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MONOGRAPH

"Bullying in youths: New ways, problems, preventions and help."

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GRATITUDE

I want to express all my gratitude to every person who have always supported me, starting from God who with help of my parents have made me who I am, by showing me the right path and focus on my future with great values, and have always wanted the best of me; my brothers who always love me and helped me when I needed them, also being a great example to me to become a great person with my family, friends and in everything i do ; all my family that have shown me the importance of being part of them. I also want to thank my awesome girlfriend who has been there always, giving me her love and help, and also always giving me great advices. I will like to thank my tutor Miss Glenda Torres who helped me correcting my mistakes on this monograph work and showed me how to do it right, and Miss Patricia Sanchez who teach us how to do our monograph work. And finally I want to thank every teacher or adult which taught me great lesson that know I am practicing.

SUMMARY

The purpose of this monograph work was and is to define the meaning of bullying and it´s different causes, so we can confront this problem by informing and preparing people about this topic. The research in this monograph was based on other authors, who were mentioned here, and with the information collected there is a plenty of knowledge about this theme you can learn, starting from the definition of bullying, passing to the causes and its consequences, prevention and help, and the different types of bullying, so when you are in a bullying environment or situation, you will know how to deal with it, how to help or how to correct.

On the first chapter you will find generalities about bulling like its definition, causes and consequences, which are well explained and structured. On the second chapter you will find the forms of prevention and help of bulling, where the different types of help to the affected and bully are mentioned and explained, also as I mentioned before its preventions. And last but not least, in the third chapter you will find the different types of bullying and their impact on society, where you can see how bully can be produced and that it doesn´t only affect the involved people, it also affects all the society in many different ways.

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This Monograph work is about Bullying in youth: New ways, problems, preventions and help. The purpose of this Bullying monograph is to show not only what bullying means, it also shows the problems it causes everyone around, it´s solutions and help. Bullying does not only affect people involved, it also affects everybody near to this behavior.

This theme was selected due to its importance on the effects and solutions of bullying, because this bad behavior is starting to grow all around the world in a lot of schools, and it needs to be stopped before it becomes unstoppable.

There are many authors and experts on the theme whose ideas where used on this monograph work, like *"Consequences of Bullying in Schools"* by Ken Rigby on 2003, *"Self-Efficacy in a New Training Model for the Prevention of Bullying in Schools"* by Howard and Horne, or *"Bullying victimization and risk of self-harm in early adolescence: longitudinal cohort study"* by Helen Fisher, Terrie Moffit and Daniel Belsky. All of these books show the problematic that bullying is causing and the different ways it can be stopped, before it gets any worse, and with this information and more obtained in other books, this monograph work has strong valid information and structure to show everybody the Importance of this theme.

The spatial context in which this monograph work is based in schools around the world, especially Dominican Republic, Costa Rica, United States and Mexico, where the index of bullying is bigger than other countries. In a scale from 1 to 12 on countries with most cases of bullying, Dominican Republic has 12 percentage; United States, Costa Rica and Mexico have 10 percentage.

This Monograph is divided into 3 chapters; the first one has general information like definition of bullying, causes and consequences, it is called "generalities"; the second one is called "Preventions and help", on this chapter you can see the method to prevent bullying and the forms of help if bullying has occurred; and the last but not least third chapter is about "Types of bullying and their impact on society" where you can learn the different types of bullying the real impact of bullying in the society and how to deal with this problem on society.

CHAPTER I
Bullying in youths: New ways, problems, preventions and help.
Generalities

1.1 Definition

To begin, one should ask and know what does bullying means. The definition of bullying is a violent behavior or abuse (psychological, sexual or physical) from one person or group of people to another person. The bullied person can experience emotions as feeling powerless, humiliation and intimidation; his can bring a lot of consequences like depression or maybe worst, suicide. This problem affects everyone around the person who is bullied or the one that bullies, creating a big impact in society, starting from their friends, families and even teachers.

In the beginning the word bully meant "lover" and "friend" in the Dutch and German roots, but as years passed by, the word started to have many different meanings like "gallant" or "swash-bulker", till we get to this point where we use the word bully as the person who acts abusing people psychologically, sexually and / or physically, making them powerless so he can feel strong and secure.

