

# TERM PAPER – BULLYING

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## ● WHAT IS BULLYING ?

Bullying can be said as a very aggressive behaviour which is unwanted and unnecessary by one person to another person or it can be by a group to another person . This kind of behaviour or ill treatment by a person / group to another person is seen repeatedly may be multiple times which is very annoying and disturbing . Even the people who watch this behaviour get annoyed and disturbed but they do not interfere because they feel it is not their look out or they fear for themselves , what if they get bullied ?

## ● Causes of bullying

There are many causes of bullying to name a few. It could be revenge , jealousy , urge to be in control ,rage , increased anger and also a bossy nature of a person .

Bullying is done for many other reasons for example -

A person bullies just to show his /her dominance and popularity and this happens mostly in education institutes like schools and colleges .

A person bullies because he /she is not happy with their life .

A person bullies because they get what they want from the victim .

A person bullies because he /she is unable to channel their emotions and they extract it out on others . According to me bullying is an unnatural repetitive aggressive behaviour of a person/ group towards another person who is not so very powerful , who is shy in nature or who is very timid in his /her behaviour . This act of bullying can be seen mainly in schools or colleges .

Bullying could have physical , mental and psychological impact on the victim . The outcome of this act could be very dangerous .Sometimes the victim faces this heinous act of bullying very courageously and sometimes they surrender and commit suicide .

## ● Effects of bullying on a person (victim)

The person might suffer from anxiety , panic attacks , obsessive - compulsive disorder and other social phobias .

The person might also have anti-social behaviour and would become abusive and aggressive .

The person might also get into depression and if he /she is a school student then they might avoid going to school .

The person might isolate themselves or would resort to self harm .

The person would not be interested in learning new things or in any relationship too.

●Types of bullying :

●Physical bullying : is when someone uses physical actions to hurt or intimidate another person. Physical bullying can be very harmful and can cause both physical and emotional pain.

*some examples of physical bullying:*

Punching or Kicking: A student in the hallway suddenly punches another student in the stomach without any reason, causing pain and fear.

Tripping with Intent: A group of students purposely sticks out their legs as another student walks by, causing them to fall hard on the ground.

Forced Physical Contact: A larger student continuously corners a smaller student against the lockers, making them feel trapped and intimidated.

Stealing and Destroying Property are kind of bullying ,  
Physical Threats and Intimidation are few other kinds of physical bullying  
Physical bullying is serious and should always be reported to teachers or parents so that appropriate action can be taken to stop it.

●Verbal bullying : can be very hurtful and damaging to a person's self-esteem and mental well-being. Verbal bullying is when someone uses words or language to hurt, threaten, or embarrass another person.

*Here are some examples of verbal bullying:*

Name-Calling: Calling someone names like "stupid" or "loser" to make them feel bad. Teasing or

Mocking: Laughing at someone, making fun of how they look or talk.

Threatening: Saying things like "I'll hurt you" or "I'll tell everyone your secrets."

Spreading Lies or Rumors: Telling untrue stories about someone to make others dislike them.

Ignoring or Excluding: Leaving someone out on purpose, not talking to them, or pretending they're not there.

●Cyber bullying : Cyberbullying can be very hurtful and upsetting because it's hard to escape from online bullying .

Cyberbullying is when someone uses technology like phones or computers to be mean or hurtful to others.

*Here are examples of cyberbullying:*

Mean Messages: Sending hurtful texts, emails, or direct messages to someone, saying mean things or making fun of them.

Posting Embarrassing Photos or Videos: Sharing private or embarrassing pictures or videos of someone online without their permission to embarrass or humiliate them.

Spreading Rumors or Lies: Sharing false information about someone on social media to make others think badly of them.

Threatening or Harassing Online: Sending threatening messages or repeatedly bothering someone online to scare or upset them.

●Sexual bullying : Sexual bullying, also known as sexual harassment or sexual abuse, involves unwanted sexual behavior or comments that are used to intimidate, manipulate, or hurt someone. Sexual bullying is a serious issue that can have long-lasting psychological and emotional effects on victims. It's important to speak up and report instances of sexual bullying to trusted adults and authorities

Unwanted Touching: This means touching someone in a way that makes them uncomfortable, like grabbing or hugging too tightly without permission.

Inappropriate Comments or Jokes: Making jokes or comments about someone's body or sex life that are not okay and can make them feel bad.

Asking for Sexual Favours: Pressuring someone to do sexual things they don't want to do, like repeatedly asking for kisses or sending inappropriate messages.

Spreading Rumors or Lies about Sex: Telling untrue stories or secrets about someone's private life to embarrass or shame them.

