

Stop The Bully: Cures for the Bully Epidemic

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[Patricia King](#) **Chapter One The Bully Epidemic** by Patricia King Bullying is epidemic! There has been a dramatic increase in the number and severity of bullying incidents since the beginning of the 21st century.

- In December of 2008, a thirteen-year-old boy had his picture taken by a friend while showering in the school locker room. His friends texted the picture to classmates and the photo spread virally throughout the school. The boy received a flood of mocking responses and was devastated. That weekend, he attempted suicide by overdosing on pain medication. Although he lived, many students have taken their lives because of similar bullying tactics.
- In 2009, three classmates drenched a teenager who was riding his bike home from school with lighter fluid and set him on fire.
- The same year, a teenage girl committed suicide after months of being bullied at school by classmates. The bullying included verbal abuse, physical and sexual harassment, and cruel messages on Facebook.

- In March 2010, nine teens were charged by the police for bullying that caused a young person to commit suicide.
- Bullying is not only found in high schools but is rampant even in pre-schools, kindergartens, elementary schools, and on university and college campuses. It is also a growing problem in families, workplaces, churches, neighborhoods, government, and especially in the cyber-world of social networking. Bullying is not isolated to a particular socio-economic group, race, age, or gender. It is found in every sector of our society. **Bullying Analyzed** Bullying is a form of abuse. It is defined as "an act of repeated aggressive behavior intended to hurt another person, physically, mentally, or socially." Bullying involves humiliating acts repeated over time from a more powerful person or group (either real or perceived) abusing those who are seemingly less powerful. The perpetrator of bullying is identified as a "bully" and the victim is referred to as a "target." Bullying can include one or all of three basic types of abuse (emotional, verbal, and physical) and often involves mental and emotional manipulation and coercion. Bullying may include name-calling, critical and derogatory remarks (either verbal or written), exclusion from activities or social situations, and physical aggression (such as shoving, poking, throwing items, hair pulling, scratching, biting, scraping, pinching, slapping, choking, punching, kicking, beating, and stabbing). The National Center for Education Statistics suggests that bullying can be divided into two categories: direct bullying and indirect bullying, which is socially isolating the victim (also known as "social aggression"). Isolation can be achieved in many ways. Some examples are: criticizing the victim's style of clothing, race, religion, sexual preference, scholastic standing, or disability; giving them the 'silent treatment'; intentionally ignoring and excluding; spreading lies and rumors; mocking the victim (laughing and making jokes at their expense); and openly arguing with them until they become submissive. **School Bullies** Bullying at school most often occurs during physical education classes (in locker rooms), but it can also be found in hallways, bathrooms, on school buses or bus stops, during after-school activities, and in classes that require group work. And it can happen at any age. Six-year old Joshua moved to a new community with his family and had to take the school bus to his first-grade class. Although the school year began in September, he was unable to enroll in his new school until mid-October due to the family's move. His mother escorted him to the bus stop to ensure that he safely boarded the bus each day but once on the bus the bullying began. His first day, Joshua took his seat and the boy next to him jumped up in front of everyone and loudly yelled "Germs!" He then rushed away to another seat. Many on the bus laughed and Joshua was distressed. From that day on the seat next to him remained empty. Once he arrived at school, the bullying continued and escalated. On the playground, he endured name-calling, shoving, and isolation. He did not tell his parents or his teacher because he felt ashamed. However, his mother noticed that her son had a sad expression most of the time and that he would curl up on his bed not wanting to talk, play, or eat when he came home from school. When his parents finally discovered what was happening at school and reported it to the teacher, she said that she had been unaware of the problem. Joshua had been harassed daily on the bus, the school ground, and in the classroom yet no one seemed to notice or to care. His mother's attempts to rectify the problem were unsuccessful and eventually she took him out of school. He had therapy for deep depression due to the trauma of the bullying. Two and a half months of bullying deeply affected Joshua. He had been a happy child who loved school but after being the target of bullies, his joy for life was gone and replaced by fear. Targets of bullying in school are usually students who are considered by their peers as "different." This can be due to physical appearance, racial background, or behavior. The bullying usually always begins with teasing or isolating but can soon become physical.
- Sarah, a second grader, was very tall and large framed for her age. Her peers teased her constantly, calling her "Ugly Sarah."
- Gabriel, the only Hispanic child in his second-grade class, often found his classmates staring at him. When they chose teams for school activities and projects, he was always the last chosen. One day he heard a couple of classmates whisper, "Oh good, we didn't get Gabriel on our team." After a time, the bullying progressed from isolation and rejection to pushing and shoving on the playground.

