

Bullying and its impact on bullying

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Bullying One in ten kids are bullied. Bullies try to physically and mentally hurt people.

They bully people for being small, weak, and different. Bullying can happen anytime and anywhere. It could take place at school, at home, in a store, in a restaurant and even online. There are two actual types of bullying but it can happen in a lot of different ways, the effects, and the bystanders. Types of Bullying While there's cyberbullying and bullying in general, there are many types of bullying that make up the two actual types. Stopbullying.

gov states “ There's verbal bullying, social bullying, and physical bullying”. Verbal bullying is teasing, threatening, and name calling. Social bullying is spreading rumors, telling people to not be friends with their victim, leaving them out and embarrassing the victim. Physical bullying is hitting, pushing, tripping, kicking, and breaking their belongings. Social and verbal bullying could be cyber bullying if it takes place online. Cyberbullying is when the person is getting bullied online, in games, or in a group chat.

The Effects The effects of being bullied can last for the rest of the victim's life if not handled quickly, and the victim gets help. Some victims of bullying feel alone, helpless, and depressed. Sometimes when the victim feels that way and they can't take it anymore, it leads to suicide. Some turn to drugs and alcohol. Others try to hold in their feelings or hide them.

The victims that try to hide or hold in their feelings change a lot, bullying has affected their health. They are depressed, get mood swings, and take out their anger on others. Sometimes the victim turns into a bully to feel better about themselves. Some people still deal with the effects of being bullied

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even as adults. The victim's grades start to drop, and if the victim doesn't get the help he/she needs they might just drop out of school. The BystandersThe bystander (the witness/person nearby)who see the bullying happenneither enjoy watching it or don't feel safe.

Sometimes the bystander will side with the bully or leave it alone so they don't get bullied. They may not go to class because they feel unsafe. If the bystander is a friend of the victim or they don't like the bully, they might stand up to the bully. Bullying is a serious problem. It doesn't matter where it happens.

It doesn't matter what kind of bullying is taking place, who the bystander is, the bullying alone is a big enough problem but the effects are worse. We as a community need to end bullying! [http://www. stopbullying. gov/kids/facts/](http://www.stopbullying.gov/kids/facts/)<http://www. whas11. com/news/local/preventing-cyber-bullying-/321940408><http://www. stopbullying. gov/what-is-bullying/definition/>