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[Law](#), [Criminal Justice](#)



English

Bullying is one of the trending events in many schools. Many children have been victims of bullying and even though people may think bullying is just an act it is usually more than that. Bullying includes physical, sexual, online or cyber and emotionally. The most common type of bullying is physical bullying. Physical bullying happens when other children use their physical strength to abuse or control others. Many schools across the country are aware of bullying and they are trying the their best to control the situation. Bullying can get out of control sometimes and the effects it has on children could be disturbing. Bullying affects children emotionally and socially. Children who have been bullied become anti-social and they suffer emotion stress. This is a terrible phase for children to go through at young ages. The effects of bullying are very difficult for children and they are more serious than we know.

First, school bullying causes physical and emotional stress. Children who are victims of bullying suffer physically and emotional and this usually causes poor academic performances. Children who are smart and all of a sudden start experiencing poor academic performances are signs of bullying.

Children do not pay attention in class because they are thinking about how to avoid bullies during breaks. Also, children do not pay attention in class because they are busy thinking about who is going to sit with them during lunch. Children also become physically inactive and get frightened on the slightest actions. Many children who are victims of bullying behave sickly and inactive. These are all signs of the effects of bullying that causes physical and emotional stress.

Secondly, there are significant changes in social life. Children who are victims of bullying start generating the habit of become antisocial. Children who are bullied become scared of attending social events organized by their schools because of their fear of bullying. Children tend to stay indoors and become introverts because they are afraid of meeting people or encountering bullies. Children who become antisocial at a young age are affected for the most part of their lives until they enter college. These are some of the reasons why some of these children become nerds because they do not associate themselves with any social life, but they rather sit in their rooms and either read, watch movies or play video games. Also, children do not visit their friends and do not attend invitations related to school. The social life of children is important, but if bullying takes away their social lives children will feel deprived.

Also, bullying changes the way that children talk. When children are victims of bullying, they are often called names such as nerds, losers or weird. Though this may seem as just words, they affect children psychologically. When talking to children who are victims of bullies they often call themselves as losers, nerds or weird. These are the same names they are called when they are bullied. This is an effect of bullying because children will start admitting that maybe they are nerds, weird or losers. This also makes it difficult for children to take part in an activity because they think of themselves as losers. This affects children psychologically and it is a difficult phase for children and this is when they need guiding from their parents, teachers or counselors to help them overcome the effects of bullying. The effects of bullying affect children physically, emotionally and socially.

Bullying has become one of the recurring problems in many schools. Parents and teachers must be attentive to how children behave and read the signs to know if children are victims of bullying. Some of the ways to help children overcome bullying is to give them the space to talk. When children are more open about the situation they will comply in finding solutions to help the situation. Also, schools should have guidance counselors and other programs that help monitor bullying and stop it. Parents and teachers are the primary agents who can help children when they are going through the phase of bullying. Bullying in schools could have a negative impact on the life of children permanently if the proper solutions are not taken. The impacts of bullying are more drastic than we think of and bullying could be stopped permanently by taking the right solutions and creating programs that will help both bullies and the victims of bullying.

Works Cited

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