

My view of Bullying – By Emily Morris

What is 'bullying'?

Bullying can take many forms but they still make the victim feel the same about themselves, makes them feel small and useless. Forms of bullying can be; physical, mental, verbal and cyber (through mobile devices and the internet.)

- Physical bullying is when for example one hits, punches, kicks etc. another so it may leave a mark.
- Mental bullying is when one makes another feel worthless, useless and no point of being on the planet. They play with their victims mind and feelings. For example writing them letters and spreading rumors.
- Verbal bullying is where one says horrible and insulting things to another but doesn't actually physically hurt them. For example saying things like 'You're an idiot' or 'Gingers have no soul go burn in hell.' These things can also be classed as mental bullying based on how it makes the victim feel inside.
- And cyber-bullying. This is where one makes contact to another over the internet or on a mobile device. For example you send a really mean/threatening text to another.

How bullying affects people

Bullying can take a great influence on the victim's life. They will change as a person and in most ways a negative change. Bullying can cause people to become shy, nervous, scared, insecure, reserved and it may even cause them to self-harm. Personally I don't think anyone deserves to live like that, because they wouldn't really be living life to its full extent. Bullying leaves a mark whether it being a physical scar or a mental scar.

Why do people bully?

We don't really know what goes on inside a bullies head but some of the reasons why the bully is because of how they have lived their lives and feel that others should feel the same. Bullies could have problems at home like their parents bully them or an older sibling. Perhaps they feel the need to overpower someone smaller and physically weaker than themselves. It could be the fact that if they didn't bully someone else then they would be the ones getting bullied, it's their reputation on the line. Or maybe they're just bored and you happen to be the first person there.

What to do if you are being bullied

If a child/person you know is being bullied you have to do something about, even if you don't particularly like them. If bullying is going on inside the club there are a few different people you could talk to, your sensei, junior representatives or even your coach. Whoever you tell it will still go back to your sensei that can do something about it. When outside of the club and your being bullied you could talk to your parents about it because there are the ones who understand you the best. Have you ever heard the phrase 'mothers know best'? Tell a teacher as its part of their job to help children and they do understand as they probably have to deal with bullying every day. Whoever you choose to tell, just tell someone. You can't keep it bottled up inside of you as it will make the situation worse.

Remember, bullies are probably victims of bullying themselves and they don't know how to deal with it but take it out on someone else and you need to do something about it. So what I'm trying to say is you need to tell someone even if it's just your mates as they will tell someone who can do something about it. Don't let the bullies win!

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