Sibling Aggression and Abuse Research and Advocacy Initiative (SAARA)

ADDRESSING SIBLING AGGRESSION IS KEY TO REDUCING PEER BULLYING

Corinna Jenkins Tucker, Tanya Rouleau Whitworth, Kay Sassan, and David Finkelhor SAARA Bulletin #9 Summer 2024

KEY POINTS

- Victimization by a sibling, like peer victimization, has negative impacts on mental and physical health.
- Sibling aggression can lead to peer bullying, and 15% of children experience both.
- Adapting anti-bullying programs to include information about sibling aggression will promote children's and adolescents' well-being and increase safety at school and home.

Peer bullying has become a high priority for schools and parents. And with good reason: peer bullying in childhood and adolescence happens frequently, peaking in middle adolescence, when 22% of children report being victimized. Peer bullying is associated with negative mental health impacts, including depression, low self-esteem, and suicidal ideation.

Harmful behaviors between peers not only happen at school, but they can happen at home, too, with a sibling. National surveys show that sibling victimization is even more common than peer victimization. Sibling victimization peaks during early and middle childhood, reaching rates as high as 46% for six- to nine-year-olds, and then decreases in adolescence. Some victimized children may also harm one or more of their siblings.

Parents and the public often dismiss siblings' aggressive behaviors as short-lived and harmless rivalry; however, these behaviors should not be ignored or minimized. Siblings play a central role in children's lives, and the nature and emotional quality of sibling relationships are important for well-being, cognitive development, and social skills.

BELIEFS ABOUT SIBLING VERSUS PEER AGGRESSION AND THEIR IMPACTS

Educators and counselors increasingly take peer victimization seriously, based on the accumulation of evidence. But this same recognition and response are not true for sibling aggression, even though siblings engage in the same exact behaviors—like physical assault, property destruction or theft, and persistent threats or intimidation—and with similar harm and greater frequency in comparison to peers.

Research finds that victimization by a sibling, like peer victimization, is linked with negative impacts on mental and physical health (e.g., depression, stomach aches, trouble sleeping) in childhood that can persist into adulthood. Children who harm their siblings also suffer negative health impacts. The research is clear: sibling aggression happens often, and it is not harmless.

Research also shows that sibling aggression can lay the foundation for peer bullying. Chronic victimization by a sibling more than doubles the risk of being victimized by a peer in childhood and adolescence. Fifteen percent of children report being victimized both at school by peers and at home by siblings. Children and adolescents victimized by both are in greater mental health distress than victims of peer bullying alone.

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