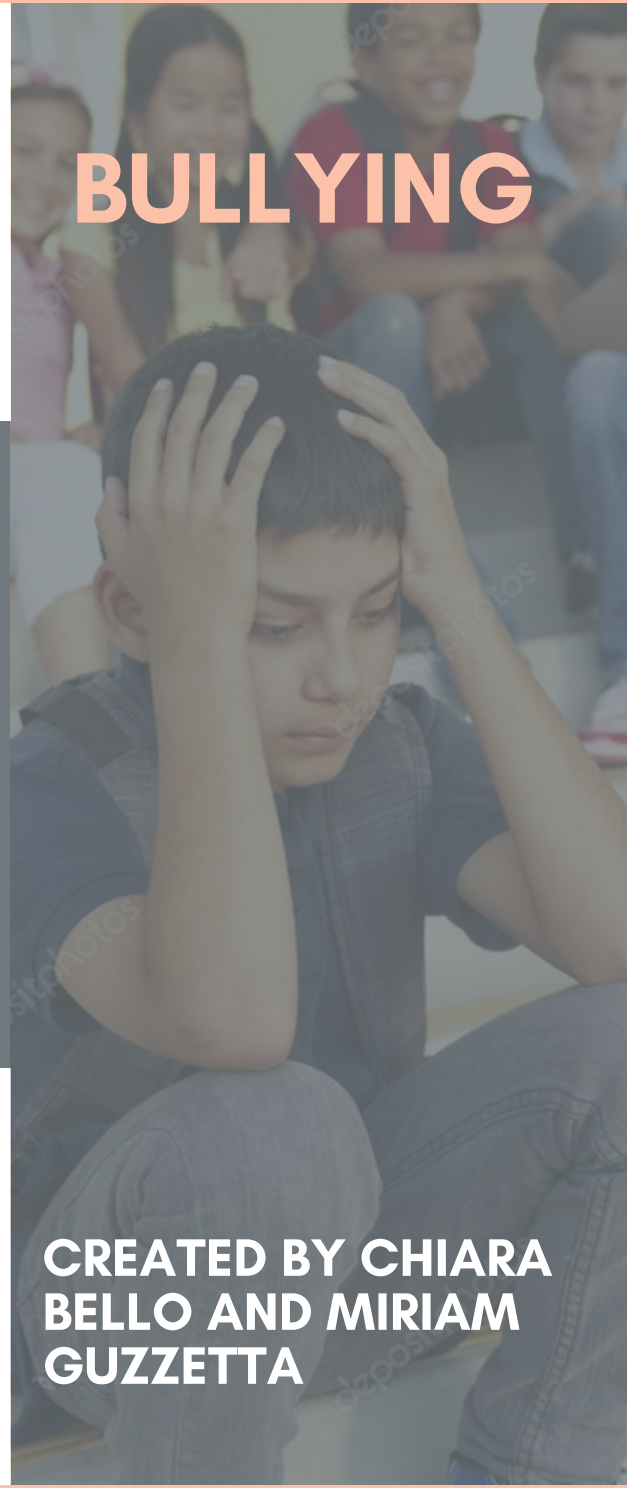
WHAT IS BULLYING?

Bullying is commonly defined as intentional, repeated harmful acts, words, or other behavior, such as name calling, threatening, and-or shunning, committed by one or more children against another



TYPES OF BULLYING

Physical bullying

It includes punching, poking, strangling, hair pulling, beaating, biting, and excessive tickling

Verbal bullying

It includes such acts as hurtful name calling, teasing, and gossip

Emotional bullying

It includes behaviors such as rejecting, extorting, humiliate, blackmailing, rating-ranking of personal characteristics, manipulating friendships, isolating, ostracizing, and peer pressure

Cyber-bullying

Cyber-bullying is an harassment that takes place online. An example is when a person torments a victim on a social network. This may happen in front of others , or in direct messages or private chat rooms. Sometimes, people change their online names to avoid their cyber-bullies. Social media has made it easier for bullies to harass their victims without facing any punishment



Do awareness events help prevent bullying in schools?



Some psychologists say no. Most campaigns focus on the problem, but don't do much to prevent it. More needs to be done to help bullies themselves. Why do bullies bully? They may be looking for attention or modeling behavior of family members or peers. Victims need to be educated to stand up for themselves since bullying doesn't end after high school. Most students know who the victims are, and anti-bullying campaigns can make the victims feel very uncomfortable. Some will even skip school during these events.

PINK SHIRT DAY

School administrations work hard to prevent bullying in some countries. They hold special anti-bullying days, such as Canada's Pink Shirt Day. This annual demonstration was organized by high school students in Nova Scotia. Students were raising awareness about a victim who was being bullied for wearing a pink shirt on the first day of school. On Pink Shirt Day, also known as "Anti-Bullying Day," Canadian boys and girls wear pink to show that they don't support this type of harassment.

