THE TRUTH BEHIND BULLYING

by:
Zoicel R. Gatdula
Teacher I, Orani National High School Parang - Parang

Bullying is a word that has become so mainstream the fast couple of years. It is the act of inflicting abuse to others, it can be either physical, psychological, or verbal. These abuses can happen anywhere, may it be in person or face to face or through the internet, which is calcified as cyber bullying. Many schools especially in the United States have severe cases of bullying. There even cases that the bullying led to suicides. In one unfortunate case, the victim committed suicide and streamed it of Facebook live where thousands of people saw the tragedy right before their very eyes.

Whether we like to admit it or not, bullying also happens here in the Philippines. There increasing cases reported yearly. In fact, bullying not only happens to students but among teachers as well.

There two types of bullying that happens within school grounds. The Physical bullying or the type wherein the offender perpetrates the victim physically. It can include simple shoves and pushes to a full-out assault. This kind of bullying usually leaves bruises, wounds, or some other type of physical trace on the victim’s body. The other type is the emotional bullying which includes the verbal insults, derogatory remarks, name calling, and teasing. This type can also include shunning and social out-casting the victim.

Bullying is not just a case of harming and degrading other people for fun or for entertainment. Bullying is a behavioral problem that is rooted from psychological issues. Bullies do not just wake up one day and decided that they want to torment the people around them. It is a kind of mindset that is built-up over time through either traumatic experiences or constant abuse and other disturbances. Inflicting pain and suffering to
others are a way of channeling what they felt or feeling. It is a way of “revenge” so to speak. Although most of the time the bullies do not think it that way, it was more on an unconscious behavior towards their part to relay the negative experience to other people. In some cases, bullying is a mechanism to show superiority. The bullies feel empowered whenever they put other people down.

In school setting especially for cases of bullying between students, it is advisable to handle both the victims and the bullies with an equal amount of care. As educators, we must not judge any party regardless of the situation. It is beneficial to note that both the offender and the offended are minor who can’t assert the consequences of their actions. Always put into consideration that even the bully can have a reason on why they did what they did. Although whatever those reasons are still do not justify the act of harming their fellow student in any shape or form. Those reasons can be the key in understanding their behavior. There situations where these kinds of bullying became the catalyst for intervention towards the part of the bully, who are in fact suffering from abuse themselves at home or outside the school. The best way to see these cases is always with empathy and tolerance.

Bullying is already a part of the school dynamics. The only thing that teachers can do is to keep the incidence at the minimal level. We can’t watch the students twenty-four hours a day, seven days a week. But when we open our minds and sensitivity, it will be easier for us to understand and relate to them better.

References:

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