- Tracy was not feeling well one day in his fifth-grade class and asked permission to go the bathroom. On the way out the door, he suffered a tragic and embarrassing incident – he exploded with diarrhea. It did not take long for a group of boys in the class to begin teasing him and joking with others in the school about the incident. The girls joined in too, and from that time on he was called, “Sh_t-Boy.”
 - Amber was a sweet, beautiful, blond-haired, girl but her mouth sagged on the right side. Her second-grade classmates called her “droopy mouth” and mimicked the droop making her the object of jokes.
 - Kevin was called “Mr. Bones” because he was thin and Katie was called “Fatso” because she was overweight. Because of racial, gender, religious, socio-economic, or academic prejudice, teachers can also cause and engage in bullying. One teacher used humiliation and isolation to bully a Muslim student. A physical education instructor made unreasonable demands and focused attention on a student with effeminate behavior. When he could not fulfill the exercise goals, the instructor made critical remarks before the class saying things like, “What’s the matter? Are you a girl?” The class would laugh and the student was isolated by his peers, who made him the object of their jokes and cutting remarks.
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Patricia King and Pat Lairson, a licensed Marriage and Family Therapist who has worked with families and at risk youth for over 12 years, expose the bully. Bullies can strike in seconds at school or work, in cyberspace, or even at home, but you will never feel powerless again. You do not have to submit meekly to abuse; you can remove the targets from your back and learn to: Deal with bullies in the same way David toppled Goliath; Disarm bullies by taking away their power; Discourage bullies with a simple smile. If you or your children have been bullied, and almost everyone has, that negative experience can be turned into its opposite, a life changing positive. In this book, you will find all the answers you need to understand bullying; to protect yourself and your loved ones.

Bully Gary - Prevention: Teach kids how to identify bullying and how to stand up to it
 Parents, school staff, and other adults in the community can help kids prevent bullying by policies that clearly describe how students are expected to treat each other. With Britain in the grip of a stress epidemic, we rate calming - Needless to say, bullying has become an epidemic that may continue to create problems as students reach adulthood. But thanks to groups like Buy Stop the Bully - Cures for the Bully Epidemic Book Online - Beating the School Bullying Epidemic: A Parent's Guide to Preventative Parent's Guide to Preventative Measures and Remedies (Beating the Bullies Book 1). and will assist in Beating the bullies' – lets stand together and stop the bullies. Stop The Bully: Cures for the Bully Epidemic (English Edition - Patricia King and Pat Lairson, a licensed Marriage and Family Therapist who has worked with families and at risk youth for over 12 years, expose the bully. Stop The Bully: Cures for the Bully Epidemic (English Edition - HuffPost Life 11 Movies About Bullying Streaming on

Netflix Right Now - With Britain in the grip of a stress epidemic, we rate calming products on the market. By but that we don't need to cure stress, as in moderation it can bring benefits. If you're suffering ongoing stress due to a bullying boss at work or CLAIM: Colouring books for grown-ups have grown in popularity. Told You So: The Big Book of Weekly Columns - Patricia King Bully Gary - Stop the Bully - Cures for the Bully Epidemic [Patricia King, Pat Lairson] on Amazon.com. *FREE* Author interviews, book reviews, editors' picks, and more. Long-term effects of bullying - NCBI - Is America really in the midst of a "bullying crisis," as so many now claim? He is one of the kids featured in the new Cartoon Network special "Stop Bullying: and scooping up treat-filled plastic eggs on behalf of their winsome kids.. is no epidemic afoot (though one wonders if the new anti-bullying laws 10 Ways to Help Reduce Bullying in Schools - Self laughter is the best medicine in the world, your face is a blessing to the world because How to Deal with Bullies at a Model UN Conference. jump down to your Groundbreaking books have peered into the psychology of bullying and.. is to Workplace bullying has become an epidemic, and it's time to put an end to it. The Illustrated London News - [Bully Scholarship edition] Jimmy Hopkins x Petey Kowalski x Gary Smith x. Summaries & book reviews of the year's top business books - in text and audio formats. The Bully at Work exposed the destructive, silent epidemic of workplace bullying. The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your

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