

# [Introduction bullying= is saying or writing mean things.](https://assignbuster.com/introduction-bullying-is-saying-or-writing-mean-things/)

Introduction What is bullying? In these research paper weare going to discuss a very difficult topic which is bullying. We will go indepth and we will analyze what causes bullying, what is bullying, types ofbullying and much more. Bullying has been a controversial topic for many yearsnow and its seems it will never stop. There is different types of way thatpeople can get bullying that’s why it’s more complex to stop it now. Anyway Ihope you enjoy this research paper and you learn something new. Let’s begin   What is bullying? “ Bullyingis unwanted, aggressive behavior among school aged children that involves areal or perceived power imbalance.

The behavior is repeated, or has thepotential to be repeated, over time. Both kids who are bullied and who bullyothers may have serious, lasting problems. Bullying includes actionssuch as making threats, spreading rumors, attacking someone physically orverbally, and excluding someone from a group on purpose”. TypesbullyingThere are three types ofbullying and these are the types: Verbalbullying= is saying or writing mean things. Verbal bullyingincludes:·        Teasing·        Name-calling·        Inappropriate sexual comments·        Taunting·        Threatening to cause harmSocialbullying= sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullyingincludes:·        Leaving someone out on purpose·        Telling other children not to be friendswith someone·        Spreading rumors about someone·        Embarrassing someone in publicPhysicalbullying = involves hurting a person’s body or possessions. Physical bullying includes:·        Hitting/kicking/pinching·        Spitting·        Tripping/pushing·        Taking or breaking someone’s things·        Making mean or rude hand gestures Whatare the causes of bullying? There are eight causesthat cause bullying and we probably don’t know about these are the causes: 1.      Feeling Powerless in Their Own LivesBullying a way peopleclaim a sort of power in their lives by victimizing another.

That person might haveold shoes, be too short, too smart, too dumb, too feminine. The reason doesn’treally matter. 2.      Someone Else is Bullying ThemIn many cases, bullyingbegets bullying. A person may feel bullied by their parents, their boss, or anolder sibling. Getting bullied by any of these people who are in an assumedposition of authority may tempt some to claim authority for themselves throughbullying.

When bullying slips through the net and isn’t sorted out we allowanother generation of bullies to be created. Research shows that those who haveexperienced bullying are twice as likely to go on to bully others. 3.      Jealousy or FrustrationWhen a person picks onsomeone for always being the first to raise their hand in class, or getting thebest grade on tests and ruining the curve, or even picking up many of thepromotions at work, the bully is probably jealous or frustrated with the personthey are bullying. 4.      Lack of Understanding or EmpathyIn some cases a personmay bully because there is an aspect of a person’s personality that they don’tunderstand or don’t agree with. They may also have a prejudice against aperson’s race, religion, or sexual orientation, and in many instances they mayeven think that targeting a person whom they see as exuding wrong behavior as agood thing. This lack of empathy may be learned at home, if the bully’s parent’svoice racist attitudes, for example, the bully could pick up this behavior.

Also some people have psychological issues that reduce their ability to empathizewith others. 5.      Looking for AttentionSome bullies would neverthink of themselves as bullies.

They think that all they are doing is teasing abit, and may even be trying to communicate or even befriend the person they arebullying. These social issues lead them to have trouble communicating in ahealthy way and instead turn to insults or even physical violence as a way ofcommunicating. 6.

Family InfluencesThe family situation ofbullies can often be a contributory factor. Lack of emotional support, authoritarian parenting, divorces, domestic violence and poor parentalcommunication are all potential factors in the lives of bullies. According toDr. Nerissa Bauer, an expert on the topic: 7.      Behavior Gets RewardedMost people don’t do thisintentionally. However, the perpetrator is inadvertently rewarded anytimevictims give up their lunch money or belongings. They also get rewarded bygaining popularity, attention or power. These unintentional rewards reinforce bullyingbehavior and encourage the perpetrator to keep pushing others around.

8.      Inability to Regulate EmotionsWhen people getfrustrated and angry, they can usually stop themselves from doing things thatwill hurt others. When kids don’t have the ability to regulate their emotions, small annoyances can provoke them and cause them to severely overreact. Forexample, a child may be innocently walking down the hall and accidentally bumpinto a bully. Even though the child apologizes, the bully may lose his temperand slam the victim into the wall.

Briefhistory of bullyingBullies have always beena part of any group development, from the earliest civilizations, and inreligions, militaries, schools, neighborhood cliques, teams, families, andcompanies. The workplace bullyingphenomenon, as we know it today, first entered the public consciousness on theheels of the workplace sexual harassment issue in the early 1980s. During thatdecade, Swedish psychologist Heinz Leymann was among the first to conceptualizeand analyze the act of workplace bullying. In the early 1990s, Britishjournalist Andrea Adams popularized the term “ workplace bullying” through aseries of BBC radio documentaries. In the United States, bullying first becamea major issue in the public sector, with some schools and government agenciestaking an avid interest in safeguarding against it. Later, this interestspilled over into private sector workplaces. During the early to mid-1990s, more American researchers began studying the problem of psychologically abusivebehaviors at work and the harm they create.

Another driver of interest in theprivate sector was the growing concern about the costs of workplace bullying toa company’s bottom line.  Today, workplace bullyingincidents are four times more common in all U. S. organizations than sexualharassment episodes, and the related costs to businesses are also four timeshigher.

In behavioral studies, bullying is now often closely linked to suicideand violence. The seriousness of the problem warrants that employers implementa sensible duty of care program in response. Howto stop bullying at schoolYoucan be someone who stops bullying before it even starts. How cool is that! Hereare some ways to beat bullying at your school.·        Stand up for people who are bullied= Bullies often want an audience and approval. Let bullies know that you do notthink being mean is cool.·        Take an anti-bullying pledge. Print outour pledge to stand up against bullying.

Share it with your friends, and letpeople know what you believe.·        Take action. See if you can start ananti-bullying club or prevention program at your school.·        Talk to other kids.

Try to learn moreabout where bullying happens at your school. Talk about what might help. See ifyou and some friends can go together to talk to an adult at school.·        Talk to your teachers or principal. Letadults at school know that you care about this topic. Ask the school to host anassembly on bullying. Ask for an anonymous survey to learn how many kids arebeing bullied.

Talk to your parents orguardians. Your parents or guardians can ask your school to focus more onbullying. We have information for adults on the bullying page in our sectionfor parents and caregivers.·        Speak (and write) up! Write a blog, schoolnewspaper article, or tweets to tackle bullying.·        Get creative.

How about starting aposter-making or rap-writing contest? Check out more cool ideas, plus Conclusion  Inconclusion we can fully understand what to do when we get bullying and that weshould never keep it to our self. The easiest way to stop bullying is to talkto the principal of the school or you’re parents. The best thing to do be trueto yourself and