"Being the victim of bullying is a relatively common adolescent experience. Up to three-quarters of young adolescents experience bullying (such as rumors, name calling, or public ridicule), and up to one-third report more extreme experiences of coercion or inappropriate touching" (Aalsma, Brown, 2008, s.p).

"Bullying may seem like a normal part of a child's world and a way to learn to stand up for themselves. But it makes many children feel lonely, unhappy, frightened and unsafe" (Garret, 2003, p. 18).

1.2 Causes

One of the most important information in every research or investigation is the causes, the reason why something happened, so that's the reason why I selected this for my monograph, so I can provide the reasons why this problem emerged. I want to know, the reasons why someone likes or needs to abuse someone else, so in the next chapters will be based on preventing these situations.

These reasons have changed through the years, some of the causes remain the same and others are similar. However, technology is changing the world, as we know. New reasons, excuses or ways of bullying have begun, generating abuses or excuses to harm someone, not only personally but also as cyber bullying as well, making this behavior difficult to stop and being in fear of what the future has prepare for us. "Sometimes children are bullied because they look like they won´t stand up for themselves—they are viewed as lacking confidence to take action" (Garret, 2003, p. 18).

1.2.1 In the past.

In this part of my monograph I will write about the history or first causes of bullying among youths. The most known reason or cause for someone to become a bully and abuse others, is that they were abused in their home by a relative, so as a mean of feeling strong, they make others feel powerless and scared, by bullying anyone that no one else seems to care for.

Another reason is racism from someone to another. Racism is discrimination or prejudice someone that is from another race; sometimes this discrimination get to a very bad

point where it produces hate to people of another race. Bullies that are racist, harm people by insulting them with disrespectful words describing their race, and they also can get physically by punching others to feel better or greater than others.

But the hate on another race isn´t the only example or excuse for a bully to harm someone, only because they have another mentality or belief, they abuse from others, so they feel more strong thinking that what they belief or think is the true and they are correct.

1.2.2 At the present

The causes of bullying in the present have not changed a lot, but it has evolved because of technology and the new liberal thoughts. The problem with these two new things created on the present, is not that technology helps us to know more information faster, so we can search for new things or information about whatever we want to know, and the new liberal thought is making people be "themselves" and do whatever they want to do without hurting anyone else.

The problem is that for bullies the new different thoughts with help of technology brings or helps them an opportunity to hurt this liberal people, because if they think that what others think is bad they will always try to scare o hurt them, and with the technology they can also abuse of them by insulting them on social media, or to know more about their personal lives so they can have the control of everything. I think that in fact the structure of causes for bullying is the same in the past and now, but the difference is that now bullies have more ways or things to say or do to abuse someone.

1.3 Consequences of Bullying

In this theme I am going to explain the many consequences that bullying produce to the victim and the bully, obviously not only the victim will have problems in the future, bullies will also have them because their actions produce consequences, on their mental state, feelings and also physical damages.

1.3.1 For the Harmed

"Results from cross-sectional surveys suggest that being victimized by peers is significantly related to comparatively low levels of psychological well-being and social adjustment and to high levels of psychological distress and adverse physical health symptoms" (Rigby, 2003, s.p).

Being bullied produces a lot of anxiety and depression because of feeling lonely, thinking that nobody cares how they feel. It brings bad patterns in eating and sleeping patterns causing health problems. It also produces a drop on academic achievements or any other activities.

1.3.2 For the Bully

Bullies can also have consequences caused by themselves or by adults that penalize them. Some bullying consequences can be getting suspended from school because of the bad behavior or actions. Another example are the addictions they could get in the future using them to justify their actions or to not to feel bad for acting so aggressively.

If Bullies continue to act in that way, when they become adults, they would probably be convicts or prisoners for hurting someone or even worse, killing them. Bullies also can die because of their bad decisions, like consuming a lot of drugs, or being killed by another prisoner.

CHAPTER II

Preventions and help

2.1 Methods to prevent bullying.

Bad behavior should be approached and prevented at different points before it happens rather than trying to repair the damages after it takes place. Luckily, there are various forms, places and specialized people who work at taking measures to prevent this. Luckily there are many preventions for this. One example of prevention is having campaigns against bullying, showing the real root and cause of the problem, so will be aware, learn and understand the problem, in order to stop it and not allow any type of bullying on their surroundings.

