

# *Bullying*



# ***The definition of school bullying***

Bullying is the phenomenon referring to the constant harm of a specific person. This phenomenon can be noticed in variety of ages but is mainly taking place between adolescents. The intentional harm of someone by their peers inside the school environment is known as **“school bullying”**

# *Types of bullying*

## *➤ Face-to-face bullying*

*➤ Face to face bullying is considered the type of bullying which involves:*

- 1) Physical harm (using violence to harm the victim)*
- 2) Verbal harm (offensive use of speech which leads to emotional distress)*
- 3) Sexual harassment ( the inappropriate touch of someone without their consent )*

# *Types of bullying*

## ➤ *Covert bullying*

➤ Covert bullying is the type of bullying in which the offender doesn't particularly harm their victim with their presence. Instead they act in the shadows by spreading rumors/lies about their victim and in the end having them getting excluded from their groups by completely ruining their social image.

# *Types of bullying*

## ➤ *Cyber bullying*

➤ Similar to covert bullying, cyber bullying is provoking its victim indirectly with the help of social networks. Thanks to the anonymity of the users in social media, teenagers can easily offend their victims privately or publicly post their victims material as a way to humiliate them.

# ***What are the causes of bullying?***

Bullying is like an endless circle of violence. A big percentage of bullies-children have gotten bullied themselves in the first place, due to the fact they were powerless { either physically or socially }. The trauma those children have gained because of bullying, in addition to the insecurities they've gained thanks to that, are creating them the need to feel superior of others.

Weakness and low self-esteem aren't the only ways an offender might bully someone for. Another percentage of children is only bullying others in order to gain the recognition of the public and feel like they actually do matter.

# ***The outcome of bullying***

No one can deny that bullying doesn't only affect the people that get involved in it (bullies-victims) but everyone who is in the same environment where bullying is accepted and not fought.

- 1) The affect on victims
- 2) The victims of bullying experience emotions such as: loneliness, constant fear and guilt, hopelessness and depression. On top of that they are often feeling ashamed of getting bullied because they do not have the strength/courage to fight back and support themselves.

# ***The outcome of bullying***

## 2) The affect on bullies

Due to the fact that bullies turn their pitfulness into aggression, it's quite clear that bullies are constantly aggressive and most likely suffer from anger issues. Also as they are constantly pessimistic about their victims there is no doubt that they are pessimistic about their own future as well. This type of mindset will make them lose motivation for succeeding in their life and lead to frustration



# ***The outcome of bullying***

## 3) The affects on society

Even though we might not be the victim of bullies just by observing the situation of bullying we will grow feelings of anger or guilt because we cant possibly help the victims. Despite of the empathy we might feel for them we might as well feel frighten about the bullying happening to our peer{s} as we would be worried about being the next victim of the bullies.

# ***Bullying in Europe***

***{the following board indicates the precentage of students that have gotten bullied in some European countries }***

Lithuania	51%
Estonia	50%
Bulgaria	43%
Greece	31%
Latvia	25%
Italy	15%

# ***Ways to prevent / stop bullying from happening***

In order to stop the phenomenon of bullying it is necessary to educate children about the excessive affect it might cause to someone. It's also important to make children aware that being bullied isn't something you should be ashamed of, instead they should be taught how to face their bullies and stand up for themselves. This way, the victims of bullying will be able to face their bullies effectively and the offenders will reconsider the amount of harm they are causing to their victims and reconsider whether it is worth doing it.

# ***Ways to prevent / stop bullying from happening***

Fortunately, a large ammount of people have raised awareness of the mental/physical issues bullying is causing to teenagers nowadays. Varieties of platforms and services have opened up offering a hand of help to the victims of bullying, encouraging them to speak up about their suffers. Specifically many European countries are offering free services to people who suffer from any type of harassment such as:

- The Smile Of The Child { Greece }
- Youth European Social work, YES Forum { German }
- Merseyside Expanding Horizons { UK }

# Sources:

- 1) <https://www.positiveaction.net/blog/social-bullying>
- 2) <https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/understanding-bullying/definition>
- 3) <https://cesie.org/en/studies/bullying-prevention-in-european-schools-the-network/>
- 4) <https://humanrights.gov.au/our-work/commission-general/what-bullying-violence-harassment-and-bullying-fact-sheet>

“I found one day in school a boy of medium size ill-treating a smaller boy. I expostulated, but he replied: ‘The bigs hit me, so I hit the babies, that’s fair.’ In these words he epitomized the history of the human race.” – Bertrand Russell



# Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.