CAUSE AND EFFECT OF SCHOOL BULLYING
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What is bullying? It is a repeated verbal, physical, social or psychological aggressive behavior by a person or group directed towards a less powerful person that is intended to cause harm, distress or fear. Many students nowadays are experiencing school bullying. There’s a lot of reason why some of the students bullied others. Some people bully to get power and to get noticed. They want to become famous and popular in school, that’s why they seek attention from others by means of bullying or maybe this is their way on how to get rid of their problems at home. There were 4 kinds of school bullying. First is the physical bullying, which involves force. It hurts other people by hitting, pushing, kicking and many more. Next is the verbal bullying that hurts other people by means of words. It includes hurtful words and name calling or teasing. Another type is the social bullying. It uses relationships to hurt someone. The “feeling of not belong” is one of its example. It hurts people’s reputation by spreading gossips or telling others not to make friends with someone. Last is the cyber bullying, it is the most popular kind of bullying nowadays. Our last kind of bullying happens over cellphones or internet. As I observed, there were increasing number of students who used social media like facebook, instagram and twitter. Posting funny videos or pictures is an example of cyber bullying. Humiliating, harassing or giving bad comments against others on social can hurt feelings. This could have an unfavorable effect on the victims of this issue. When children experience bullying, it can affect their emotional behavior. Kids who are bullied are more likely to experience depression and anxiety and they may have trouble in sleeping or eating and unable to enjoy activities they once did. They might also encounter a loss of interest in school that can affect their academic performance, they may even skip class or drop out in school. I have also read an article about a student who commits suicide just because she experienced of being bullied. Yes, bullying can cause a suicidal thought, so the teachers or the school management need to take an action regarding this issue. They should build bullying prevention material into the curriculum and school activities. Train teachers and staff on the school’s rules and policies. They should also establish a school with acceptance, respect and love.

References:
Parent-Teacher Conference on Bataan Christian School ( Aug.19,2016)