BULLYING IN SCHOOL: A TRAUMATIC EXPERIENCE: FORGIVE, IGNORE OR REVENGE?

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Bullying is physical or verbal aggressiveness that is repeated over a period of time, and it involves an imbalance of power. Giving the child the best advice when they are being bullied is a challenge for many parents. The bully is characterized by repeatedly using higher social status over the victim to exert power and hurt its victim. Bullying is the result of the bullies who need to get and keep control over someone else. Harassment, rumors spreading, name-calling, gossiping, rumor spreading, threats, or other forms of intimidation being done in person or by phone to the use of emails, chat rooms or other social networking sites on the Internet, it is referred to as cyber bullying or online bullying.

Some types of bullying are as follows:

- Physical bullying involves pushing, hitting, kicking and attacking others using physical strength.
- Verbal bullying using words to harm and insults others including harsh teasing, making bigoted sexual comments, mimicking, taunting and verbal threats.
- Reactive bullying refers to the involvement of the bully responding to being a former victim by picking on others.
- Relational bullying is when someone is excluding from the peer group through verbal threats and spreading rumors to the victim.

One of the signs that may indicate that a child may be being bullied including missing belongings, unexplained injuries, and a limited number of friends. Symptoms experienced of being bullied may be physical, emotional, and behavioral. Physical
symptoms include with stress, like changes in appetite, headaches, stomachaches, dizziness, and general pains in different parts of the body. Psychological, or emotional symptoms often include irritability in some small things, anxiety attack, and trouble in the sleeping due to frequent nightmares, tiredness in the mornings, loneliness, and the feeling of being isolated. Behavioral symptoms exhibits, like avoiding social situations, getting into the school or work late, always taking rest day, skipping school without telling parents or guardian, or even trying to retaliate against their tormentors. Their grades and school performances may decline, and they may become a self-destructive like run away from home, hurting themselves and attacking others or contemplating on suicide.

Bullying needs to be addressed swiftly. The consequences should include the recommendation for counseling for the bullies. Many bullies have themselves faced a terrible difficulty of their own. Some of these difficulties may be abused maybe physical and verbal, violent episodes watched at home and other disturbing experiences. The results of these factors, is to displace their pain on others, incidentally or maybe a self-harm behaviors.

It is the duty of school officials and counselors to perform a reflective interview with bullies. Reflective interviews can involve by placing the bully in the shoes or situation of their victim and asking them to think about how their actions have affected the victim. Any child can experience bullying in many forms and impact children for a very long time, and can affect their performance at school and their whole well-being.
References:

https://www.medicinenet.com/bullying/article.htm
http://www.brainblogger.com/2015/07/03/school-bullying-forgive-ignore-or-revenge/