2.2 How to react in case of bullying

Am I a Bullying target?

To know whether you are being bullied or not, it is important to check the attitude of the alleged bully towards you, but what you feel inside is also important, both physically and psychologically. Let's see together what these signs are, how they manifest themselves and how to remedy them!

If one or more people have targeted you with insults or threats and the attacks have lasted for some time, then it is likely that you are being bullied.

A fight with friends, for example during a football match, can always happen, but for there to be bullying, it means that there is an intention to hurt you in order to frighten you into submission and eventually isolate you from your fellow students.

There are other signs that will enable you and your parents to recognize if you are being bullied.

- If no longer feel like inviting your classmates or peers home and spend less and less time with them
- If you no longer go on the Internet, or vice versa, check your social media often
- If you are afraid to go to school or other places of gathering that you used to frequent

Other alarms can be physical discomfort before going to places of gathering where bullying happens:

- stomach ache
- headache
- humour swings
- shoots of anger

https://www.youtube.com/embed/JKYR9xxF_Hg?ab_channel=Psych2Go

Advice for the Target - How to react

1. The bully's goal is to undermine your personality by instilling fear in you. If you do not show fear, he will lose interest and give up.

2. If a bully approaches you while you are at school, in the pool or elsewhere, keep doing what you were doing and do not listen to him. Think about something else, if you are with other classmates keep talking to them.

3. Bullies usually pick on people they consider weaker than they actually are. You are not less strong - and strong does not only mean physical strength - even if the bully wants you to believe so. Have confidence in yourself and do not give in to his provocations.

4. Bullies feel strong by attacking one person, but it is very difficult for them to do this with a group. If you don't feel safe, go out with your friends and don't stay alone at times when you think you might meet him.

5. Do not be afraid to ask for help, it is very important that you do so and it is not an act of weakness. If you are being bullied, talk to your mum and dad and possibly a teacher straight away. If you can't talk, get help from a close friend.

6. Tell exactly what happened, where and when, what the bully did, how you reacted and how long it has been going on.

Why is it important to react?

You may find it difficult to talk about what happened to you. This is normal. You feel ashamed and embarrassed, and it is precisely on these things that the bully builds his strength. This is especially the case if the offense is based on something that you perceive as your fault, and then you will tend not to talk about it because you would be forced to point out what you see as a problem.

You will also tend to remain silent out of fear that the bully will retaliate, but this will only make things worse. Resisting insults will only complicate the situation.

As you can see, because of bullying your mental well-being is also at stake, so you should never neglect the problem. Talk about it with your parents or teacher and also ask what preventive measures and behaviors are available to counteract bullying.

Revision #2
Created 28 July 2023 10:57:41 by Gaia Terenzi
Updated 28 July 2023 11:02:48 by Gaia Terenzi