Another way to prevent this, is making schools teach their students to be respectful, even if they don`t thing like other ones, they should respect and never bother someone different. Many cases of bullying start because of someone disturbing another person for his different type of race, religion or even thoughts, and the reason why they bother or disturb other people is because they have never been taught about respect and also they have insecurities which they hide making others feel insecure.

Schools should have psychologists specialized in bullying, so when they see children or youths acting weird, they could give them support or tips for fighting their problems. This is important because problems affects people making them feel anxious and weak, and someone could take advantage from this, oppressing a kid with problems. So in fact, by helping the ones with problems can prevent them being bullied.

Schools should also engage student´s parents to help their children when they are being abused or when the abuse others. This is so important, because parents can also help to eliminate this behavior by giving good advice in home, so by trying to eliminate this in school and also at home, it would be easier to prevent an act of bullying.

Parents also should teach respect to their children and not statements like "Boys will be boys, or she shouldn't dress like that if she doesn't want attention" (Zins, Elias, Maher, 2007, p.4), which unconsciously are teaching their children to think in that way and become materialist or judges of others.

Teachers should also participate in this prevention, by learning how to act when they see a bad or strange behavior from their students. So, when they see someone sad or depress, they could give him/ her a good advice or may help them with problems that produces this behavior, they can also help or prevent someone with bad behavior from causing bullying or something even worse, by teaching him to be better or not to use his anger, because probably this will affect another person and also would affect himself.

There is also a research that was made on Indiana from the University of Georgia which "results indicate that the intervention program is effective in increasing teachers knowledge of bullying intervention skills, teachers use of bullying intervention skills, and teachers general sense of self-efficacy in working with students, and reducing the rate of bullying incidents" (Howard, Horne, Hollif, 2008, p.191). If teachers learn how to act in these situations, they will be saviors of future bad behaviors or even suicides from kids.

"Given the ubiquity of bullying, doctors, social care professionals, teachers, and parents need help to identify which bullied children are at greatest risk, to target interventions effectively"(H.Fisher, T.Moffit, 2012, p.3).

2.2 Forms of help when bullying has happened

The minute bullying is suspected or taking place, one of the best things to do is to provide some forms of help to everybody involved, especially to the harmed child and also the bully. This first step is crucial because by providing these types of help, we can save lives and future from the involved kids, by showing them how to act after the consequences, so in the future they will know how to protect themselves or how to respect others.

2.2.1 Assistance for the harmed child.

"Children's emotional or behavioral problems may make them greater targets for bullying and also increase the likelihood that they will engage in self harm" (H.Fisher, T.Moffit, 2012, p.3).

To provide assistance or to bring help to the harmed child is a really important intervention to do, because this could save a life. Giving support to a child with these problems, helps him to feel more cared and makes him be more confident, so when he has to confront many problems in the future he/ she will be more prepared and he/she will also know that he is going to have all the support that he needs and wants.

This assistance should be provided by teachers or tutors and the child's parents, these people should organize themselves so they can meet somewhere and talk these different ways to help the child, for example by meeting with a good psychologist, who would be

experienced in these types of problems, helping the child to confront the damages caused by bullying and how to avoid or be brave to confront this situation.

2.2.2 Correction for the bully

Another important thing to do after an act of bullying happens, is to correct the kid who has bullied, because by correcting him, he will learn to be respectful, bullying will stop step by step and also this kid won't have many problems that maybe this bad behavior will produce him in the future.

This correction should also be provided by teachers and parents with help of a psychologist, because with this help from this people, the bully will learn how to respect and how to confront the problems that made him act like that, in the school, at home or in any other place. It is important to show them that he also has their support, because this bad behavior is not only caused because he doesn't like or want to bother another child, it is caused by any other problem that affects this child mentality.

CHAPTER III

Types of bullying and their impact on society

3.1 Different types of bullying

There are many types of bullying in many places all around the world, especially in schools where bullying is part of it. Bullying is not always only physical aggression, it also can be mental aggression, for example when someone insult another person without stopping, making this every day, the person that is receiving the insult is also getting weaker and weaker till the point where he or she does not feel confident of his/ herself anymore.

This produce that bullied kids also get anxiety and they don't want to go to school because they don't feel secure or comfortable. "In some states laws have been put in place to define and outlaw bullying. Bullying has been classified into four based on the nature of bullying such classes include, verbal, emotional, cyber and physical bullying" (Navarro et al., 2011).

