“THIS IS BULLYING AND IT HAS TO BE STOPPED”

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Bullying is a major problem here in our society. I’m 100% sure that at least 1% of the people who’s reading this has witnessed bullying, has been bullied or even bullied someone. I myself admit that I’m a victim of bullying, witnessed bullying and has bullied someone. So, what is bullying? Why it should be stopped? Bullying is when someone physically, mentally, or verbally harmed another person on purpose repeatedly and habitually to make them feel bad about themselves and to weakened them.

Bullying can occur anywhere and to anyone. Children, teenagers or even adults are the victims of bullying. We have 4 types of bullying, first is the physical bullying, Being kicked, hit, pinched, punched or tripped. The second one is verbal bullying, Being called by names to tease or insult another person. Third is social bullying having rumors spread about someone to make them funny or hated even if it’s not true and the last type is cyber bullying, the use of electronic gadgets to bully another person trough social medias.

Did you know that over 3.2 million people worldwide are victims of bullying? These doesn’t include the older people that also experienced bullying. Did you know that bullying is so practical that some people consider it as normal? Bullying is no practical joke.

Some says that bullying is just a stage of life and completely normal but in reality it is not normal or socially acceptable behaviour. It is one that occurs to anyone of any age. Why am I so against about bullying? Simply because bullying is dangerous. Many
people who has been bullied experienced depression and anxiety. They feel lonely, alone and if the bullying is severe it can lead to suicide.

I believe that if we the teachers, start to pay attention of how bad bullying can cause the children in emotional, physical and social health, and when these small groups in school start to act now… people will surely notice and help us to resolve the problem. If these small groups in school start to speak up then we can start to eliminate its roots so that it won’t grow anymore… If we as the teachers and the people of today start to make a change, then people in the future generation won’t be able to suffer from bullying anymore. Let us be a good example for them and teach them moral lessons and good conduct. This can make a real big difference in our world for the future generations to believe to themselves and accept who they really are. This is bullying and it has to be stopped.

References:
https://www.stopbullying.gov/what-is-bullying/index.html