

# Bullying

Although most people are aware of bullying because of schools, few people know what bullying really is. Bullying may be a repeated aggressive behavior where one person during a position of power deliberately intimidates, abuses, or pressurizes a person with the intention of harming that person physically or emotionally. Acts of bullying are often physical or verbal. Many children are often unkind to each other during adolescence as they refine social skills and grow into adults. The article, "What Is Bullying" by StopBullying.gov, states, "Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose."

I have witnessed a lot of bullying, but the bullying that has stuck out the most has been of a girl that was bullied because of her sexuality. She was once walking down the hallway, holding hands with another girl. And a group of boys began to yell at them saying slurs and making fun of them. I then saw her crying later during the day and asked her what had happened. She later told me that she had been made fun of because she was gay. That is a big reason that bullying has been happening to a lot of people. Another bullying I witnessed was on social media. A guy had posted a photo of himself on Instagram and the comments were rude and horrible. A couple of hours later, he took down the photo because of all the terrible things that were being said about him. These are just two examples of people being bullied, but about one in five students get bullied. This shows that bullying is a big problem in our society and needs to be resolved.

Bullying can have many effects on people, and they are all in negative ways. One way is the feeling of rejection. The feeling of rejection can make you feel like an outsider and someone that no one cares. Another effect is having low self-esteem. Low self-esteem is when somebody sees themselves as a person that is unable to be loved or just stop caring about themselves. Other effects of bullying can be depression and anxiety. Depression means that you have a lack of interest in things that were once enjoyable to you and are constantly sad. Anxiety is when you feel nervous, anxious, or intense about events happening in your daily life.

The act of bullying is horrifying, but there are many tools and resources available to help break that cycle. One tool can be seeking help. One good example of that can be going to a guidance counselor and speaking to them about what has happened to you and what you are feeling about that. Another example of seeking help is talking to a friend about what is going through your head. A resource that can be informational and helpful can be the internet. There are exceptionally good articles that talk about dealing with all types of bullying. An incredibly good article about bullying is “Bullying: What To Do If I’m Bullied” by Mental Health America. They talk about things to do when you are getting bullied including: try to stay calm, tell someone you trust, spend more time with people who make you feel good about yourself, etc. These are just a couple of resources out of hundreds that can be done to help stop bullying.