

Topic: Bullying

Summary

Bullying is prevalent in schools and the workplace. This kind of action is leaning behind harassment due to the physical, emotional, and mental impacts. Bullying laid a foundation in cultivating or raising personal problems, influenced by people's habits and environment, and seeking people's attention. Bullying can be physical bullying, verbal bullying, emotional bullying, racist bullying, sexual bullying, and cyberbullying.

Due to unlawful deeds by the superior, the inferior can feel mental health problems or symptoms such as lack of sleep, headaches, panic attacks, extreme worries, sudden anger, laziness, self-harming, and suicide attempts. As a means of achieving anti-bullying, talk to someone we trust or consult with the officials. For this reason, they will help and care for you in threats and embarrassment.

In the video:

Bullying is a frequent issue in schools or even at the workplace. It is inevitable to see unwanted pictures or scenarios or to hear malicious gossips. Also, bullying is inclined to harassment because a superior is aggressively dominating an inferior. The bullying started for different reasons, such as uttering a wave of anger or frustration, upbringing personal problems, being influenced by brutal series, movies, and games, and seeking people's attention. Bullying manifests in various forms such as physical bullying, verbal bullying, emotional bullying, racist bullying, sexual bullying, and cyberbullying.

Firstly, physical bullying is one of the most recognizable or conspicuous because it may notice in one's body, such as bruises, scrapes, injuries, and other physical marks. Secondly, verbal bullying is somehow bound in physical bullying because it gives threats, name-calling, taunting, spreading false rumors, and teasing. Thirdly, emotional bullying makes someone be the topic of the talk in a particular group; it is like a scheme of backstabbing or group of backstabbers. Fourthly, racist bullying is belittling a person's dignity and someone's race. Fifthly, sexual bullying is prominent for youth because it can occur in school or along with social media platforms. It is also a kind of sexual harassment because the manipulator unpleasantly touches the skin, especially the private part of an individual. Lastly, cyberbullying is posting or sending unnecessary pictures and texts. It is more likely to use a device such as computers, laptops, and cellphones to intimidate or threaten someone. All of these are unlawful or criminal behavior of some human beings. For some reason, they bully someone because they want to get money, tease informally, or directly destroy someone's reputation and self-confidence. But they don't realize

the impacts of their worst actions. These are the usual symptoms of experiencing bullying, including a lack of sleep, headaches, panic attacks, extreme worries, sudden anger, laziness in doing tasks, self-harming, and suicide attempts.

In order to prevent this kind of bullying is to talk to someone you trust like close friends, parents, and teachers. If needed, consult your psychiatrist about horrifying threats and embarrassing moments you encountered. Also, be kind to the people you see, like you should greet and appreciate them. As a result, they will love and care for you even at your darkest times. It is significant and less worrying when we connect or involved ourselves with other people.