Leaking their nude pictures and threatening them to do sexual things is a part of sexual bullying . People tend to have lot of pressure during these time , especially college , school girls go through this a lot and have lot of pressure and they tend to commit suicide , go into depression and try harm themselves . Most of rape cases and sexual bullying is occurred in many countries , states etc . Places like delhi , kerala , mumbai , bangalore , etc these are the main places were sexual bullying and rape cases have been occurred .

●Prejudicial bullying : Prejudicial bullying is when someone mistreats or targets another person because of who they are or what they believe. This type of bullying is based on unfair judgments or biases against certain characteristics or identities.

Racial Discrimination: Making fun of someone's skin colour or ethnic background, using racial slurs, or excluding them from activities based on their race.

Homophobic or Transphobic Bullying: Teasing, name-calling, or harassing someone because of their sexual orientation or gender identity.

Religious Intolerance: Mocking or insulting someone's religious beliefs or practices, or making hurtful comments about their faith.

Disability-Based Bullying: Making fun of someone with a disability, excluding them from social groups, or treating them differently because of their physical or mental challenges.

Cyberbullying with Prejudice: Posting mean or hurtful comments online targeting someone's identity, such as their race, religion, or sexual orientation.

- What is workplace bullying?

Workplace bullying can cause serious problems for everyone involved:

To stop workplace bullying, companies should make sure everyone is treated with respect and kindness. They should have clear rules against bullying, train people on how to behave well at work, and help people who are being bullied.

Examples :

Mean Words: When a boss or coworker says hurtful things to someone repeatedly. Feeling Left Out: Being ignored or not included in important work discussions or activities.

Too Much Work: Getting too much work to do all the time, making it impossible to finish on time.

Threats: When someone at work threatens to fire you or take away your job if you don't do what they say.

Embarrassment: Being made fun of or embarrassed in front of others by a coworker or boss.

- What can parents/ guardians do ?

Parents can do many things to help their children to overcome bullying

Listen and Believe: First, they should listen carefully to their child and take their concerns seriously. It's important for children to feel believed and supported.

Offer Emotional Support: should offer emotional support and reassurance to their child. Let them know that they are not alone and that it's not their fault. Being with them and supporting them with all their concerns .

Teach Coping Strategies : help them to cope up strategies like keeping them calm , talk to them , walking away , talking to the person you trust and help you out with your problem

Encourage open conversation: having an open conversation with them so that we can help them and understand their situations . To stand up for themselves and fight for them

Work with school: parents can talk to the teachers about their bullying which is happening in school and take strict actions and help the childrens who are facing different kinds of bullying

Seek professional help : seek help from professionals like going for therapy , psychologists or a counsellor so that they can help you with your future and for yourself .

- Case studies :
- Dolly Everett from Australia: In 2018, 14-year-old Dolly Everett from Australia ended her life after being cyberbullied. Her parents later campaigned against bullying and raised awareness about the devastating impact of online harassment.
- Bullying in Japanese Schools: Bullying in Japanese schools has been a significant issue, with reported cases of physical bullying leading to serious consequences. In some instances, students have suffered injuries or developed mental health issues due to physical assaults and persistent harassment by peers.
- Monica Lewinsky from United States: Monica Lewinsky faced intense public humiliation and verbal bullying during the scandal involving former President Bill Clinton in the late 1990s. She endured harsh criticism, name-calling, and derogatory comments from the media and public.
- One real case of sexual bullying that gained widespread attention is the 2013 Delhi gang rape, also known as the Nirbhaya case, in India. This tragic incident involved the brutal gang rape and assault of a 23-year-old woman on a bus in Delhi. The victim and her male friend were attacked by a group of men, including the bus driver, while they were returning home after watching a movie.
- workplace bullying in India involves the case of Tarun Tejpal, a prominent journalist and founder of Tehelka magazine. In 2013, a female colleague accused Tejpal of sexual assault and harassment, highlighting broader issues of workplace misconduct  
Legal Proceedings and Public Response: The case against Tarun Tejpal sparked legal proceedings and garnered significant media attention, highlighting the challenges faced by individuals reporting workplace harassment and the importance of creating safe work environments
- In 2008, a Sikh student in New York was hurt by other kids at school. They made fun of his turban and where he was from, saying mean things. This type of bullying was because of his religion. This incident showed how some people can be mean to others just because of their beliefs or appearance.

These are the case studies that people , students and children have faced many problems in their life . they have been bullied by many people and they are just killing themselves and committing suicide . Many people go through a lot and they just try to harm themselves and they are just scared to face people and the society due to all these issues happening to them  
So many people have lost their lives due to just one issue and that is bullying . Bullying occurs everywhere and all over the world , there is no place or country where bullying is occurred. People who have been bullied can't even face their own family , friends , society etc, they get into that position where they cant even get out of their house or have a social life and they are just scared to even go out .