

THE SILENT KILLER: BULLYING

Why do BULLIES bully:

Bullying is a serious problem that can have long-lasting effects on the victims, and it's important to understand why bullies bully. There are a few common reasons why bullies choose to bully their victims.

First, some bullies may bully to gain power and control over their victims. Bullying can be a way for a bully to feel like they have power and control over the situation, and they may use it to make themselves feel better.

Second, bullies may bully to fit in with a certain group or to gain attention. Bullying can be a way for a bully to gain acceptance from a group or to draw attention to themselves.

Third, bullies may bully because they have been victims of bullying themselves. Bullying can be a way for a bully to cope with their own feelings of being a victim, and they may use it to take out their frustrations on someone else.

Finally, bullies may bully because of their own insecurities. Bullying can be a way for a bully to mask their own insecurities, and it can be a way for them to make themselves feel better.

No matter the reason why bullies bully, it's important to remember that bullying is not acceptable behavior. It's important for victims of bullying to speak up and seek help, and it's important for bystanders to intervene when they witness bullying. Understanding why bullies bully can help us better understand how to prevent it from happening.

Giving the VICTIM power:

Sarah was constantly picked on by the bullies at school. She was often the target of mean comments, exclusion from activities, and physical aggression. Sarah felt helpless and alone and had no idea why the bullies were targeting her.

The truth was that bullies often choose victims who are perceived as weaker or different than the rest of their peers. Bullies may be trying to make themselves feel powerful or gain attention from their peers. Regardless of their motivations, bullying is never acceptable.

Fortunately, there are ways to help Sarah and other victims of bullying. Encouraging bystanders to stand up for the victim and get involved can help stop the bullying. Schools can also provide anti-bullying programs and resources to help victims and their families.

In Sarah's case, she was eventually able to find the courage to stand up for herself and speak out against her bullies. Sarah received help from her friends and family; she was able to take back her power and take a stand against bullying.

STOP BULLYING:

Bullying is an unfortunate yet all-too-common phenomenon in our schools and communities. It can be physical or verbal abuse or be more subtle and insidious, such as gossiping and excluding someone from activities. Bullying is a serious issue that has devastating psychological and emotional consequences for its victims.

Fortunately, there are steps we can all take to help prevent and stop bullying. The first step is to recognize the signs of bullying and intervene when we see it happening. It is essential to be aware of the warning signs of bullying, such as a child avoiding certain places or people or exhibiting symptoms of depression or anxiety. If you see signs of bullying, it is crucial to take action and intervene.

Another way to stop bullying is to create a safe and supportive environment. This can be done by creating an anti-bullying policy in school and the community and ensuring everyone knows it. It

is also essential to make sure that everyone is treated with respect and that everyone knows that bullying will not be tolerated.

Finally, it is essential to empower those who are being bullied. This can be done by teaching the target how to stand up for themselves and respond to bullying productively and assertively. It is also essential to provide support and resources to those who have been bullied so that they can heal and move forward.

Bullying needs to be addressed. By recognizing the signs of bullying, creating a safe and supportive environment, and empowering those who are being bullied, we can all help to stop bullying and create a better world for everyone.

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