

HOW TO COPE WITH THE EFFECTS OF BULLYING

by:

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Physical or verbal and social abuse is bullying. Bullies are the person who purposely hurt others in terms of physically or emotionally especially those whom they think are weak and have no authority over them. Bullies make kids or adolescents feel that they don't fit in with them, which makes fun of them and isolates them in school. In addition, bullying victims might have an effect on their mental health that can also have an impact on their relationships with others like friends and families, which will lead to difficulty in their studies. Some students think that they feel weak when they ask for help and tell their teacher or guidance counselor. Victims are potentially at risk of depression, stress, and anxiety that could lead to failed grades, impulsive decisions, or worst suicidal attempts.

Coping with the effects of bullying in school is challenging. The school counselors can help the students in areas they need to grow, developing students not just academically but also in themselves like building their boundaries, boosting self-esteem and more social interaction with their respective healthy environment, and informing students that bullying is not acceptable. Kids should be taught how to seek help and it is not a sign of weakness but braveness. Communicate with children frequently to open what they experience in school and pay attention to whatever they want to say. No student should be left behind, they are valuable they deserve a healthy community while achieving their dreams and planning their future, yes failure is part of life and experience is the best teacher, but bullying is just a trauma, not a good life motivation. Practicing positive parenting may result in a positive child background for their base to be good with others. A child does not know he is wrong until his parents told him, what he was

doing and it starts with his own family but proper guidance will lead them to be good not just by being a kid but also a good person throughout his whole existence.

For a person that has been bullied, healing should be the priority. Managing stress caused by bullies should be done through exercising, spending time in nature, or playing with a pet are great ways for both kids and adults to let off steam and relieve tension. Reaching out to professionals that can offer appropriate solutions and treatment is also the best way to cope with the effects of bullying.

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