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Bullying Broken Down

 Bullying is one of society’s biggest issues as of today, especially among teenagers. Many people have been bullied or have been a bully at some point in their life. The National Center for Educational Statistics states that one out of every five students, between the ages of twelve through eighteen, reported being bullied. It is critical that children are aware and educated about bullying prevention so that they will not become a bully. If anyone notices bullying in their school, work place, home, on social media, or anywhere in their community, then they should report it immediately. The four types of bullying are physical, cyberbullying, social, and verbal.

 Physical bullying is when somebody physically assaults you as an act of aggression. This can involve the following: pushing, fighting, punching, throwing something at someone, spitting, or anything that causes physical harm to a person. Physical bullying is most likely to occur in schools. Although there have been many cases of physical bullying where the bully was charged, many victims do not report it or tell anyone. In many instances, their peers will not say anything about it either because they are also afraid of the bully. The victim and peers should report the bullying to their parents, a teacher, or the principle. After reporting the bully, they should receive proper discipline so that it does not occur again.

 Another common form of bullying among teenagers is cyberbullying. Cyberbullying is the use of electronics to send or post threatening messages, pictures, and comments about somebody. Many bullies use social media such as Instagram, Snapchat, Twitter, and Facebook to do so. While doing so, many bullies try to hide behind fake accounts to post and share the threatening remarks. One way to try to stop the bullying from happening on the websites is by reporting the accounts. If enough people report the account, then the website will more than likely delete the account or post. Since the bullying did not happen on school property, there is not much that the school system can do about cyberbullying other than suspending the students. If the victim decides to take legal action, the bully can be prosecuted as a criminal or be sued for money under civil law. A prime example of the harm cyberbullying can cause is shown in the movie Cyberbully.

 Social bullying is especially common with young children and pre-teens. It involves the following: spreading rumors about another person, damaging someone's reputation, telling others not to be friends with someone, leaving someone out purposely, and embarrassing someone in front of others. Many young children socially bully people unintentionally. It is important to teach children at a young age about all types of bullying so that students will not become traumatized from being isolated. Social bullying and all other types of bullying can cause the victim to suffer from depression, anxiety, stress, panic attacks, and other harmful effects. On Stopbullying.gov it states, "According to one large study, the following percentages of middle schools students had experienced these various types of bullying: spreading rumors or lies (36.3%); leaving out (28.5%)…" This quote represents a significant amount of middle school students that have been a victim of social bullying.

 The most widespread and common form of bullying is verbal bullying. Verbal bullying is when words are used in a negative way to tease, insult, humiliate, and taunt others. Verbal bullying is also considered verbal abuse. Many children and teenagers that experience verbal bullying do not report it to anyone because they feel as if it is a normal part of growing up. The simple act of name calling someone a derogatory term is an example of verbal bullying. Many peoples' self-image is affected by the hurtful words from bullies. This act of bullying, like the others, can also lead to the victims having low self-esteem. There have been many cases where victims dealt with bullying by dropping out of school, drug abuse, and suicide. According to The Jama Network, "A meta-analysis found that students facing peer victimization are 2.2 times more likely to have suicide ideation and 2.6 times more likely to attempt suicide than students not facing victimization." Although suicide is not a direct effect of bullying, some people feel like it is their only way to end their misery that is caused by being bullied.

 Overall, nobody should have to be exposed to bullying and its lasting effects. With bullying being a current problem in society, it is important that everyone is taught about the prevention of bullying. If everyone works together with bullying prevention, then bullying should drastically decrease. The cycle of bullying can come to an end if everyone plays their part in bullying prevention.

Works Cited

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