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**TOPIC: BULLYING AMONG YOUNG INDIVIDUALS**

**BULLYING AMONG YOUNG INDIVIDUALS**

Bulling is a common problem which occurs among our young youths in our society today. According to Wikipedia, bullying is the use of force, coercion, or threat, to abuse, aggressively, dominance or intimidate. Bullying occurs mostly in Secondary Schools, Universities and even sometimes at an individual’s place of work.

Bullying can come in various types for instance, Physical bullying: when the bullies hurt their target physically. Any form of touching that a person does not want can be bullying, Verbal bullying: by using words to tease or insult the someone, Psychologically bullying: by gossiping or excluding people in order for them to feel bad about themselves and Cyberbullying: this is when the bullies use the internet or social media to say hurtful things they can’t say in person to someone or to embarrass the person on social media.

There are various bullying incidents that has happened In Secondary schools today that has made different young individuals loose their lives through suicide. A situation were a girl is called hurtful names, she then starts hating herself, she can’t explain how she feels to anyone or there’s no one for her to talk to and the only solution she can come up with to end how she’s feeling by killing herself. Even in Universities, were higher level students would force a 100 level to bring their money, to buy food for them. There even instances for youths who work, they are mistreated at work or they won’t get a promotion because of race or ethnicity or even age, not because of that individual won’t be able to do it but because they don’t want to see that individual grow. All this bullying affects a person drastically, the individual starts felling scared, afraid, stressed or anxious, they start having thought of suicide or harming themselves, they start having trouble at school or at work, both bullies and victims tend to experience depression more than their pairs who are not involved in bullying, victims are at risk for physical or emotional problems, sleep problems. These individuals are also at risk for needing medical or psychiatric hospitalization.

There are steps victims of bullying and parents can do to stop bullying. Parent should remain calm and supportive, and explaining to the victim that he or can talk about. Parents should also gather enough information about their child’s bullying and teaching their child how to tackle bullying without getting upset. Parents could also contact school authority in order to help alleviate bullying. Victims of bullying can also engage in activities to boost their self esteem and moral strength. Victims could also enroll in psychotherapy or talk to a trusted adult. Schools can help stop bullying by enlightening the students about how severe bullying is and how it affects an individual.

Bullying is one of the biggest challenges teens go through, and they should be able to speak up to a trusted adult in order to reduce the risk of harm.