

Alexander Hernandez

6th

Mrs. Earnest

BULLYING: Its pervasive nature

Bullying has had a negative effect on the world. Whether it be cyber, physical, or mental bullying, it still affects us all. Bullying comes at all ages from a little kid to an adult person. Over the years, school systems have been progressive on stopping bullying and it has made a lot of changes that have benefitted from a reduction of school violence. However, more work remains to be done. One needs to consider that not all bullies are maliciously evil. If you look at it a little differently, your opinion could be changed. It is all about looking at bullying from a different point of view. As someone that has experienced bullying in school, I can tell you that it was my home life and the lessons learned there that helped me overcome the malicious behavior on the part of my school bully. My bully was someone who had both parents employed at the school so his bullying came from a sense of entitlement, he felt he could bully without consequences. It took the intervention of my parents for it to stop. Sometimes kids do not want to tell their parents for fear of punishment or shame.

Bullying is a symptom of a greater issue. Bullies behave the way they do because they sometimes want attention. This can come as a result of a variety of things. Children that engage in this behavior are likely mimicking behavior they have witnessed or experienced at home. It could also be unresolved emotional trauma from the bully's peers and that's the only way to take it out and feel better. Sometimes some kids don't have access to any psychologists or people for them to express their feelings. Bullies can also act this way because of all peer pressure. The cultural and societal desire to impress their peers can leave them in a vulnerable position. To overcome this perceived vulnerability, they are likely to behave in ways that result in approval from their peers even if it means hurting someone else. Bullies will prey on the weaker, marginalized groups in their midst. For example, some children may bully those that have physical differences such as weight or height or even those that do not look or behave in a way they or their peers deem "normal". This ignorance masquerades as confidence which leads to others being hurt.

It is my recommendation that there needs to be more mental health options for those experiencing this behavior. School counselors that would work in unison with families to assure the well-being of everyone involved. House visits can help with how the kid's home life is like. It might seem excessive but early intervention is important. Studies have demonstrated that parental involvement and a good home and school balance is a key factor in reducing aggressive behavior that can lead to bullying. A psychological evaluation can help provide recommendations and suggestions on how to fix the setting of your home. This could be a result of their own past trauma or the reluctance to believe that there is "anything wrong with their home". This can work to help improve and foster a positive work and school relationship and demonstrate to the child that those involved are invested in their success. This can lead to an improvement in the child's self-esteem both at school and at home. Therapy can help children discuss issues that might be causing this aggression and allow them to work through resolving them.

In conclusion, bullying is harmful, but over time can be resolved.