

## Bullying Essay

Bullying can be classified as the physical or psychological harassment of one person or a group of people, by one person or a group of people. Bullying is a fairly common phenomenon during today's society, due to society consisting of numerous different groups and ethnicities, who often form groups amongst themselves, and begin to discriminate against those who aren't set into their pre-set status quo, due to a fear of them, or the unfortunately common view of difference being bad, which can start verbally and eventually elevate to physical violence. Bullying is often most commonly found amongst children and teenagers, although it can exist for adults as well. In modern times, bullying can occur in any area, and it is much more common in some circles or groups than others. Unfortunately, due to the constant evolution of society, adults and other figures of authority often cannot help the victim of bullying, due to a lack of understanding of the appropriate actions to take, or a failure to realise how serious the issue can be. Bullying can often be difficult to combat, as often, people who bully others, do not understand the full extent of the hurt they are inflicting on the other person or people, many people simply see it as a joke or teasing. In most instances, bullying can be initiated by one or two people, who act as ringleaders, and perhaps feel the most threatened, and get others to join their cause, against one person. Often, many people will participate in bullying or violence against another individual, not due to any strong feelings against them, but due to peer pressure and wanting to follow the crowd, as well as fear that they themselves may suffer bullying, if they themselves do not group with these bullies. So, it is important to remember that not all people abusing a person are in it for personal reasons. Dealing with bullying is a lot simpler than it seems in the vast majority of cases. In bullying regarding children picking upon other children, the issue can often be very easily resolved, educating children about people of different races or groups, or certain disabilities which could lead to people being bullied. Ideally, one would try to introduce a much greater sense of understanding and respect between the two parties. The main boundary to this type of resolution is often, children will find it difficult to confide in others if they are experiencing any problems. The best way around this, is to either try to win the respect of the child, and try to establish that you can aid them in any issues that they have. It is also a good idea to look for any other signs of distress in children, and try to approach them about any issues they may face. To conclude, bullying is unfortunately, very common in today's society, from just minor teasing, to full physical violence. Children can often feel isolated with these problems, and often people in a position to help the child are often unaware of how to help the victim of bullying. However, through the promotion of understanding and tolerance, as well as creating a strong, caring society, bullying can be diminished and no person will ever need to go through such abuse alone.

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