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## [Basic Principles On How To Deal With Bullying](#)

29.01.2014 | Author: [Nelda Powers](#) | Posted in [CULTURE AND SOCIETY](#)

Bullying is a problem that is all round us. Most of us have faced off with a bully at one point or the other. Bullying may be defined as the habitual use of any form of aggression with the aim of gaining power over another person. There is, in addition, the use of threats, abuse, coercion and intimidation. A bully targets a specific target that they deem to be vulnerable in a particular area. Some of the criteria that may be used for discrimination include gender, class, religion, body size, age and so on. There are a number of things that you need to understand if you wish to deal with bullying.

This undesirable behavior can be in divided into 3 forms; emotional, verbal and physical abuse.

Emotional and verbal abuse are forms of insults and intimidation while physical abuse is hands on. The pattern of abuse is almost similar in both females and males when both victim and perpetrator are adults who would rather have it the verbal and emotional way. This is because physical violence tends to paint a bad image in public and perpetrators would rather avoid it. Physical abuse may also be avoided when the target appears stronger than the perpetrator. However, in majority of cases, females are usually non physical.

The vice may be classified as either indirect (social aggression) or direct. The aim of bullies in the indirect form is to make the victim feel lonely. They do this by gossiping about the target, laughing at them, calling them names and even staring at them. Direct bullies openly take advantage of individuals by pushing and pulling, shoving, biting, and pinching among others

What exactly is the motive behind this kind of aggressive behaviour? Studies indicate that most bullies are weak at heart and would rather disguise their weakness by forcing it on others. Such people lack self esteem or may have been gone through the same a similar experience at some point in their life. Others learn this act from people that are close to them.



Some perpetrators suffer personality disorders. Bullies can be highly temperamental, obsessive or excessively concerned about self image. Their chances of performing well in school are usually low, despite the fact they enjoy attending school. They like to be regarded with fear and respect as well as being at the centre of a social group.

Victims usually end up feeling depressed, lonely and unwanted. Their self esteem is greatly lowered and gradually lose interest in life. In the long run, it can lead to post traumatic stress disorder (PTSD). Victims accumulate bitterness and hatred that may in future may present violently. The good side of bullying can be where victims are able to stand up for themselves and gain the respect of the people around.

To cope with bullying, training programs have been set up for guardians, teachers and parents. Such programs may include peer counselling and forming school bullying policies. The state can also be involved in creating laws that restrict people from abusing others.

Victims can [deal with bullying](#) but taking the challenge heads on. They need to face their opponent with confidence and a positive attitude. This way, they end up gaining respect and admiration of not only the bullies but also the immediate onlookers.

Discover the best ways to deal with bullying by visiting our web pages at [www.bullcrapbusters.com](http://www.bullcrapbusters.com) right now. To find out how to fight back against physical, emotional and mental bullying, take a look at <http://www.bullcrapbusters.com> .

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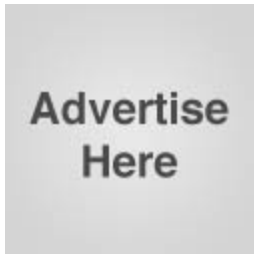
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