

BY AIMEE KATZ

WHY BULLY?



Do you every wonder why bullies bully? Why would anyone do such a cruel thing? Well, the truth is there is always a reason.

There are three main types of bullying One type is **physical**. And example of physical bullying is someone being cornered after school and beat up. And there is **verbal**. An example of verbal

bullying is someone being called names or threatened. There is also **cyber** bullying. An example of cyber bullying is someone having insults posted online about them (“ha ha, I can tease you online too”). Back

when there was no electronics, bullying was less scary. It was still bad, but there was no cyber bullying. When you are cyber bullied, the insult is public for everyone to read. Therefore it is more humiliating.



VERBAL BULLYING



PHYSICAL BULLYING



CYBER BULLYING

About 4,400 deaths occur every year...*because of bullying*

Some reasons why kids bully are...

- *cultural causes*. Kids may be bullied for their religion.
- *family issues*. Some bullies have parents who abuse them. www.noplace4hate.org says that at home, bullies get locked in closets, staircases.....One bully was locked in a suitcase.
- *personal history*. Sometimes a bully may have been bullied his/herself. They may want to take their anger out on someone else.
- *having power*. Sometimes picking on another kid may make a bully feel stronger and more in control of his/her own life.
- *provocative victims*. Sometimes a victim may try to stand up to a bully, but they annoy or aggravate them instead.



BULLYING **PHOTOS**



Effects of bullying

VERBAL BULLYING

Verbal bullying can make a victim feel depressed, it can lower his/her self esteem, and he/she may feel worse off than they actually are. Taunts are just as bad as punches, because it can make you feel like you are a really lame person.

PHYSICAL BULLYING

Physical bullying can hurt!! A victim may feel sad or depressed, or they may come home with "lost" items or damaged clothes, or come home with unexplained injuries.

CYBER BULLYING

Cyber bullying effects include but are not limited to being unwilling to go to school, receive bad grades, and have more health problems. An online insult is easy for the bully to share with a lot of people. He/she may say, "(name) is such a loser don't you agree?" Then the victim is very humiliated the next day at school.

OTHER EFFECTS OF BULLYING

Other effects of bullying are lack of effort in victim's school work, suicide (!), and even becoming a bully is a possible effect. Anxiety and sleep issues are also possible effects. Victims may be haunted by nightmares while being bullied. These nightmares may or may not include the bully.



THIS IS DEPRESSION

DEPRESSION HAS A BIG EFFECT ON VICTIMS. THEY MAY THINK THAT THEY ARE USELESS OR DUMB, AND THE BULLY WILL DO EVERYTHING HE/SHE CAN TO ENSURE THEY FEEL THIS WAY.



BECOMING A BULLY

IF SOMEONE HAS BEEN BULLIED A LOT, THEY MAY FEEL THAT THE ONLY WAY TO SETTLE THE SADNESS IS TO BECOME A BULLY THEMSELVES. BULLYING MAY MAKE THEM FEEL BETTER.



TALKING TO ADULTS

YOU SHOULD ALWAYS TELL AN ADULT IF YOU ARE BEING BULLIED. EVEN IF YOU FEEL MISUNDERSTOOD OR LIKE THEY CAN'T HELP, THEY CAN! THEY CAN TALK TO THE BULLY'S PARENTS OR TELL HIM/HER TO KNOCK IT OFF OR DETENTION FOR A YEAR!