



BULLYING

I shall remember forever and will never forget:

Monday: My money was taken.

Tuesday: Names called.

Wednesday: My uniform torn.

Thursday: My body pouring with blood.

Friday: It's ended.

Saturday: Freedom.

Bullying is a life-and-death issue that we ignore at our children's peril. It can no longer be minimized and trivialized by adults, taken lightly, brushed off or denied.

What is Bullying?

Bullying is a conscious, willful, deliberate, hostile and repeated behavior by one or more people, which is intended to harm others. Bullying takes many forms, and can include many different behaviors, such as:

- Physical violence and attacks
- Verbal taunts, name-calling and put-downs
- Threats and intimidation
- Extortion or stealing of money and possessions
- Exclusion from peer group

Bullying is the assertion of power through aggression. Its forms change with age—school playground bullying, sexual harassment, gang attacks, date violence, assault, marital violence, child abuse, workplace harassment and elder abuse (Pepler and Craig, 1997).

“Bullying is not about anger. It is not a conflict to be resolved. It's about contempt—a powerful feeling of dislike toward someone considered to be worthless, inferior or undeserving of respect. Contempt comes with three apparent psychological advantages that allow kids to harm others without feeling empathy, compassion or shame. These are: A sense of entitlement, that they have the right to hurt or control others, an intolerance towards difference, and a freedom to exclude, bar, isolate and segregate others.” (Barbara Colorso, *The Bully, the Bullied and the Bystander*)