

Women Bullying Other Women: Understanding the Statistics and Patterns of Aggression

Union of Saints

Introduction

Bullying is different from physical assault because it can involve verbal abuse, intimidation, social exclusion, humiliation, manipulation, harassment, and repeated efforts to undermine another person. Women can bully other women in friendships, workplaces, families, community groups, and online environments. However, whether women bully other women more often than men do depends on the setting, the age group, and the type of behavior being examined.

Bullying can include comments about a person's appearance, referring to women by derogatory names, deliberate exclusion, intimidation, spreading rumors, and repeated attempts to damage someone's reputation. These behaviors can occur between strangers, acquaintances, friends, coworkers, and family members. Understanding the frequency and effects of bullying requires distinguishing between the number of victims, the number of incidents, and the sex of the person responsible.

Workplace Bullying

The Workplace Bullying Institute's 2021 U.S. survey reported that 67% of workplace bullies were men. However, among women who bullied others, **65% targeted another woman**. Women bullying women accounted for 21% of the reported perpetrator and target combinations. These findings demonstrate that female on female bullying is a significant workplace concern, even though men accounted for the majority of workplace bullies in that survey.

The Workplace Bullying Institute's 2024 U.S. Workplace Bullying Survey, published in 2025, estimated that 52.2 million American workers had been directly bullied at work. An estimated **74.8 million workers were affected when witnesses were included, consisting of 52.2 million directly bullied workers and 22.6 million witnesses**.

The survey also reported that women accounted for 51% of workplace bullying targets. Among respondents, **30% of women and 34% of men reported workplace bullying**. The survey's reported perpetrator and target patterns indicated that 18% of bullying involved a woman targeting another woman.

These findings show that workplace bullying affects millions of people and that women can experience bullying from both men and other women. The figures describe workplace

experiences and should not be interpreted as a count of everyone who has experienced bullying throughout their lifetime.

School Bullying and Cyberbullying

The Centers for Disease Control and Prevention's 2023 Youth Risk Behavior Survey found that 19% of U.S. high school students reported being bullied at school during the previous year. Approximately 16% reported experiencing electronic bullying.

Electronic bullying was reported by 21% of female students and 12% of male students. These figures measure victimization rather than the sex of the perpetrator, so they cannot establish whether girls or boys were responsible for the incidents.

Bullying among children and adolescents can include insults, threats, spreading rumors, social exclusion, physical aggression, and online harassment. Relational aggression, such as deliberately damaging friendships or excluding someone from a social group, is an important area of study when examining bullying among girls and women.

Violent Incidents Involving Female Victims

U.S. Bureau of Justice Statistics estimates for 2022 reported the following numbers of violent incidents involving female victims, categorized by perceived offender sex.

Perceived offender sex	Estimated incidents involving female victims
Male offenders	2,218,450
Female offenders	635,150
Both male and female offenders	146,780

These figures concern violent crime generally, rather than bullying specifically. They represent estimated incidents, not unique victims, and should not be used as a direct measurement of how often women bully other women. They provide additional context about violence against women but do not measure the full range of verbal, social, workplace, and online mistreatment.

Forms of Bullying Among Women

Women can experience several forms of aggression from other women. Direct aggression includes insults, threats, intimidation, and physical attacks. Relational aggression involves spreading rumors, manipulating friendships, excluding individuals from groups, damaging reputations, or using social relationships to isolate someone.

Workplace bullying can involve repeated humiliation, undermining another person's work, harassment, and the misuse of authority. Cyberbullying can include threatening messages, public humiliation, online harassment, and coordinated attacks.

Other behaviors can include derogatory comments about women's appearance, name calling, gossip intended to harm someone's reputation, and deliberately isolating a person from a group. The circumstances and frequency matter when distinguishing an isolated disagreement from a repeated pattern of bullying.

These behaviors can have serious consequences for the person targeted. Repeated bullying may contribute to anxiety, social isolation, loss of confidence, difficulty concentrating, and reduced feelings of safety. The effects depend on the severity, duration, circumstances, and support available to the person experiencing the behavior.

Do Women Bully Other Women More Than Men Do?

The available research does not establish a universal rule that women bully other women more often than men do. The Workplace Bullying Institute's findings show that women who bully frequently target other women, while men accounted for the majority of workplace bullies in its 2021 survey. School bullying research measures different behaviors and populations, making direct comparisons difficult.

It is important to distinguish between the number of people who bully, the number of incidents, the sex of the perpetrator, and the sex of the victim. A survey showing that women are frequently targeted by female bullies does not automatically mean that women are responsible for more bullying overall.

The available statistics also do not establish the total number of women who have been bullied by other women across their entire lives. Workplace surveys, school surveys, and violent crime estimates measure different experiences and populations. Their findings should be considered separately rather than combined into one national total.

Our Understanding: Bullyosaurus

Bullyosaurus: Currently, our culture has not evolved past the dinosaur stage of bullying.

The Union of Saints uses the concept of “dinosaurs.” The Bullyosaurus is used to examine how bullying persists in modern society despite advances in education, communication, law, and social understanding. The concept represents outdated patterns of intimidation, humiliation, exclusion, and aggression that prevent people from treating one another well.

Bullying can occur between women, between men, and across the sexes. Recognizing female on female bullying is important because every person deserves to be treated with respect, regardless of the identity of the person responsible for the mistreatment. Our understanding should include the experiences of victims, the behavior of perpetrators, the environments that allow bullying to continue, and the practical steps that help prevent repeated harm.

A culture that values justice and freedom should encourage accountability, healthy boundaries, respectful disagreement, and protection against harassment. These principles can be applied in schools, workplaces, families, community groups, and online environments. The goal is to develop a society in which people can disagree, establish boundaries, and resolve conflicts without resorting to intimidation or deliberate harm.

Conclusion

Bullying between women is a real and important form of interpersonal aggression that deserves recognition alongside bullying and harassment committed by men. Women can experience mistreatment from other women in professional, social, family, and online environments. Understanding these experiences requires examining the specific behaviors, the relationships involved, and the available evidence rather than assuming that one sex is universally more aggressive than the other.

The statistics show that millions of American workers report workplace bullying and that many students experience bullying at school or electronically. However, the available figures do not establish that women bully other women more frequently than men do across all areas of life. Continued research should distinguish between the number of victims, the number of incidents, and the sex of the perpetrator to improve our understanding of bullying and how to prevent it.

Sources

- Workplace Bullying Institute, *2021 U.S. Workplace Bullying Survey*.
- Workplace Bullying Institute, *2024 U.S. Workplace Bullying Survey*, published in 2025.
- Centers for Disease Control and Prevention, *2023 Youth Risk Behavior Survey*.
- U.S. Bureau of Justice Statistics, 2022 estimates of violent incidents and offender characteristics.
- Research on youth victimization and patterns of verbal, relational, and physical aggression.