Bullying is any severe, or repeated act of violence towards another. It can be written, verbal or online expression, physical act or gesture, or any combination of these. These acts are directed at another individual which causes effects of fear of physical or emotional harm or even damage to one's property. Eversince incidence of this kind of misacts, bullying has been acknowledged as a serious offense done towards another person. With that, studies are conducted and types of bullying are identified.

The first type of bullying is Physical Bullying. It is any unwanted physical harm and the infliction of physical pain to the victim. The second type of bullying is Verbal Bullying. This act includes excluding the victim from a certain group, humiliation, slanderous statements or accusations that cause damage to the emotional wellbeing of a person. And the third one is Cyber Bullying which is done with the use of the different social media platforms. Social media ranges from facebook, twitter, messenger, emails and other forms of technology.

Incidents of bullying have been happening all over the world but sadly not all were recorded. It seems like wherever you set your eyes on, bullying happens. From our very own homes, sadly, to every corner of the world. Bullying doesn’t choose color or race, status, gender, age and even education. Sibling bullying happen when the same thing is experienced amongst the members of the family. This means, parents have poor practice of discipline and harmful upbringing to the children. Children definitely are aware and can see favoritism, bad parenting, unstable couple relationship, violence, misjudgments and even meager or miserable kind of living. They get affected. Having young and vulnerable minds, problems and conflicts at home definitely affect them. Children cannot
handle huge emotions of pain, suffering, neglect and the feelings of being unloved. This situation leads to imitating the bullying experienced and inflict this to the nearest victim he may encounter. It can start from their own sibling and eventually people outside their homes. Fights with their sibling cause another trouble to the family.

Parents who cannot reconcile such distress may also lead into blaming one another that may eventually cause another serious problem on their part, separation. Truly it happens that parents can be the ones to bully to their own children. In the present time, and on the current Philippine’s setting and scenario of families, this is indeed almost a common picture. Parents abuse parental rights. Their rights over their children give them a self-acquired privilege to abuse them. In the same manner that elder siblings take advantage of their dominance to the younger siblings. Here is the rebirth of another problem. An abused child at home may manifest two possible results and effects on him. He can choose to change the pattern of an abusive past, or continue the pattern. The moment the child goes out from his house, the nearest possible easy prey he immediately encounter may be his victim. A bullied child is troubled with pains, torment and suffering he feels he needs an outlet to express. There’s his innermost longing to revenge what he has experienced. From simple tickling, teasing, name calling, inflicting school pranks to punching and seriously socially harassing another will be his retaliation. He would do anything possible to cause other people of the pain is suffering. He does this to make himself feel better, to let other people see no one can harm him anymore, and/or to simply protect himself of another pain. He is now the bully.

On the other hand, victims of bullying may alter his experiences. He may either stop it at once or just continue the cycle. Children like this require a good sense of disposition, positive outlook and a tremendous emotional strength. To go through a devastating and destructive experiences and able to alter it to touch and change somebody else’s life is
something to commend. It is a difficult process and yet very satisfying on his part no one will go through what he has gone through.

A never-ending definitions, lists of the types and kinds of bullying, incidents, and discussions can be done by any one. These matter and is of equal importance, of course. So it is important to ask what will happen next? What one should do to stop this?.” Problems are sound and clear. So, solutions must be identified and realized. It is pointless to recognize the wound without tending, nursing and hopefully in the nearest possible time, giving cure. It’s an emotional wound that cannot be cured overnight. Then, the first step is rebuilding what was broken and rectifying what went so erroneously. Bullying is no foreign issue at school. Truly, many of the cases happen in the place that is supposed to be a nest to grow and be nurtured. But since, all sorts of people coming from different upbringing and wearing their own attained personalities, schools surely are not only inhabited by the righteous. Schools then should work together with the government to protect the children's welfare. A lot of government campaigns and advocacies are put up to educate people about bullying. Time to take a stand, be brave and fight bullying. Let the world know you are crying. Put an end in staying alone and drowning yourself in your silence. It must start from within us. Encourage victims to speak out. Stop it the moment you see it. Bullying will continue and undoubtedly prevail once one continues and rather selects to be silent. Mouth words your heart whispers you what is wrong!

References:

Types of Bullying
National Centre Against Bullying