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Why It Is Essential To Know How To Stop Physical Bullying

By Eliza Mendoza

Bullying has devastating effects, and is a behavior that needs to be handled carefully to eliminate it within the society. Learning how to stop physical bullying can help those being bullied to understand ways to cope with the problem and come out courageously to denounce it. In children, this behavior affects their academic achievement. This harmful behavior can be witnessed among children and young adults, and to some extent in adults and elderly persons.

When the academic performance of children is affected by the activities of bullies, this can in turn affect their future prospects. This is an issue, which has to be tackled in its early stages before it grows out of proportion. However, young adults and children being bullied often do not tell of the tales to their parents or other people.

It is possible to tell if a child is being bullied or subjected to other hurting behavior from the look of his or her behavior at home and at school. One problem that makes the issue of bullying to continue happening is because it has not been identified in advance. In addition, the victim remains silent instead of talking about it with the guardians and parents.

The more the bullied remains silent, the more he or she continues to suffer physically, emotionally, mentally, and psychologically. Due to the constant fear and threat of being hurt or harmed, children and young adults may develop behaviors such as keeping off school. Parents and guardians as well as teachers should understand the behaviors of their pupils and students.

The moment the issue is discussed with the parents and teachers, sound measures can be taken to approach the aggressor and influence him or her do away with that behavior. Surprisingly, some of the bullies do so without understanding the pain and anguish they are causing to their peers and friends. In addition, such a behavior makes the bully feel satisfied, though in the wrong way.

Children who are bullied may also develop other effects such as showing aggression just like the bullies. This may be dangerous because it could lead to confrontation between the bullied and the bully. Others may turn their anger and frustrations inward, and they become self-destructive. This situation may lead to other problems like substance abuse.

Children, who taunt from school because they are experiencing problems such as, dinner being taken away by bullies, may be misunderstood by parents and teachers. The parents or teachers may think that such children are not serious about their studies or they are just trying to be rude. However, deep inside the heart and soul of those children is a state of suffering, weakness, hopelessness, and fear of attacks.

Some children may even suffer from nightmares where they see people fighting them because the mind is trying to connect and flashback back on what they have been going through. Teachers, parents, and other adults do not have to let children to face all these problems. There is something they can do to help bullied children, and this is by understanding and applying the right approach on [how to stop physical bullying](#) among the children.

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