

Types of bullying, and its impact on children!!



WHAT IS BULLYING?

The term “bullying” refers to a type of aggressive behaviour in which an individual intentionally and repeatedly inflicts harm on another person, causing them discomfort and injury.

Bullying can manifest in various forms, such as oral aggression (e.g., teasing, threatening, purposefully humiliating a person) and physical aggression (e.g., hitting and kicking). Instances of bullying can occur in different settings, including school campuses and off-campus environments.

Bias-based bullying means a person is targeted by a group of people and humiliated by them because of his language, race, body size, ability, religion, etc.

TYPES OF BULLYING

1. VERBAL BULLYING:

Verbal bullying is the act of intentionally using harmful words to harass, intimidate, or harm another person. This form of bullying can leave its targets feeling ashamed, humiliated, or even frightened. Verbal bullying may take various forms, including:

- Threats.

- Teasing.
- Insults.
- Name-calling.
- Inappropriate sexual comments.
- Discriminatory remarks.

2. SOCIAL BULLYING:

Social bullying occurs when an individual seeks to harm another person's relationship and reputation. This form of bullying encompasses actions such as spreading rumors, embarrassing someone in public, and turning others against the targeted individual. All these behaviors fall under the category of social bullying, which has a detrimental impact on the mental health of the victim. Recognizing social bullying can be challenging as it often operates covertly, making it particularly damaging by targeting an individual's social standing and relationships.

- Leaving someone out on purpose.
- Discouraging other children from being friends with someone.
- Spreading rumours about someone.
- Embarrassing someone in public.

3. PHYSICAL BULLYING:

Physical bullying entails causing physical harm to the victim using objects. This form of bullying can result in emotional distress, physical injuries, and, in severe cases, hospitalization or even death. It is crucial to take measures to prevent physical bullying and to be vigilant about recognizing signs that a child may be undergoing this type of abuse. Instances of physical bullying include:

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

EFFECTS OF BULLYING:

Bullying can cause major impacts on people, whether it is in the short-term or long-term. Some of the effects of bullying include:

- Bullying impacts mental health, substance abuse, and even suicide.
- Children who are bullied often endure physical abuse, mental health challenges, and academic issues.
- Students are more likely to experience depression and anxiety, contributing to increased feelings of sadness and loneliness.
- Children get afraid of going to school.
- Afraid of socializing and making new friends.
- Declining in academic performance.
- Anger Issues.

WAYS FOR A CHILD IN ESCAPING BULLYING:

1. Ignore the bully: Choosing not to react when faced with hurtful words or actions may cause the bully to lose interest.
2. Walk away: If the bully is attempting to intimidate or harass the child, walking away can effectively de-escalate the situation.
3. Find a safe space: If bullying occurs at school, the child can seek refuge in a comfortable and secure place, such as a classroom, the library, or the school counsellor's office.
4. Tell a trusted adult: In cases of severe or persistent bullying, it is crucial to inform a trusted adult, such as a teacher, counsellor, or parent, about the situation.
5. Seek support from friends: Having friends who can offer emotional support and reduce feelings of isolation can be beneficial.
6. Develop positive coping strategies: Teaching the child positive ways to manage stress, such as exercising or spending time in nature, can help them cope with the emotional impact of bullying.
7. Seek professional help: If the child struggles with managing strong emotions like anger, hurt, or frustration, consulting with a therapist to learn healthy coping mechanisms can be beneficial.

We should foster a safe environment within our home, where we encourage children to share their thoughts and day-to-day activities. This lets a child open up about what's affecting them; they can share it with their parents and teachers.

CONCLUSION:

Parents play a crucial role in creating and sustaining healthy environments for children to learn and develop. They are essential contributors to fostering safe interactions and cultivating positive relationships. Teachers at CGR International School have strong binds with every child. Students are encouraged and enabled to build friendships among each other. Our teachers are always available for students to raise their concerns, on which immediate action is taken. We also have a strong anti-bullying policy.