

# Bullying

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## 1.- What is Bullying?

First of all, we will briefly talk about the concept of bullying. We can describe bullying itself as the intentional hurting or molesting action of a person or group to another one (or ones) who is being either molested, discriminated against, physically or verbally abused, or even laughed at. These types of behavior tend to happen at school or high-school but they can also take part in college, socially or even online. However, let's see more clearly what are the main characteristics of bullying:

## 2.- Characteristics

- Bullying usually begins because there are certain people who consider that it is an alternative to fake an image of popularity and power or just to simply have fun. In other words, the bully feels superior to the victim.
- It can be done by a group of people or by just one single person.
- Sometimes there are constant threats from the aggressor(s) towards the victim, so that they won't tell anybody.
- The aggressor usually exhibits violent or aggressive behaviors.
- The victim tends to have a passive, submissive, or shy personality, and that's why this type of person tends to be more at risk of getting bullied along with people with disabilities or aspects of theirs that aren't really common.

## 2.1. Types of bullying

We can talk about 5 different types of bullying:

- **Cyberbullying**: is the use of digital media to annoy or harass a person or group of people through personal attacks, disclosure of personal or false information among others, like for example, posting embarrassing photos or videos on social media.
- **Physical bullying**: involves hurting a person's body or possessions. Physical bullying includes:
  - Hitting/kicking/pinching
  - Spitting
  - Tripping/pushing
  - Taking or breaking someone's things
  - Making mean or rude hand gestures
- **Verbal bullying**: is the most common one. They usually lower the self-esteem of the victim with humiliation, insults, nicknames, etc.
- **Social bullying**: sometimes referred to as relational bullying, involves hurting someone's reputation or relationships, be it because they are from a different ethnicity, sexual orientation, disability... 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
- **Sexualised bullying**: sexualised bullying is a behaviour, physical or non-physical, where sexuality or gender is used as a weapon against another.

## 2.2. People involved in the act

Bullying incidents generally involve these different roles:

**The ringleader (bully)** - Initiates and leads the bullying, usually has the worst behavior out of all of them and gives the ideas.

**Reinforcer(s)** - supports the bullying case, might laugh or encourage other people to 'take part' in what is going on.

**Assistant(s)** - just like reinforcers, they are actively involved in the bullying. In some cases, we can see assistants that feel like they are doing something wrong but is being somehow forced to be included somewhere.

**Outsider(s)** - Ignores any bullying and doesn't want to get involved.

**The target** - The person at whom the bullying is aimed.

**Defender(s)** - Stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to do something about it. This might involve talking to an adult in school or trying to confront the bully or bullies.

### 3.- Figures of people getting bullied

Just so we get a general idea of what we are talking about, according to the PACER'S National Bullying Prevention Center of the United States **one out of every five students** in school reports being bullied, meaning that the **20,2%** of students.

Then, among the students between the ages of 12-18 who reported being bullied at school during the school year, **15 %** were bullied online or by text.

However, if we view it from an international perspective, according to the UNESCO Institute of Statistics:

- **One third** of the globe's youth is bullied; this ranges from as low as 7% in Tajikistan to 74% in Samoa.
- Approximately **46%** of students ages 12-18 who were bullied during the school year notified an adult at school about the bullying, and this clearly shows that we need to work on this a little bit more in order to stop bullying.

### 4.- Effects of bullying

Younger generations who are bullied are more likely to experience negative things such as:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. And as you can see, mental **health issues** play a huge part in this. It should be noted that these issues may persist into adulthood.
- **Health** complaints
- **Decreased academic achievement** and school participation. They are more likely to miss, skip, or drop out of school.

### 5.- How we can deal with bullying

#### 5.1. Tips for people who are going through a case of bullying

- Finding the strength
- Accepting your emotions
- Managing the stress
- Asking for help to family or friends, or to professionals
- Leaving the scars behind
- Receive motivation from the things that make you happy
- Convince yourself that you are brave enough.
- It's okay to take some time

(mejor desarrollado en <https://www.bullying.co.uk/general-advice/overcoming-bullying/> )

## 5.2. What can we do about it

- If you consider that someone may be at risk of being bullied, talk to the person and let them know that you care about their well-being.
- Don't repeat rumors, be comprehensive.
- Confront bullying if you think it is necessary at the moment, or talk to an adult you trust about the situation, and think about a wise solution to stop a bullying case.
- Talk to your friends about how everyone can deal with bullying.
- Start campaigns that raise awareness around your area.

<https://www.stopbullying.gov/bullying/what-is-bullying>

<https://www.bullying.co.uk/general-advice/what-is-sexual-bullying/>

<https://bullyingfree.nz/about-bullying/the-effects-of-bullying/>

<https://www.pacer.org/bullying/info/stats.asp>