How to Stop Bullying

*Those Who Can Do, Those Who Can’t-Bully*  (UK National Workplace Bullying Advice Line)

**What is a Bully?**

In order to stop bullying we have to understand what it is. According the National Center Against Bullying, Bullying is when someone or a group of people with more power repeatedly and intentionally causes hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, and will probably continue if no action is taken. (The Alannah and Madeline Foundation). Therefore, a bully is someone who engages in bullying.

Bullying isn't:

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights.

These actions can cause great distress. However, they're not examples of bullying unless someone is *deliberately* and *repeatedly* doing them to you. This issue of “intent” can often cause confusion, but if the offense is repeated even after confronting the offender, then the victim can assume the person is being a bully in my opinion.

**Why do People Bully?**

Bullies are often driven by jealousy and envy (UK National Workplace Bullying Advice Line). Bullies also want to tear down other people in order to make themselves look better. They feel that they can only achieve self-esteem by tearing down other people. People often bully others because of insecurities and fear. They “Do it unto others before it is done unto them.” (The golden rule uttered by Jafar in Disney’s Alladin Movie).

**Envy:**

In class we watched a video clip from the TV show called Dateline. In it, they conducted an experiment to show how friends treat each other and what happens if people become envious. I was really surprised on how so-called friends will sabotage each other. It makes me wonder why
people cannot celebrate the success of others. According to the video, these people sabotage each other because of jealousy and envy. (Hockenberry, 1994)

**Power:**

Bullies often bully because they can. It demonstrates power, or rather the abuse of power. (Kelly, 2011) Males would often demonstrate their physical power by beating up on others. Insecure adolescents would often pick on someone weaker because they fear losing confrontations. While males often focus on the physical domination of others, females often try to emotionally dominate others. Many eating disorders are attributed to female bullying. (UK National Workplace Bullying Advice Line)

**Different Types of Bullying.**

Bullying can take a number of different forms. The Department of Education and Early Childhood Development’s Building Respectful and Safe Schools (2010) identifies four types of bullying.

1. **Physical bullying**

Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property.

2. **Verbal bullying**

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.

3. **Covert bullying**

Covert bullying is often harder to recognize and can be carried out behind the bullied person’s back. It is designed to harm someone's social reputation and/or cause humiliation. Covert bullying includes:

- lying and spreading rumors
- negative facial or physical gestures, menacing or contemptuous looks
- playing nasty jokes to embarrass and humiliate
- mimicking unkindly
- encouraging others to socially exclude someone
- damaging someone's social reputation or social acceptance.
4. Cyber bullying

Cyber bullying is overt or covert bullying behaviors using digital technologies. Examples include harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces. Cyber bullying can happen at any time. It can be in public or in private, and sometimes only known to the target and the person bullying. (The Alannah and Madeline Foundation)

Works Cited


