

BULLYING

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Bullying is using your strength or power to frighten or hurt a weaker person in group. In the same vein professor EA Akinade in this dictionary of guidance and counseling psychology, defines bullying as a form of persistent aggressive behavior against victims who are unable to defend themselves and which can cause distress to victims.

A person who indulges in bullying usually comes from families which have emotional problems, lacking love, inappropriate punishment and lack of adequate parental monitoring.

Bullies may be quite but very smart they are expert in organizing gangs and can carry out their activities through various/different ways.

In fact a young bullying who is not checked, counseled or corrected will definitely grow to become violent, kidnapper, armed robber, a terrorist and will be unfit to make a good and peaceful home.

Some types of bullying

1. Verbal bullying e.g calling of bad names, body shammy, abusive language, talking down on people.
2. Physical bullying e.g beating up of your classmate instead of reporting, forcefully taking someone's belonging etc.
3. Sexual bullying e.g rapping
4. Relationship bullying e.g the act of telling people who to be befriend and who not to.
5. Cyber bullying e.g sharing of negative or force information about somebody online.
6. Prejudicial bullying e.g negative belief and attitude toward individual based on race.

Effects of bullying

Bullying always have grave and devastating effect on the victim, the bully, those around the bully, sense, and society at large

Addressing bullying

- * Create a safe and inclusive environment
- * Educate student about bullying
- * Encourage open communication
- * Intervene early and consistently



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