



Bullying

Bullying is repeated aggressive behavior that can be physical, verbal, or relational. Boys frequently bully using physical threats and actions, while girls are more likely to engage in verbal or relationship bullying. The results are similar:

- You are made to feel hurt, angry, afraid, helpless, hopeless, isolated, ashamed, and even guilty that the bullying is somehow your fault. You may even feel suicidal.
- Your physical health is likely to suffer, and you are at a greater risk of developing mental health problems such as depression, anxiety, low self-esteem, or adult onset PTSD (post-traumatic stress disorder).
- You're more likely to miss, skip, or drop out of school to avoid being bullied.

The most damaging aspect of bullying is its repetition. Bullies are often relentless, bullying over and over again for long periods of time. You may live in constant fear of where and when the bully will strike next, what they'll do, and how far they'll go.

Types of Bullying

PHYSICAL BULLYING

- Hitting, kicking, or pushing someone...or even just threatening to do it.
- Stealing, hiding, or ruining someone's things
- Hazing, harassment, humiliation. Making someone do things he or she doesn't want to do.

VERBAL BULLYING

- Name-calling
- Teasing, taunting
- Insulting or otherwise verbally abusing someone

RELATIONSHIP BULLYING

- Refusing to talk to someone
- Excluding someone from groups or activities
- Spreading lies or rumors about someone
- Hazing, harassment, humiliation. Making someone do things he or she doesn't want to do



Why would someone bully you?

Research shows that about 25 percent of kids experience bullying, so you're not alone. While there are many reasons why bullies may be targeting you, the main reasons are usually your physical appearance or social standing within your peer group.

If you are being bullied, remember;

- Don't blame yourself. It is not your fault. No matter what someone says or does, you should not be ashamed of who you are or what you feel.
- Be proud of who you are. Despite what a bully says, there are many wonderful things about you. Keep those in mind instead of the messages you hear from bullies.
- Get help. Talk to a parent, teacher, counselor, or other trusted adult. Seeing a counselor does not mean there is something wrong with you.
- Learn to deal with stress. Finding ways to relieve stress can make you more resilient so you won't feel overwhelmed by bullying. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to manage the stress from bullying.

