

Bullying essay: overview

[Sociology](#), [Bullying](#)



Bullying Frightened, Weak, Sad, Unwanted. You end up not wanting to go anywhere, because you are afraid of getting picked on. You get so fed up with everything, you start harming yourself. You begin cutting yourself or even worse? You end up killing yourself. Hi today, I'm going to talk to you about bullying and what the downsides of bullying is. Some might wonder, who are the bullies and why do people bully others. So as you read this essay, think about those questions. And ask yourself. If you've ever been bullied or have you been the bully.

How did you feel? Did you feel powerless and think that it wasn't fair that this was happening to you. Or that you didn't have anyone to talk to. Well you do and no one should be making you feel like this. Bullying has to stop, it shouldn't be going to the extent that people feel like they're nothing and end up committing suicide. Having said that, this essay will show you the different types of bullying, the consequences of bullying and how to stop bullying. Many people think that bullying is just kicking and punching a person.

Those people are right, what they don't know is that there are other forms of bullying. To be exact there are six different types of bullying; physical bullying, cyber bullying, verbal bullying, indirect bullying, intimidation, and social alienation. The form of bullying that occurs more is cyber bullying. In Canada, 42% of kids have been bullied while online. One in four has had it happen more than once. 35% of kids have been threatened online. Nearly one in five have had it happen more than once. 1% of kids have received mean or threatening e-mails or other messages. 58% of kids admit someone has said mean or hurtful things to them online. More than four out of ten say it has happened more than once. 58% have not told their parents or an adult

about something mean or hurtful that happened to them online. Both boys and girls can be bullies. Boys tend to bully physically, while girls generally use more indirect approaches, such as gossiping about classmates or isolating them by excluding them from activities or groups.

Boys are usually bullied by other boys, whereas girls are bullied by both girls and boys. Some of the consequences of being bullied are self-harm, depression, low self-esteem, loneliness and etc... Most people cannot deal with the pressure of being bullied. So they decide to commit suicide, for example “ Carl Joseph Walker-Hoover, hung himself Monday, April 9, 2009 after enduring bullying at school, including daily taunts of being gay. His suicide was at least the fourth suicide of a middle-school aged child linked to bullying in the year of 2009”.

Bullying is never acceptable. It should be considered just “ part of growing up” Research and experience consistently shows involved, their families and peers, and the community around them. I’ve witnessed someone self-harming themselves do to being bullied, it looked like they hit rock bottom and all the person could say is that “ there is no point in living now, no one likes me life is not a thing I enjoy”. I felt like that wasn’t fair to them and that no one should have to go through what they did. But they overcome that and were feeling better.

They started hanging out with really friends that cared about them and just ignored what others thought about them because they don’t have to please other, just themselves. How to stop bullying? Whether or not you have been bullied, there are things you can do to stop bullying. The first thing you should do is to tell ateacheror other trusted adult at your school if bullying

happens to you or someone at your school. But bullying doesn't always happen at school, it can happen after school or even at home.

So in that situation, tell an adult that will do something about it or even a police officer. This may seem like tattling, but it's not. The victim of a bully is someone you can protect. By telling someone at school about bullying, you are protecting the victim the same as if you stood up to a bully yourself. After telling an adult, you should go to a councillor to talk about your problem. If you don't feel comfortable talking to the councillor. Try talking to a friend or someone you trust, that will listen to you and try to help you. It isn't good to keep everything to yourself.

You have to get everything out that isn't healthy for you. Or else it will haunt you and make you feel alone. So in my opinion just talk about your problem even if it's with your cat or dog (which ever). However being a witness of bullying can be just as bad as being the bullying. As long as you witness bullying and don't try to stop it. That means, that you're encouraging the bully because he/she is getting the attention they want. So remember that for the next time you witness someone being bullying and don't do anything to stop it. Who are bullies?

Bullies are very often people who have been bullied or abused themselves. Sometimes they are experiencing life situations they cannot cope with, that leave them feeling helpless and out of control. They may have poor social skills, do not fit in, and cannot meet the expectations of their family, school, or bosses. They bully to, be successful, to control someone else, or to get some relief from their own feelings of powerlessness. Bullies bully because

they might be picked on by someone else so they pick on you, so that they think that they are strong.

They might not have any friends. They may not know how to feel happy, or something is going on with their family, that is bothering them so they decide to take out their frustration on other people. I hope you take this essay and absorb everything I've said. And remember one person might not be able to put a stop to bullying. But we as a group can sure try. If it doesn't work, then we can try harder. And never give up. Resources: <http://www.dosomething.org/tipsandtools/11-facts-about-cyber-bullying> <http://www.glsen.org/walker.html>