

# Bullying – The Unknown Facts

By Adrian Bertoli

**D**ue to the devastating consequences of bullying, it's distressing to see a significant increase in the number of cases over the last few years.

Millions of people in today's society are left suffering with constant harassment eating them up inside.

When bullying's discussed, what comes to your mind? Do you think of the devastating consequences that can occur?

**Did you know that 1 in 4 Australian students experience bullying? If you're bullied, you're not alone.**

It's vital that victims speak up before it's too late. We want to protect their lives and stop the damaging psychological effects.

Bullying's a traumatic issue that happens in today's society, whether it's out in the streets, school yard or in the workforce. Bullying is the act of a person or group which use words or actions to hurt you. **It can affect anyone of any age, gender, wealth or religion.**

This is a heartbreaking topic that should be frequently discussed among the entire population, especially the ones that are trapped in toxic environments with no way of getting out.



**“The bullies are insecure about who they are, it's got nothing to do with you, they just desperately want to be loved and be accepted so they go out their way to make people feel unaccepted so that they're not alone.”**

Many people fail to realise the toll bullying has on a person, both mentally and physically.

Bullies can be threatening, they can make the victim do things that's way out their comfort zone.

Bullies shouldn't bother you, right? You should ignore them. They have their own issues and want someone to take it out on. There is nothing wrong with you, so you need to try your best to filter out their comments. You know bullies are looking for attention, because they want to be like you?

**According to safeschools.info, nearly**

**65% of bullying goes unreported.**

Why are victims not reporting these kinds of issues?

They may not report it because it makes them feel ashamed, afraid or powerless. The bullies can then make them feel like they deserve to be bullied as it's their fault.

Bullying can be hard to identify due to the number of different ways it can occur such as verbally, physically, socially and through technology.

A bully has a variety of common characteristics which would include being impulsive, anger management issues, controlling of other people, easily frustrated, lacks empathy, blaming people on their own mistakes, tends to have difficulty following rules and has little respect for authority.

**According to dosomething.org, 11 year**



**old's experience the most bullying at 31%.**

Bullying in today's society shouldn't exist, no one deserves to be humiliated.

**In recent years, bullying has caused a spike in mentally and physically ill patients.**

What is mental health? It's a state of well-being in which individual's realise their own potential, can cope with the normal stresses of life, can work productively and is able to contribute to their community. It affects our feelings and actions.

Mental health has a variety of conditions which fall under it such as depression and anxiety. **Did you know 58% of bullying victims suffer from mental health issues?** Common mental health issues that bully victims experience include, depression and anxiety.

When a victim battles with bullying, it causes them to live in fear and in complete sadness.

Depression is the most common disorder that affects

bully victims' everyday lives. It causes them to become very fragile, live with feelings of complete sadness, hopelessness and can contribute to a loss of interest in activities.

Did you know bullying also affects victim's physical health? Physical health is the condition of your body, taking into consideration everything from the absence of disease to fitness level.

**Did you know 52% of bullying victims suffer from physical health issues?** Common physical health issues that bully victims experience include, muscle pain, weight changes and an altered immune function.

**Poor physical health can lead to an increased risk of developing mental health problems.**

Jaqueline is a Year 7 student at Warwick High School. She stated, "I've got a **speech impediment where my 'R's sound like 'W's. It wasn't until high school where the bullying started. Mean girls would make fun of me, making my life hell. I would cry every morning,**

**refusing to go to school. After counselling sessions, I came to realise I needed to block them out of my life, because they are the one with issues, not me."**

It deeply infuriates me that people are left suffering from one's act of harassment to innocent victims. I am very sorry to all the victims. I encourage them all to seek help for any pain they've suffered.

It's very important that bullying is widely addressed throughout the community. No one deserves to suffer in silence. It's important to speak up and seek professional help.

**Beyond Blue is an organisation that aims to empower people, their friends and those who care for them to respond to mental illnesses such as depression as a result of incidents such as bullying. You can seek their professional help through an anonymous online chat on their website or through their number, 1300 22 4636.**

As a society, we can stop bullying, and prevent any more victims suffering.

Come forward, don't suffer in silence!