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# Bullying: Definition, Types and Its Resolution

## Introduction

What is bullying? In these research paper we are going to discuss a very difficult topic which is bullying. We will go in depth and we will analyze what causes bullying, what is bullying, types of bullying and much more. Bullying has been a controversial topic for many years now and its seems it will never stop. There is different types of way that people can get bullying that's why it's more complex to stop it now. Anyway I hope you enjoy this research paper and you learn something new. Let's begin What is bullying? "Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose".

## Types of Bullying

There are three types of bullying and these are the types:

- Verbal bullying is saying or writing mean things.
- Verbal bullying includes: Teasing Name-calling Inappropriate sexual comments Taunting Threatening to cause harm

Social bullying sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes: Leaving someone out on purpose Telling other children not to be friends with someone Spreading rumors about someone Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes: Hitting/kicking/pinching Spitting Tripping/pushing Taking or breaking someone's things Making mean or rude hand gestures What are the causes of bullying? There are eight causes that cause bullying and we probably don't know about these are the causes: Feeling Powerless in Their Own Lives Bullying a way people claim a sort of power in their lives by victimizing another. That person might have old shoes, be too short, too smart, too dumb, too feminine. The reason doesn't really matter. Someone Else is Bullying Them

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In many cases, bullying begets bullying. A person may feel bullied by their parents, their boss, or an older sibling. Getting bullied by any of these people who are in an assumed position of authority may tempt some to claim authority for themselves through bullying. When bullying slips through the net and isn't sorted out we allow another generation of bullies to be created. Research shows that those who have experienced bullying are twice as likely to go on to bully others.

## **Jealousy or Frustration**

When a person picks on someone for always being the first to raise their hand in class, or getting the best grade on tests and ruining the curve, or even picking up many of the promotions at work, the bully is probably jealous or frustrated with the person they are bullying.

## **Lack of Understanding or Empathy**

In some cases a person may bully because there is an aspect of a person's personality that they don't understand or don't agree with. They may also have a prejudice against a person's race, religion, or sexual orientation, and in many instances they may even think that targeting a person whom they see as exuding wrong behavior as a good thing. This lack of empathy may be learned at home, if the bully's parent's voice racist attitudes, for example, the bully could pick up this behavior. Also some people have psychological issues that reduce their ability to empathize with others.

## **Looking for Attention**

Some bullies would never think of themselves as bullies. They think that all they are doing is teasing a bit, and may even be trying to communicate or even befriend the person they are bullying. These social issues lead them to have trouble communicating in a healthy way and instead turn to insults or even physical violence as a way of communicating.

## **Family Influences**

The family situation of bullies can often be a contributory factor. Lack of emotional support, authoritarian parenting, divorces, domestic violence and poor parental communication are all potential factors in the lives of bullies. According to Dr. Nerissa Bauer, an expert on the topic: Behavior Gets Rewarded Most people don't do this intentionally. However, the perpetrator is inadvertently rewarded anytime victims give up their lunch money or belongings. They also get rewarded by gaining popularity, attention or power. These unintentional rewards reinforce bullying behavior and encourage the perpetrator to keep pushing others around.

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## Inability to Regulate Emotions

When people get frustrated and angry, they can usually stop themselves from doing things that will hurt others. When kids don't have the ability to regulate their emotions, small annoyances can provoke them and cause them to severely overreact. For example, a child may be innocently walking down the hall and accidentally bump into a bully. Even though the child apologizes, the bully may lose his temper and slam the victim into the wall.

## Brief History of Bullying

Bullies have always been a part of any group development, from the earliest civilizations, and in religions, militaries, schools, neighborhood cliques, teams, families, and companies. The workplace bullying phenomenon, as we know it today, first entered the public consciousness on the heels of the workplace sexual harassment issue in the early 1980s. During that decade, Swedish psychologist Heinz Leymann was among the first to conceptualize and analyze the act of workplace bullying. In the early 1990s, British journalist Andrea Adams popularized the term "workplace bullying" through a series of BBC radio documentaries. In the United States, bullying first became a major issue in the public sector, with some schools and government agencies taking an avid interest in safeguarding against it. Later, this interest spilled over into private sector workplaces. During the early to mid-1990s, more American researchers began studying the problem of psychologically abusive behaviors at work and the harm they create. Another driver of interest in the private sector was the growing concern about the costs of workplace bullying to a company's bottom line. Today, workplace bullying incidents are four times more common in all U.S. organizations than sexual harassment episodes, and the related costs to businesses are also four times higher. In behavioral studies, bullying is now often closely linked to suicide and violence. The seriousness of the problem warrants that employers implement a sensible duty of care program in response.

## How to Stop Bullying at School

1. You can be someone who stops bullying before it even starts. How cool is that! Here are some ways to beat bullying at your school.
2. Stand up for people who are bullied Bullies often want an audience and approval. Let bullies know that you do not think being mean is cool.
3. Take an anti-bullying pledge. Print out our pledge to stand up against bullying. Share it with your friends, and let people know what you believe.

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4. Take action. See if you can start an anti-bullying club or prevention program at your school.
  5. Talk to other kids. Try to learn more about where bullying happens at your school. Talk about what might help. See if you and some friends can go together to talk to an adult at school.
  6. Talk to your teachers or principal. Let adults at school know that you care about this topic. Ask the school to host an assembly on bullying. Ask for an anonymous survey to learn how many kids are being bullied.
  7. Talk to your parents or guardians. Your parents or guardians can ask your school to focus more on bullying. We have information for adults on the bullying page in our section for parents and caregivers.
  8. Speak (and write) up! Write a blog, school newspaper article, or tweets to tackle bullying.
  9. Get creative. How about starting a poster-making or rap-writing contest? Check out more cool ideas, plus

## Conclusion

In conclusion we can fully understand what to do when we get bullying and that we should never keep it to our self. The easiest way to stop bullying is to talk to the principal of the school or your parents. The best thing to do be true to yourself an

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