BULLYING IN SCHOOLS

by:
Carlyzah Dimarucut Ocampo
Teacher III, Orani South Elementary School

Bullying is constantly harming, coercing, tormenting, insulting or threatening others especially those who are weaker, smaller or those who are vulnerable. It can also be simply using harsh words or calling names, tease or scare people especially the younger ones in school.

Bullying harms kids and make them scared and even to the point that leads to a child being sick. It leads to loneliness and pupils that are bullied are withdrawn.

A bully can either be male or female. He/She usually uses mean words, forcefully grab a kid’s belongings and make fun of him/her in front of other children. Even worse is when a bully threatens kids and force them to make things such as stealing and the like. In some instances, a bully is envious and picks on someone smarter than he/she is or anyone for no other reason at all.

Bullying seems a perennial problem in school affecting lots of children. Bullies usually come in gourper in gang leaving their prey helpless.

A bullied kid in school may not want to attend classes anymore, not want to play outside. He may lose interest in school activities and lose concentration on his/her studies with the bullies around in school premises thus, for him/her the school becomes a place of fear, stress and even violence.

We may ask ourselves why are there bullies? What are the underlying causes of bullying? What kind of family do they have?
Most bullies try to catch attention; maybe they lack parental love and attention. They may not feel important in their family as well and think that when they bully, they are strong, big and popular in school. Some bullies may not know what they are doing and how they hurt others. But most bullies don’t care about others feelings.

Characteristics of being a bully may come from families of bullies. They may have come from a family of bullies themselves, shouting every now and then, getting angry at even little errors and hurting each other. Bullies may conceive such actions are normal hence he carries them in school. They themselves might have been victims of bullying by family member or kin and other children in the neighborhood. These scenarios are very common in a poverty-stricken areas and poverty has made them hate the world and mostly everything around them and even little failings among family members.

So, what can a parent do to assist these troubled children becoming bullies? In my own opinion, parents should be the first to know how to deal with their children. Providing the love and attention to a troubled child may somehow minimize the feeling of being a bully. Family members should realize that whatever action a child sees at home will be regarded as normal hence provide the child a healthy family relationship. Harsh form so disciplinary measures at this predicament would no longer change the child.

The school may provide play therapies for bullies. Teachers should be aware of the underlying causes and talk with the family as well. It may take time but simple acts of understanding, kindness and concern for the troubled children counts.

References: