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# Bullying is Devil

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## Abstract

*Most of the time when people think of bullying going on in schools, one generic picture comes to mind; a big, scary boy coming along to a younger, punier child and saying, "Give me your lunch money dork!" then the bully proceeds to turn the victim upside down to empty his pockets for lunch money. However, bullying is not always that simple, and there does not necessarily need to be physical violence involved in order for something to be considered bullying.*

*Unfortunately, bullying is an unavoidable part of life for children, but what is the best way to deal with bullying so that both the bully and the victim can grow from the experience and become better people? Before this question can be answered, it is important to explore every aspect involved with bullying. Specifically, we need to look at everything that bullies do, the way it affects both the victim and the bully, and exactly how much bullying currently occurs in schools. Bullying is very frequent and since the beginning of time it has plagued schools all over the world. It is a major issue in today's world and is well-worthy of discussion.*

## Introduction: The Impact on Bullied Students

Students who are bullied can develop physical symptoms such as headaches, stomach pains or sleeping problems. They may be afraid to go to school, go to the lavatory, or ride the school bus. They may lose interest in school, have trouble concentrating, or do poorly academically.

Bullied students typically lose confidence in themselves. They may experience depression, low self-esteem, and suicidal thoughts or they may lash out in violent ways--the most serious being school shootings.

## The Impact on Students Who Bully

students who bully do not feel much better. Research shows that these students are more likely to get into frequent fights, steal and vandalize property, drink alcohol and smoke, report poor grades, perceive a negative climate at school, and carry a weapon. Long-term research has also shown that these students are at increased risk to commit crimes later in life.

**Bullying** is the use of force or coercion to abuse or intimate others. The behavior can be habitual and involve an imbalance of social or physical power. It can include verbal harassment or threat, physical assault or coercion and may be directed repeatedly towards particular victims, perhaps on grounds of race, religion, gender, sexuality, or ability. If bullying is done by a group, it is called mobbing. The victim of bullying is sometimes referred to as a "target".

A bullying culture can develop in any context in which human beings interact with each other. This includes school, church, family, the workplace, home, and neighborhoods.

## Characteristics of bullying in general

Bullying consists of three basic types of abuse : emotional, verbal, and physical It typically involves subtle methods of coercion such as intimidation. Bullying behavior may include name calling, verbal or written abuse, exclusion from activities, exclusion from social situations, physical abuse, or coercion.

Aggressive behavior may be bullying depending on what happened, how often it happens and who it happens to. Find out what bullying is and what the different types are. You can also learn more about other topics related to bullying.

There is no one single cause of bullying among children; individual, family, peer, school, and community factors can place a child or youth at risk for bullying. These factors work individually, or collectively, to contribute to a child's likelihood of bullying.

## Effects of Bullying

Bullying can affect everyone - those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impact on mental health, substance use, and suicide. It is important to talk to kids to determine

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whether bullying - or something else - is a concern.

- Kids who are Bullied
- Kids who Bully Others
- The relationship between Bullying and Suicide

### **Kids who are Bullied**

Kids who are bullied can experience negative physical, school, and mental health issues. Kids who are bullied are more likely to experience:

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. These issues may persist into adulthood. Like Health complaints, decreased academic achievement and school participation. They are more likely to miss, skip, or drop out of school.

A very small number of bullied children might retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

### **Kids Who Bully Others**

Kids who bully others can also engage in violent and other risky behaviors into adulthood. Kids who bully are more likely to: Abuse alcohol and other drugs in adolescence and as adults

Get into fights, vandalize property, and drop out of school, engage in early sexual activity, Have criminal convictions and traffic citations as adults ,Be abusive toward their romantic partners, spouses, or children as adults.

### **The Relationship between Bullying and Suicide**

Media reports often link bullying with suicide. However, most youth who are bullied do not have thoughts of suicide or engage in suicidal behaviors.

Although kids who are bullied are at risk of suicide, bullying alone is not the cause. Many issues contribute to suicide risk, including depression, problems at home, and trauma history. Additionally, specific groups have an increased risk of suicide, including American Indian and Alaskan Native, Asian American, lesbian, gay, bisexual, and transgender youth. This risk can be increased further when these kids are not supported by parents, peers, and schools. Bullying can make an unsupportive situation worse.

### **Why do bully**

#### ***Family risk factors for bullying:***

- A lack of warmth and involvement on the part of parents
- Overly-permissive parenting (including a lack of limits for children's behavior)
- A lack of supervision by parents
- Harsh, physical discipline
- Parent modeling of bullying behavior
- Victimization by older brothers

#### ***Peer risk factors for bullying:***

- Friends who bully
- Friends who have positive attitudes about violence
- Some aggressive children who take on high status roles may use bullying as a way to enhance their social power and protect their prestige with peers
- Some children with low social status may use bullying as a way to deflect taunting and aggression that is directed towards them, or to enhance their social position with higher status peers

#### ***Other Factors:***

- Bullying thrives in schools where faculty and staff do not address bullying, where there is no policy against bullying, and where there is little supervision of students—especially during lunch, bathroom breaks, and recess.
- Models of bullying behavior are prevalent throughout society, especially in television, movies, and video games.
- When children are aggregated together, they associate with others who are similar to them or who have qualities or characteristics that in some way support their own behaviors.
- For teenage girls, social aggression can be a way of creating excitement or alleviating boredom. It is also used as a method of gaining attention from other girls in order to secure friendships.

