

Is Bullying Getting Worse in Schools?

How can you help prevent Bullying from Happening?

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When growing up most students have assemblies or just classroom discussions about bullying and why someone shouldn't do it and if someone is being bullied what to do. Most students understand this concept but some do it to gain control in a situation, or because of insecurities, and many other reasons.

Bullying can happen in any number of places, contexts, or locations. Sometimes the place is online or through a cellphone. Bullying is a serious problem that happens in many different places school being one of them. In 2017 Students in grades 9-12 reported 19% of bullying on school property nationwide also, 41% of students witness bullying at least once a week or more.

There are many forms of bullying: physical, verbal, and cyber. Physical bullying is using one's body and physical bodily acts to exert power over peers. Punching, kicking and other physical attacks are all types of physical bullying. Verbal bullying is when an individual uses verbal language to gain power over his or her peers. Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature. All forms of bullying are bad, the least used is physical bullying compared to cyber and verbal bullying.

Only about 20-30% of students report bullying to an adult. Most schools have an anti-bullying policy but when there is only roughly 20-30% of students reporting bullying, it only continues. Although there is no federal anti-bullying law 49 states have anti-bullying legislation, so bullying is not illegal. Bullying is also sometimes considered harassment, then it breaks federal laws.

"I think that bullying is a problem today that many students face, there are many different harmful effects of bullying so I think that it would be very beneficial for students to really think and understand what they are saying and how it will affect others by saying the words," said Sandy Creek Senior, Kenzie Dane.

There are many different after-effects of bullying some are social isolation, feelings of shame; low self-esteem, anxiety; depression, and bad school performance. Bullying can affect students in many different ways but there are many ways to help prevent bullying like when you see it try to help prevent it, getting appropriate help, and don't ignore it. Although bullying is something that should be taken very seriously there are many steps not only schools but students can take to help prevent bullying everywhere.