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English 2 Honors

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“Bullying: Its pervasive nature and how to resolve it.”

What is bullying and how is it affecting our everyday society? Although bullying has been redefined over the years, a solid definition of bullying from the Merriam-Webster dictionary is “abuse and mistreatment of someone vulnerable by someone stronger, more powerful.” but, how does this apply in other instances of our world? With the appearance of social media and private messaging, along comes the ability of bullying via the internet instead of face-to-face, leading to the privacy of bullying behind closed doors. With multiple instances of bullying, it happens online and may never be resolved.

For starters, why does bullying even happen? Bullying can be a result of several different instances such as things going on in personal life or something as simplistic as being different. In “Bullying is a Relationship Problem” From the Bullying Prevention Advisory Group, bullying is said to be a result of someone who may be unhappy or have problems. Bullying can be a result of multiple different things, such as: trying to gain a sense of power, wanting attention or popularity, being scared and trying to inflict others feel the same, and unhappiness. The identification of why someone is bullying may be difficult, as a person can often hide how they are feeling to inflict their feelings onto others. Cyberbullying is a newer problem that has been rising since 2011. In a report from Sam Cook “Cyberbullying Facts and Statistics for 2018-2022,” Statistics show that from 2018 to 2022, one-fifth of bullying happens online; 19.2% of parents surveyed stated that

bullying had occurred over social media and websites, with a further 11% reporting it is happening over straightforward text messages. Results show that 59.9% of parents with children ages ranging from fourteen to eighteen, or high schoolers; were bullied.

Continuing, how does bullying affect those who endure it? Bullying can be severely affecting mental health, which in turn can be damaging to the physical health of a person. Verbal or physical degradation from another person could very well lead to a world of problems with mental health, such as depression, anxiety, and many other things. As quoted from the website Stop Bullying, an official website of the U.S government focusing on the concerns of bullying, “Bullying can affect everyone—those who are bullied, those who bully, and those who see bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.” As said on the website, bullying has many links with the rates of suicide, and although bullying alone is not the sole cause, it is a factor leading to it.

Finishing, how does one person name bullying, and what resources are there to prevent it? The website Stop Bullying, the official website addressing bullying from the U.S government, there are multiple steps said on how to go about preventing bullying in schools and online. The four points the website includes are, helping kids understand bullying, Keeping the line of communication open, encouraging kids to do what they love, and modeling how to treat others. Educating children on what bullying really is and how to prevent such things from happening at an early age could be the key to preventing and limiting the spread of bullying.

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