically bullied; 48%, verbally bullied; 30%, socially bullied; and 8%, electronically bullied.³ In contrast, our First Nations youth population had a prevalence of being physically (35.8%), verbally (59.3%), socially (47.5%) and electronically (30.3%) bullied at least once or twice in the previous four weeks. These rates are all higher than the national average.

This discrepancy in results might be partially explained by differing questionnaires, methodologies and age group. However, the same survey and methodology used in our study was also used in a study of children from the city of Saskatoon (n=4,197) within the same age group in February of 2008.¹⁸ From the Saskatoon survey, 23% reported being physically bullied; 42%, verbally bullied; 31%, socially bullied; and 10%, electronically bullied at least once or twice in the previous four weeks.¹⁸

In an American study of over 78,000 youth, it was found that American Indian youth were at an increased risk of being bullied (27.5% in comparison to 20.1% youth overall).¹⁹

Our study found three independent risk indicators for being bullied in STC youth. Having a father in a professional occupation increased a student's risk for being physically bullied. This finding is contradictory to literature which has found that low SES students are often bullied more than higher SES students.²⁰ STC youth who perform better in school are also at increased risk for being physically bullied. This, again, opposes previous findings. A study of 11, 13 and 15 year olds from 26 European countries, Canada, the United States and Israel found that those who have higher academic achievement, attendance, and overall connection to the school were significantly less likely to be bullied than other students.²¹ The third risk indicator for being bullied was believing that a parent expects too much from the student. This finding is consistent with the literature.²²

The location where bullying occurs most often was also contradictory to previous findings,²³ as the classroom was the most commonly reported location. Generally, children report most bullying in areas of low supervision, such as playgrounds, hallways, bathrooms and school buses.²⁴ Since the classroom is generally a well-

Table 6. Logistic Regression Model – Independent Risk Indicators of Being Physically Bullied Within the Previous Four Weeks Among STC First Nations Youth (n=172)

Independent Variables	Odds Ratio	95% Confidence Interval
Father has a professional occupation	17.99	1.71-89.13
Youth is doing well in school	1.51	1.15-1.72
Parents expect too much from youth	4.23	1.50-11.90

supervised area, this finding is surprising. It suggests that it is important to recognize more covert forms of bullying, especially since indirect bullying has been found to be associated with higher rates of depression and suicide than direct bullying.²⁵

Our study showed that irrespective of the type of bullying, youth who were bullied were at least twice as likely to suffer from depressed mood. This finding is also consistent with the literature.^{3,4}

The high prevalence of all types of bullying has had a significant impact on the mental health of this First Nations youth population. Previous studies have found that being a victim of bullying has a negative effect on mental health, including depressive symptoms, low self-esteem and suicide ideation.^{3,4} The Cochrane Collaboration found that secondary prevention programs implemented through schools led to a statistically significant decrease in aggressive behaviour. Multidisciplinary school-based intervention programs are effective in reducing bullying behaviours, as evidenced by a systematic review in 2007.²⁶ Given the high prevalence of bullying victimization in First Nations youth on-reserve, and the effectiveness of such programs on bullying prevention, initiation of these strategies should be a priority.

In summary, we found that bullying is more common for First Nations youth living on-reserve compared to other Canadian youth. Given that the independent risk indicators also appear to be different, we hope this new information can aid in the design of effective bullying strategies.

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RÉSUMÉ

Objectif : L'intimidation est un phénomène courant et multidimensionnel. Il n'y a pas de travaux publiés portant spécifiquement sur l'intimidation chez les jeunes des Premières Nations dans les réserves au Canada. Nous examinons ici la prévalence, les indicateurs de risque et les incidences de l'intimidation dans une population de jeunes des Premières Nations vivant actuellement dans les réserves.

Méthode : Nous avons demandé aux élèves de la 5^e à la 8^e année (âgés de 10 à 16 ans) du conseil tribal de Saskatoon de remplir un questionnaire sur la santé des jeunes. Sur les sept écoles du conseil, 271 élèves étaient admissibles.

Résultats : 204 jeunes ont rempli le protocole de consentement en huit étapes et le sondage scolaire, soit un taux de réponse de 75,3 %. Globalement, 35,8 % des jeunes ont déclaré avoir subi des brimades physiques, 59,3 %, des brimades verbales, 47,5 %, des brimades sociales, et 30,3 %, des brimades électroniques au moins une fois ou deux au cours des quatre semaines précédentes.

Au moyen d'une analyse de régression, nous avons déterminé que le fait d'avoir un père ayant une profession, les bons résultats scolaires et la perception que les parents attendent trop de l'élève étaient des indicateurs de risque indépendants d'être victime d'intimidation.

Quel que soit le type de brimades subies, les jeunes victimes d'intimidation étaient au moins deux fois plus susceptibles de souffrir d'humeur dépressive.

Discussion : Nous avons constaté que l'intimidation est plus courante chez les jeunes des Premières Nations vivant dans les réserves que chez les autres jeunes Canadiens. Comme les indicateurs de risque indépendants semblent aussi être différents, nous espérons que ces nouvelles données pourront contribuer à la conception de stratégies efficaces contre l'intimidation.

Mots clés : facteurs de risque; intimidation; minorités