

Introduction

Bullying sometimes hurts physically but always hurts emotionally. It wears down self-esteem and self-confidence because it makes those who are bullied feel weak. There is an imbalance of power so that the bullied is unable to prevent it. This imbalance can be caused by several factors, including age, size, or differences in ability, ethnicity, religion, gender, and social class.

What are the effects of bullying

- Absenteeism and a fear of attending school.
- Feelings of inferiority.
- Self-esteem problems.
- Feelings of loneliness.
- Social isolation.
- Emotional problems.
- Communication problems.
- Depression.
- Struggle to achieve academically.
- Some victims commit suicide.



Types of Bullying

There are three types of bullying:

1. Verbal bullying is saying or writing mean things. Verbal bullying includes:

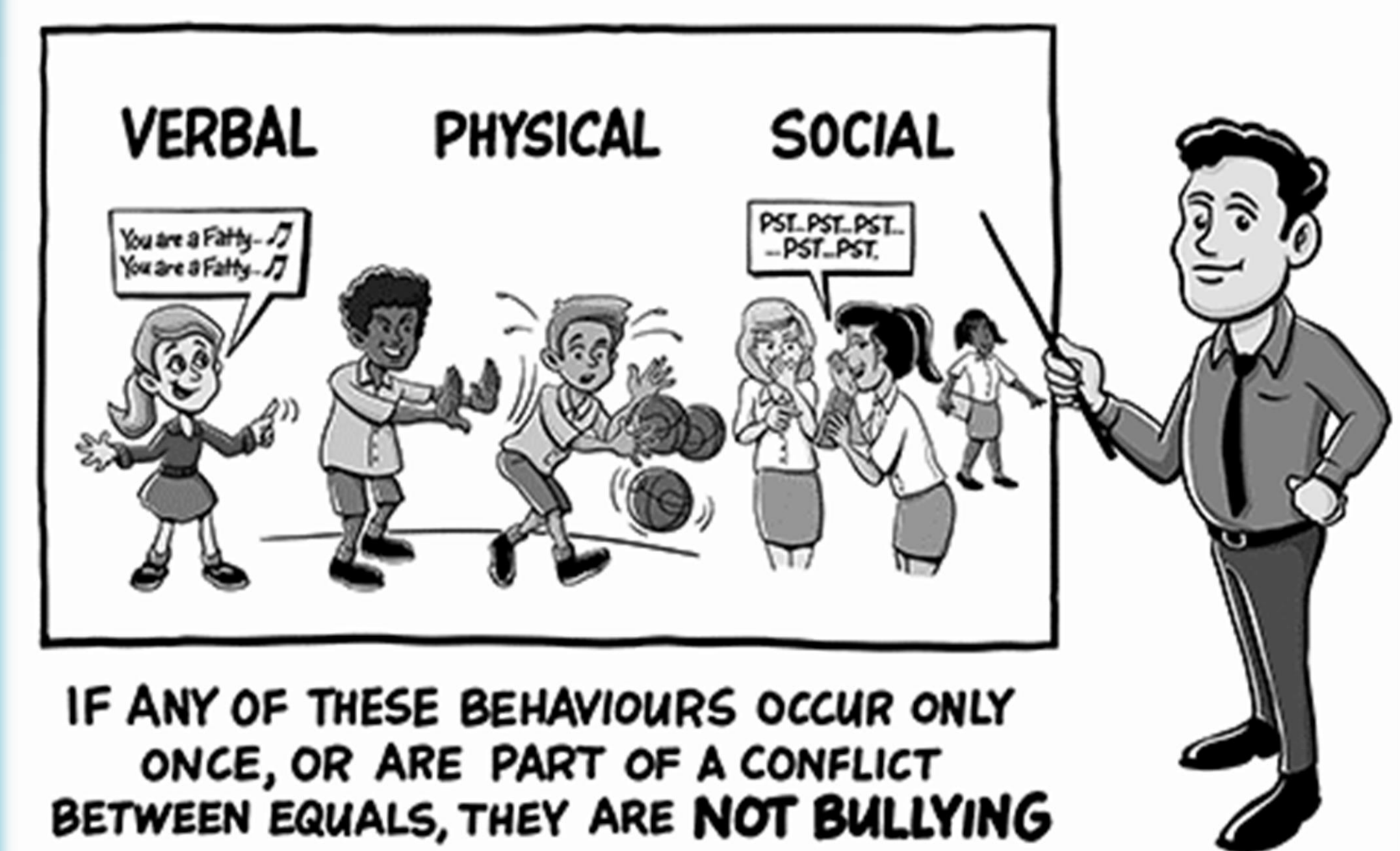
- Teasing
- Name-calling
- Inappropriate sexual comments
- Threatening to cause harm

2. Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

3. Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making rude hand gestures



What Causes Bullying?

Most bullies start attacking others as a form of out, usually due to emotional problems. Many studies record higher incidences of depression among both bullies and victims, and there is correlation between aggressive, antisocial behavior and a history of abuse or neglect.

Mental health - children and teens with a tormented history may turn toward bullying as a way to vent frustration or improve their own standing, or as a way of "protecting" themselves by hurting others before they can get hurt instead.

Perceived weaknesses - bullies often pick on children who are easier to victimize, due to an unusual physical trait, a unique personality, or a smaller, weaker stature. Larger and taller children can also be bullied and ridiculed for their size, especially if they are meek to begin with. Bullies pick easier targets, so they experience less resistance, and have less of a retaliation to worry about. Peer pressure and stress - sometimes, teens who are usually "good-natured" may bully someone out of peer pressure, or because they don't know how to deal with their own stressful situation in a healthy way.

Treatment of bullying

For the victim:

Support to the victims of bullying is provided through:

- protecting them from further bullying,
- helping them to understand the bully's actions,
- involving them in educational games of therapy through which they can give expression to their feelings through drawing, writing, and drama,
- involving them in a support group consisting of other victims,
- and Linking them with a different group of friends who will act supportively.

Helpful questions for the bully:

- Why do you feel the need to bully others?
- Do you understand that your actions are hurting someone?
- What did you want to achieve?
- How will you change your behaviour so that you don't hurt anyone?

References

- <https://www.stopbullying.gov/what-is-bullying/index.html>
- <https://www.skillsyouneed.com/parent/bullying.html>
- <https://paradigm.limbu.com/teen-bullying-treatment/>

Summary

Bullying affects the victim physically and emotionally and the victim becomes socially isolated. Bullying could be physical, social or verbal. Bullying causes depression and emotional problem. Bullying can be treated via supporting and protecting the victim by various ways.