

Kroppl

NEWSLETTER

BULLYING

Although bullying is sometimes seen as “a part of growing up” or “kids being kids,” imagine the kid who is picked on every day, whether physically, socially, or through cyber-bullying. The world has changed so much today that bullying looks different from even ten years ago. It encompasses so much more than just physical violence or name calling. Bullying can be verbal (e.g., purposeful humiliation, teasing, threatening), physical (e.g., hitting, kicking, shoving) or relational (e.g., social exclusion, spreading hurtful rumours).

Most school-aged children are exposed to bullying in some form due to the unequal balance of power and influence that is so common in youth relationships and peer groups. Research shows that bullying and harassment in schools increases in late childhood and peaks in early adolescence, specifically during middle school and typically takes place in unstructured settings such as the cafeteria, hallways, and playground during breaks.

Recent research suggests that the effects of childhood bullying can linger for decades, with long-lasting changes that can put us at a greater risk of mental and physical illness. “People used to think that bullying is a normal behaviour, and in some instances, that it could even be a good thing – because it builds character,” explains Louise Arseneault, a professor of developmental psychology at King's College London in the UK. “It took a long time for [researchers] to start considering bullying behaviour as something that can be really harmful.”

Who is affected by bullying?

The target: Students who are bullied can disengage from school, negatively impacting their relationships and academic achievement. They may even engage in self-harm; they may seek protections like avoiding tea and lunch breaks. Cyberbullying can include online notifications and other repeat reminders, which can make students who are being bullied feel like the instigator is always nearby.

The Bully: Bullying may serve a function for students who instigate it (e.g., help them to achieve popularity, attention). Understanding the function that bullying serves can help deal with the root causes of bullying. Students who initiate bullying may have been in a situation where they were bullied. Students who engage in cyberbullying may feel more emboldened about doing so online than they would in person because they can be anonymous.

Kreopl

NEWSLETTER

ANTI BULLYING CROSSWORD :IT'S OUR ONE YEAR ANNIVERSARY FOR THE KREOPL NEWSLETTER SO WE'RE HAVING A SPECIAL PRIZE FOR THE FIRST THREE PEOPLE WHO FINISH THE CROSSWORD CORRECTLY AND SEND IT TO US ON INSTAGRAM OR WHATSAPP

Down 1. Raise this by spreading the word about anti-bullying in your school and community (9)

2. Young people have the power to change this (5)

3. Engaging in bullying behaviour through electronic devices (13) 5. The most common type of bullying behaviour (6)

6. Acronym made up of the initials for the types of bullying behaviour (3)

8. Who is the most trusted person you should tell when you feel unsafe (5)

10. Who has the biggest responsibility to deal with bullying behaviour in school (9)

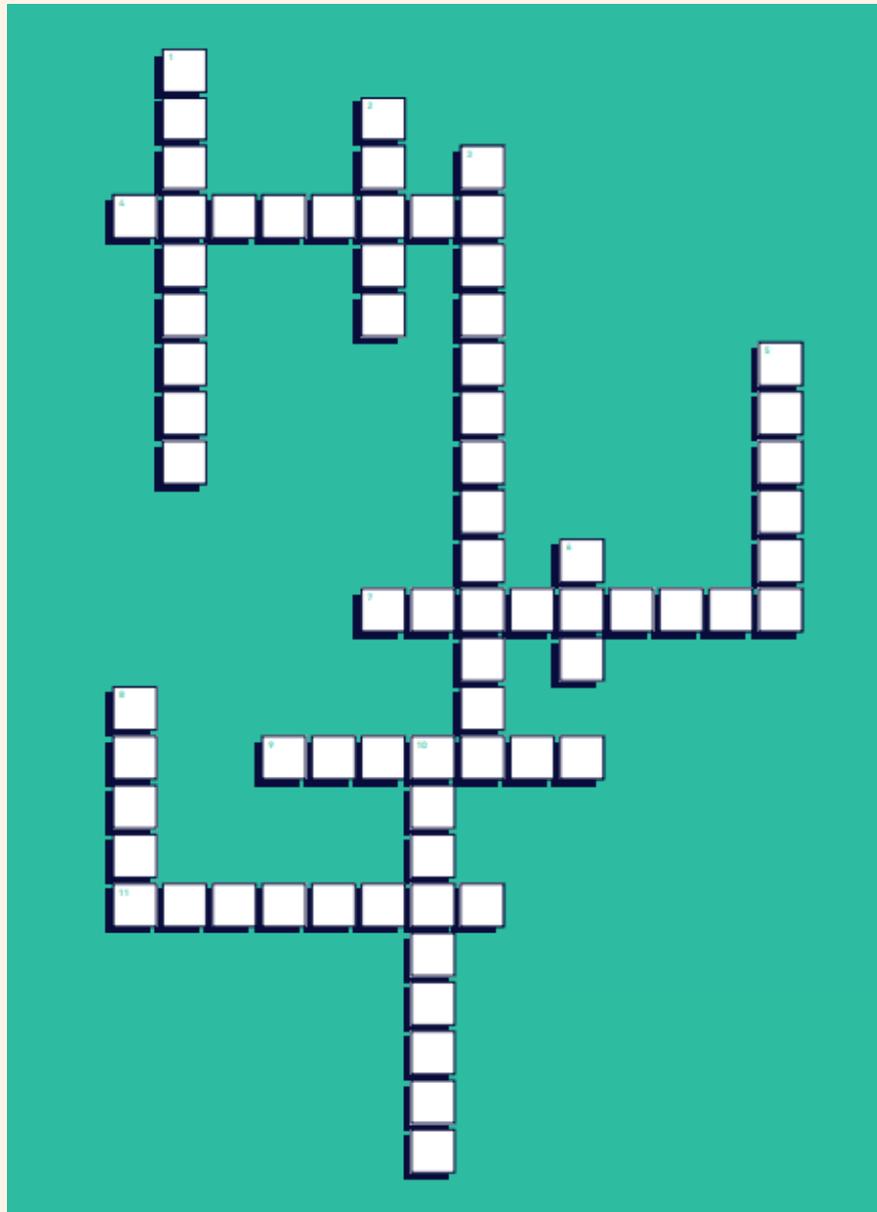
Across

4. Someone's belongings which are destroyed as a result of Indirect bullying behaviour (9)

7. Pushing and shoving someone are signs of which bullying behaviour (8)

9. Cyberbullying is _ (7)

11. 8/10 people in this group have faced bullying behaviour whilst working at school (8)



#nochilddleftbehind