

Helping Kids Deal With Bullying

It is not very uncommon to see withdrawn and shy kids in schools. These kids are aloof and somewhat indifferent to other children. Most likely, these kids seem unhappy because they are being bullied at school.

Being bullied can be a total nightmare for any child. Although bullying can also be experienced by adults, this kind of social act frequently happens among kids or adolescents.

Define bullying

Bullying is different from an innocent teasing of a classmate, friend, or a sibling. Mere teasing is not harmful when done in a humorous or in an unintentional way. However, when teasing becomes extreme to the point that it is hurtful and turns into a habit on the part of the teaser, this act is then considered bullying.

Generally, bullying is the purposeful or intentional act of an individual to verbally, physically, or psychologically torment another person. This act may be in the form of threatening, mocking, hitting, name-calling, and even soliciting money from the poor victim.

Reasons why kids bully

There are a number of reasons why kids bully their classmates or siblings. One of the major reasons for bullying others is the desire to feel superior among peers. School bullies often want to show others that they are important or in control of their clique. Usually, the victims of bullying are kids who do not have popular friends as well as those who appear timid or emotionally weak.

Another typical reason why some kids bully other children at school is that they want to let others feel how it is like to be bullied or ridiculed. Studies show that bullies are oftentimes victims of bullying as well. Hence, they pick on others as means of getting even.

Dealing with the school bullies

Since bullying is inevitable to school environment, kids should know the ways or strategies in dealing with mean school bullies. Below are some of the important things that kids should know in handling or approaching bullying situations:

1. Tell your parents

Telling adults about the situation will most likely stop the bullying. Once parents know about it, they can talk to the school principal or the teacher to arrange a meeting with the kid bully's parents.

2. Literally avoid or ignore the bully

Do not go to places where the school bully typically hangs around. It is always best not to be alone while at school. Be with close friends or classmates. Some bullies prefer to attack when their victims are alone. Thus, make sure to use the buddy system.

3. Simply walk away

Be strong and courageous enough to say no to the attacks and demands of a school bully. When a bully says hurtful remarks, act like you don't hear anything and just walk away. At some instances, the bullying eventually stops when the attacks are ignored by the bully's target.

4. Be open about it

Do not be afraid to talk about the bullying situation with someone you can trust other than your parents. These people may be the guidance counselor, a therapist, or your best friend. Remember that bullying can result to a number of grave side effects, thus, affecting the mental health of a child.

About the Author

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