

Bullying

Bullying or harassment in school is a serious threat to the natural well-rounded development of the student. A student is being bullied when he or she is exposed, repeatedly and over time, to deliberately hostile actions by one or more students.

The student perceives the bully as someone having power and therefore, is in a situation of powerlessness from which he/she cannot escape alone.

How does it manifest itself?

Physical assault: hitting, pushing, breaking or stealing things from the victim, etc.

Verbal abuse: heckling, mocking, spreading false rumors, etc.

Relational aggression: deliberate exclusion from activities, not allowing the victim to participate, ignoring, etc.

Bullying manifests itself through repeated psychological violence against the victim. Many of these attacks have racial, sexual or homophobic undertones. Sometimes, social networking sites like Facebook or others help to expand the reach of this aggression

How to detect it?

The child who is being bullied does not want to go to school or out with friends. He/she comes home regularly with torn clothes or broken belongings or has unexplained bruises and cuts.

The child may have health issues (vomiting, headaches, insomnia) or suffer from mild

psychological disorders that may become exacerbated if the problem is not resolved.

Academic performance drops.

What can parents do?

Sometimes the bullied children themselves will ask an adult for help. In these cases, the parents and the school community must become involved in finding solutions to the problem.

Children who live in positive home environments feel better equipped to handle bullying, as finding solutions to the conflict will require the support of their families.



It is important to seek the support of the school and teaching staff.