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The Bully Effect

 Everywhere you see children who may not be looking like they’re suffering but really may have a million problems they bottle up. Bullies have a very big effect with the children around us, children in your homes, in your classroom and it has been a big concern internationally. Everyday in schools children our taunted, beat, or emotinally tormented by bullies and it may become something way worse then just “teasing”. Bullying is a problem in today's society because it may cause lack of confidence, depression, and even suicide in most children and has been a big impact on children internationally.

 One way bully affects children in a way because it gives them low confidence. Kids who suffer from lack of self confidence tend to quit things they really love or not to seem to care what is going on around them. Children who witness bullying defend victims in only 12% to 25% of bullying episodes regardless of their sympathy for the victims or dislike of the bullies (Craig & Pepler, 2000; O’Connell, 1999). Evidence from ethnographic studies of children’s social hierarchies sheds light on the role of bystanders, who are usually present in bullying situations (Atlas & Pepler, 1998; Craig & Pepler, 2000; Hawkins, Pepler, & Craig, 2001; O’Connell, Pepler, & Craig, 1999; Sutton & Smith, 1999; Xie, Swift, Cairns, & Cairns, 2002). F. a lot of bullying can make a child unreasonably not like much of what they use to love because bully’s make it less interesting to that person so they don’t follow suit to it as much anymore. It is important to my audience because maybe parents or teachers can help children that seem to show lack of confidence and talk about the bullying that is happening to them. The bullying in iceland cross sectional study basically discovered statistics and causes and effects of bullying in iceland thee author concluded that Sustained bullying often has a persistent adverse impact on children’s socioemotional functioning (Bradshaw, 2015). Both physical and cyberbullying are associated with substance use, violent behavior, unsafe sexual behavior and suicidal behavior (Aboujaoude et al., 2016;Litwiller et al., 2013). Bullying is also associated with self-reported catastrophic thoughts and feelings about pain (Sansone et al., 2014), chronic pain (Voerman et al., 2015), migraines and headaches (Due et al., 2005; Gini et al., 2014; Waldie et al., 2014) and backache (Politis et al.,2014).

 Furthermore, that is not the worst affect that bullying has on children , depression has been for a long time to know that some people even have to take medicine for it. Its not only bullying that causes depression but bullying can cause depression on younger generations. Being tormented or abused everyday by someone at school can take a big part of your life that you cant get back, putting you in a state where nothing makes you happy, and you cant seem to see the world for what is. Previous research suggests that relational bullying (e.g., teasing, mocking, and social exclusion) may be especially detrimental to adolescent
adjustment (Helms et al., 2015). EXPERIENCES like bullying make the blood-brain barrier leaky, leading to brain inflammation and leaving you vulnerable to depression, according to studies of human brains and mice. ( NEWS and TECHNOLOGY, 2017). It has been opinion based a lot that most peoples children our depressed because of bullys and that they are not depressed because of how they our living. Most kids are afraid to say they are being bullied so they bottle everything in and keep to themselves until they find themselves in a complete hole of sadness.

 Also, One of the worst of them all, the biggest affect bullying has on children is the fact that they make kids want to end their lives without a warning to hear. Bullies most of the time belittle the enemy making them feel so small and uncapable that they feel like they don’t have a purpose in the world. There is increasing evidence that childhood suicide, though still relatively rare in the general community (Asarnow & Carlson,1988), does occur with some regularity (Kelly, 1991; Sokol & Pfeffer, 1992).Suicide is the third leading cause of death among US youth (Centers for Disease Control and Prevention [CDC], 2012), taking the lives of approximately 4,600 adolescents each year. Suicide crisis intervention with youngsters typically involves six steps: (1) engagement and rapport building, (2) identification of suicide potential, (3) assessment of details of the child's life, (4) risk assessment, (5) action agreements, and (6) implementing an intervention plan (Tierney, Ramsay, Tanney, & Lang, 1990). Typically, suicide is the worst thing a bully can put a child through and parents, teachers, and guardians must talk to their children or student if they seem as if they don’t want to interact with anyone anymore.

 In conclusion, bullying probably has the biggest affect on children in this new upcoming generation. There is way to prevent a bullying from giving a child a lack of confidence, depression, or even putting them on a bridge to want to end it all. Talking to a child or getting to know them can be very helpful tip. Bullying is a problem that has to be faced and resolved or bad things can arise.