BULLYING

Bullying is the use of force, coercion, hurtful teasing, comments, or threats, in order to abuse, aggressively dominate, or intimidate one or more others. The behavior is often repeated and habitual.There are plenty types of bullying such as:

Physical Bullying: Physical bullying is when bullies hurt their targets physically. This might be shoving, tripping, punching, or hitting. Any form of touching that a person does not want can be bullying. Verbal bullying is taunting or teasing someone.



Sexual Bullying: Sexual bullying might include: sexual comments, taunts and threats. inappropriate physical contact that makes the recipient feel uncomfortable or scared, this can include hugging and kissing. distributing sexual material (including pornography), sending photos or videos of a sexual nature.





Social Bullying: Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes: Leaving someone out on purpose. Telling other children not to be friends with someone. Spreading rumors about someone.





Religious Bullying: faith and religious bullying are when people are mean or hurt you on purpose because of your faith or religion. This could be by classmates friends or relatives. It's wrong for anyone to hurt, tease, ignore, threaten, tell jokes or call you names.



Disability Bullying: disability bullying refers to bullying behavior that targets individuals with disabilities or perceived disabilities. This type of bullying can take many forms, including physical, verbal, exclusion, cyberbullying, discrimination, prejudice, and emotional abuse.



Solutions for Bullying

- Teach kids how to manage negative emotions and behaviors. ...
- Role-play bullying scenarios. ...
- Pay attention to warning signs. ...
- Encourage kids to speak up. ...
- Create a friendly learning environment.

All these will help preventing bullying

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