

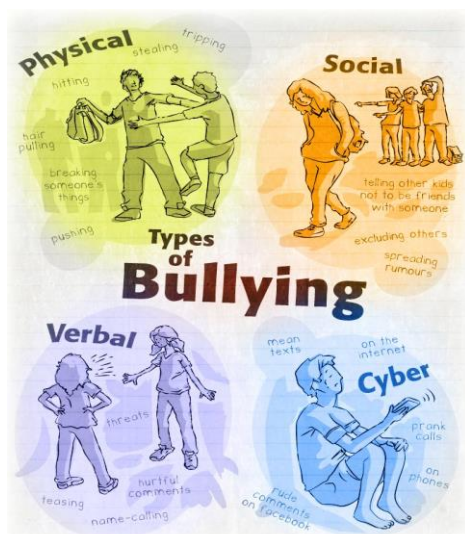
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ARTICLE ABOUT BULLYING

There are several types of bullying such as physical bullying, verbal bullying, social bullying and cyber bullying. These are the most common types of bullying.

1. Physical bullying is a type of bullying that includes hitting, kicking, punching or even damaging or stealing personal property. Many children won't tell their parents when it occurs, so keep an eye out for possible signs such as bruises, cuts or scratches and also damaged clothes.

2. Verbal bullying, involves name calling, threats and homophobic or racist remarks. Verbal bullying is also an important type of bullying because it can start out harmless, or mount to levels that start affecting the individual target. Some signs of verbal bullying are being withdrawn, becoming moody or a change in appetite.



3. Social bullying is often hard to recognize because it is usually done behind the target's back. Signs of this type of bullying include prefer being alone from other groups of people and sudden mood changes.

4. Cyber bullying. This certain type of bullying would use the internet like computers and smartphones, and social media. Signs of cyber bullying usually occur after using mobile phones or social media sites for a lot of hours.

Usually the consequences of bullying are feeling helpless, angry, anxious humiliated and stressed. Also a drop in school grades could be noticed.

CONSEQUENCES OF BULLYING

! Suicide/homicide

! Drug abuse

! Depression

! Anxiety

! Aggression



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These consequences are very bad but they can be even worse, like committing suicide but this only happens in rare cases, but that also doesn't mean it can't happen at all.



But we can prevent bullying by informing the students about it and telling them how bad it is to the victim, the consequences of bullying and why it is so bad. We can also make a team that provides support by empowering students and letting them know they should not suffer in silence.



And a helpful advice is to listen to people, help them feel strong and confident, and encourage them thinking about suitable solutions.