As technology is growing and helping the world, not everything is fine because people use technology, especially social media, to hurt others. This was the start of Cyberbullying, one of the newest forms of bullying, this type of bullying is related produced in social media, where someone can insult publically another person and everybody can see it.

The big problem with this type of bullying is how a false comment to someone can ruin his or her life, because people believe in everything that is on internet, so if they see a commentary of someone to another they will think that it is true, and the reputation of the commented person will get lower and lower depending on how bad was the comment. Cyberbullying can also be produced when someone threatens another person on DM, direct

message, so it would not be publically, not risking himself to get in trouble be threatening someone. So in fact, Cyberbullying can be produced publically or by DM, but regardless of the way, it continues to be a great problem that social media should and is trying to stop.

"A new permutation of bullying, however, has recently arisen and become more common: Techsavvy students are turning to cyberspace to harass their peers."(Patchin, 2006, sp.)

There is also the type of physical bullying which is one of the most common and dangerous of all the types of bullying, because there are times when bullies punch or kick other kids so hard or without stopping, that it can actually affect that kid′s health or even life.

There is also racism bullying, on which Bullies disrespect or insult other kids because of his or her color, where he /she is from or even their religion. The bad effect that this type of bullying produces is that bullied kids start to feel themselves less than others so much that they can actually hate or dislike how they are, where they are from and what the belief.

3.2 The real impact of bullying on society

Bullying affects everyone involved, and also affects everyone around. The real problem or impact of bullying is that it also affects the society because those kids that bully or are bullied, are the future of the society and of the world.

For example, imagine the young bully, at his youth, he insults, punches, threats, and abuse other kids, but what is he going to do or be when he became an adult, he will probably be a rapist, a thief, a dealer or a killer. Now talking about the bullied kid, at his youth, he is bothered, insulted and abused from others, making him feel oppressed and anxious, but what

do people do when they feel oppressed and anxious? They try to find a way to get that feeling away from them, usually in a bad way, like making others feel less so their self-esteem get higher, or even worse, like trying to find revenge to the ones that once affected them. So maybe in the future this kid, who was oppressed, will try to feel better by hurting the ones that hurt him, or even worse, he can also try to kill them.

This is one of the reasons why there are many psychopaths in the society, and also is one of the reasons why school shootings happen.

"The need for training of teachers was crystallized in Ireland recently by the tragic death of a young student who had been bullied for 5 years at school."(O`Moore, 2000, sp.)

3.3 How to deal with this problem in society

Now knowing the problems that bullying causes to society, it is time to know how society can prevent or solve this problem. Every man, woman, kid that is part of a society should participate in the war against bullying. One thing that people can do together to stop bullying and its effects is to make campaigns against bullying, so every child will understand that bullying is a very bad thing and it needs to be stopped, and also Bullies will learn that acting like that is bad for everyone including them.

Another thing society can do is to make that teachers learn how to act when they see something strange or bad happening between Childs in school, they will also have to learn what to do before or after bullying happens. Also parents should or have to teach their child what to do in those cases and how to correct or help their kids.

There should also be psychologists specialized on bullying and its consequences, so this people can help the kids involved in a mental way, so the consequences in the future won't be bad or as bad as it could be. All this things are important because if bullying is stopped from the beginning, many other problems in the future won't happen or it could be easier to stop.

CONCLUSSION

- At the end of this monograph work it is identified that the different causes of bullying are produced by many problems on Bullies life or home, like being abused, or that they feel not confident at all of themselves, and maybe because they have a big hate to others because of their race, religion, stereotype, etc. But also, there is a new type of bullying called Cyberbullying, which gives more facilities to bullies to hurt others.
- This monograph also show the different solutions to the Bullying problem, and the persons that can actually participate in this help, like for example teaching the teachers how to act when they see a bullying problem, or how to make that parents inculcate good values to their children.
- Another important thing that this monograph work has is the information about the bad consequences that bullying produces on the society and every people around, like making bullied kids commit suicide, or make them to want to get a revenge.
- As long as you read this monograph, you can learn what to do if you see someone suffering or making bullying, like defending the bullied one, and teaching the bully.
- This monograph work also shows the different types of bullying like Cyberbullying, racist bullying, etc.

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