WE TALK HEALTH NEWS

Bullying | Types of Bullying | Bullying in Action | Statistics | Perpetrator and Victim | Effects | Interventions |

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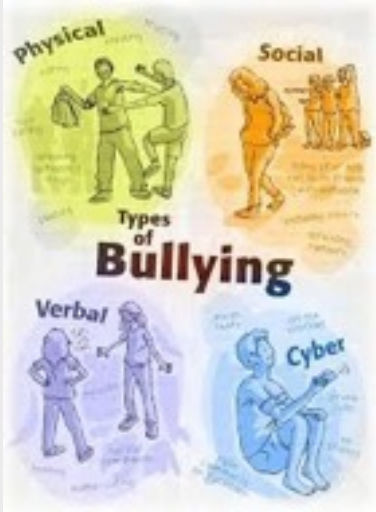
Bullying

THE REPEATED OPPRESSION, PSYCHOLOGICAL OR PHYSICAL, OF A LESS POWERFUL PERSON BY A MORE POWERFUL PERSON

Bullying is a phenomenon that we observe in various social situations, such as

- school
- workplace
- home
- activities

- It is considered to be the most common form of violence seen in children.
- Using the internet the bully can trap the victim, who cannot feel safe even at home.
- It usually includes:
  - an abuser
  - a victim
  - a witness
- Idle bystanders are just as responsible for the cycle of violence as the perpetrators.



Bullying in Action

Bullying includes:
•Bully saying or writing inappropriate things about a person
•intentionally excluding people from activities;
•threatening or actually harming a person,
•making a person do something against their will or tease them.

Types of Bullying

- **Cyber** – through technological devices
- **Physical** – includes body parts
- **Emotional/Psychological** – verbal threats, taunting

Statistics

- 69% of young people experience bullying before their 18th birthday.
- 60% are bullied because of appearance
- 30% said bullying had a huge impact on their social life
- 38% said bullying had a huge impact on their self-esteem
- 25% of young people had suicidal thoughts because of bullying
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Perpetrator and Victim

Why does someone become a bully?

1. To gain strength.
2. To attract attention or become popular.
3. To acquire material things.
4. Due to problems at home.
5. To copy another person (model).
6. Because they have very low self-confidence.
7. Because they have a very fragile self-image.
8. Because they exalt themselves by diminishing others and thus feel important for a small period of time.

Victim profile

1. Small body type
2. Loneliness, few friends
3. People who cannot support themselves
4. People with diversity (disabilities, gender, nationality, sexual orientation, etc.)
5. Lack of supportive environment

Effects

What effect does bullying have on victims?

- Self-harm
- Depression
- Suicidal thoughts/suicide attempts
- Social withdrawal/isolation
- Avoiding social media
- Anxiety about school/work/home (depending on where the bullying is happening)
- Anger and aggression
- Bullies others
- Eating disorders
- Alcohol or drugs

Interventions

1. For victims

- Report bullying to a teacher/supervisor
- Notify a parent or family member
- Be assertive and not aggressive
- Ignore it and leave
- Keep a log of all incidents
- Find strength to respond to the abuser from the first time
- Teaching them social skills
- Improving self-confidence

2. For perpetrators

- If it is a child: Understanding the reasons for delinquent behavior and offer possible help if the problem stems from victimization of the child
- Teaching social skills
- Psychoeducation on anger management
- Improving self-confidence
- Interventions on a personal level
- Cultivating empathy skills

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