

Title:

Bullying And Its Effects

Word Count:

582

Summary:

This article is about bullying and how it can affect kids. Bullying can be classified as direct

Keywords:

bullying, inferiority complex, anxiety, depression

Article Body:

There was a recent incident in a school in Nova Scotia, Canada that called the public's attention

Bullying

Bullying is a form of harassment perpetrated by an abuser of more physical and/or social power

Bullying exists in any setting where social interaction is present. This includes schools, workplaces, and online

Generally, bullying is classified into 2 types:

- Direct bullying. This includes physical aggression in the form of shoving and poking, or verbal aggression.
- Indirect bullying. This is also called social aggression. This forces victims to go through social exclusion.

Why do bullies act the way they do? Some studies have shown that some bullies do it to feel better about themselves

After-effects of bullying

Constantly being submitted to bullying may cause a person to develop inferiority complex, depression, and anxiety

How does one cope with bullying?

Victims should always keep in mind that they're not the problem, the bullies are. Victims should seek help from a trusted adult

Thinking back on how the two senior students had acted upon seeing a co-student get bullied, it is clear that they were

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