There are three different types of bullies that are common in schools today; physical bullies, verbal bullies, and relational bullies'. Physical bullies are just what they sound like, physical. These types of bullies

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tend to hit, kick, punch, shove, or use any other type of physical exertion of energy towards other kids. Verbal bullies are the types of bullies that use harsh words such as name-calling, insults, racial comments, or comments about another student's physical appearance in order to degrade their victim. Verbal bullying is the most commonly reported type of bullying. Finally, relational bullies will act by singling out their victim from their peer group. This is mostly done by the bully using verbal threats or spreading undesirable rumors about their victim's. While these types of bullying are not necessarily the stereotypical pictures that come to mind when thinking about bullies, they are all very serious and can possibly have some serious detrimental effects on both parties involved.

A major question that arises from all of this, how can the issue of bullying be attacked in order to get the best results for both the victim and the bully? There are so many different methods being used internationally that are worthy of discussion. One way of dealing with bullying is by using problem-based learning. Victims of bullying need to be presented with better methods of effectively dealing with bullies, and by implementing the use of problem-based learning, school counselors can use problem-solving in literature-based lessons. By using this strategy effectively, it is possible to increase awareness and knowledge of bullying as well as teacher/parent involvement and the child's assertiveness skills. Bullying is oftentimes rewarded by victims who act passively and nonassertive. This basically means students who give in to demands of the bully, cry easily, and fail to defend themselves. Problem-based learning helps teach students that bullies want their victims to concede to them and that in order to stop it from happening, they must be assertive. There is one specific problem-based learning program called "Steps to Respect" which includes lessons based on literature that meet both language arts and social and emotional learning objectives. This program not only teaches things related to the academic curriculum, but it also reinforces the strategies for responding to bullying as well. An example of this would be children reading a book in class where one of the characters gets picked on by a bully and the character responds by being assertive and defending himself. Then, when the problem persists, the character seeks assistance from a responsible adult who is able to diffuse the situation and keep it from occurring. This type of activity would

not only work on a child's reading skills, but when analyzing the story, students will be taught from a young age the proper way of dealing with a bully. Measures like these will surely help to decrease the number of bullying occurrences if it is taught from a young age. Results indicate that students that have undergone problem-based learning have had less stress and more encouragement in their learning environment than students who experienced a more traditional type of learning. While this method can be very successful, there are different stipulations that must be met. Not only must the literature be readable and grade-appropriate, it must also be relevant to the students' lives. If students can relate to what it is they are reading, there will be a much higher success rate in both teaching victims to defend themselves as well as teaching bullies that what they are doing is wrong and detrimental to themselves and to others. This method works better for victims than it does for bullies simply because it teaches them to be assertive and while bullies may benefit from problem-based learning as well, there are other methods that are better-suited for bullies.

In order to understand bullies and be able to help them better, we can look at some of the causes for bully-like behavior. Sometimes, bullies have unique home-lives where their parents have either a physically or verbally abusive relationship, therefore leading the child to believe that that type of behavior is acceptable. Also, violence on television and in video games can be a large contributor to violent behavior of the child. This brings up the first important point for preventing kids from becoming bullies. All kids are very easily swayed by their parents and by the media, which ultimately means, the prevention starts at home. Parents need to monitor not only what their children are watching on television, but also the way they act as well. If these steps are taken by parents, the number of kids that become bullies will surely dramatically decrease. However, if a child still acts violently in school even after parents take these preventative measures, there are certain classroom management techniques that can be used to help the child as well. An important way teachers can use to change the behavior of a violent child is rather than pointing out the behaviors the teacher wants the child to stop, he/she must point out the behaviors that they actually want the child to display (Lake, 2004). By doing this, teachers are using positive reinforcement to get their point

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across and help students, rather than negative reinforcement. Another step that can be taken to reduce violent behavior in a child that is considered a bully is by increasing the amount of collaboration between parents and the school. This collaboration should focus mainly on ways of developing a sense of empathy for their bully victims. While this empathy takes time to develop and will not show up completely right away, it is still a very crucial step in making an individual more compassionate towards others, in turn, decreasing violent behavior and bully-like actions.

**Psychologist says**

If a person laughs too much, even at stupid things, he is lonely deep smile.

If a person sleeps a lot, he is sad

If a person speaks less, but speaks fast, he keeps secrets.

If some one can't cry, he is weak

If some one eats in an abnormal manner, he is tense

If some one cries on little things, he is innocent soft-hearted

If some one becomes angry over silly or petty things, it means he needs love.

Last but not least, we should take this problem very seriously, otherwise it will ruin our generation. It is the duty of every parent, teacher, spouse, family member to help bullied and discourage who bullies. With proper counseling with experts and all, we will be able to remove this dangerous disease from our society. We should read child's changing behavior and be friendly to child all the time, if he is suffering from anything or showing syndromes of bullying. We should never avoid. It is again very beautifully saying that;

SPENDING TIME WITH CHILDREN  
IS MORE IMPORTANT THAN  
SPENDING MONEY ON CHILDREN

