



FORMAN CHRISTIAN COLLEGE

(A CHARTERED UNIVERSITY)

Lahore- Pakistan

Campus Counseling Center

Bullying

“Some people won't be happy until they've pushed you to the ground. What you have to do is have the courage to stand your ground and not give them the time of day. Hold on to your power and never give it away.”

— Donna Schoenrock

Bullying is mainly the misuse of power by anyone, for instance: humiliation, frighten, criticize, torture, blackmail or insult the victim to a level that significantly affect an individual self-worth, self-image and confidence. This can have variety of forms and can range from mild to its extreme level. The bully might start from mild violence, such as screaming and mockery to severe forms such as aggression, misuse of power, physical and emotional abuse and extreme pressure of demands.

Who is a Bully?

A bully is the one who abuses his power to humiliate the victim. He gets sensitive on the smallest issues and is always ready to take revenge. Bullies are inclined to suppress their weaknesses, inabilities and uncertainties. They also seek pleasure by overpowering an individual publicly or privately, who they feel is relatively more bright or ingenious than them. Bullying is very common and everyone has experience some kind of bullying at one point of time in life. There are multiple contexts in which bullying could be observed and reported. It can be found in workplaces, school/colleges/universities, nearby community, etc. There could be different factors that can become reason for bullying in school. Some of the common factors are cast, color, physical appearance, slow learning skills, dirty clothes, hair style, sexual orientation, modesty, etc.

Different Types of Bullying

Verbal Bullying

It refers to verbal humiliation including intimidations, insult, and taunts or irritating comments. It also includes name calling based on physical appearance, ethnicity, color, cast, etc.

Physical Bullying

This type of bullying includes hitting, raising hand, kicks, punches on the person being bullied. This is mostly observed in boys.

Social Bullying

It involves spreading rumors about someone and damaging their repute. It also includes making groups against victim bully and publically making fun of that person.

Cyber Bullying

It includes passing random text messages, photographs both personal and random on social networks, prank calls etc. in order to disturb someone psychologically.

Bullying At Work Places

In workplace surrounding, employees are often targeted for bullying by associates, seniors and bosses who misuse their power to intimidate their subordinates through a number of ways. The bully might:

1. Because of grudge and envy the bully, does not acknowledge his juniors effort, intelligence and success at work.
2. Give insufficient information for the work assigned.
3. Demand for over time and late working hours without any need of it.
4. Asking personal questions in an unsuitable way.
5. Showing excessive dominance, favoritism, sarcasm, nagging & pressurizing etc.

Effects of Bullying

Threatened by going to school/office

- Poor progress at school/office
- Isolation/anxiety
- Loss of inner-confidence
- Suicidal/negative thoughts
- Prolonged health disorders (disturbed sleep, improper diet, sickness)

Remedies for Bullying

On personal grounds, to take an action against such an act is the only key to success. Whether it happens just for once or continues for a longer time period it's important to inform the higher authorities as soon as possible so the bully should get punished. For such brave steps to be accepted by the victim of bullying it is important to get the institutions and organizations to spread awareness by conducting seminars, workshops for giving assurance to the victims that their report against the bully would be taken seriously.

A healthy environment is one of the factors for success along with strict rules for the violation.

In workplaces and educational institutions it is important to conduct inside and outside lectures for appropriate communication and guidance on suitable behavior inside the organizations premises.

For further information contact:

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http://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/ includes/ pre-redesign/Bullying_HOP.pdf