School Bullying: The Rising Problem in Senior High Schools

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作者：
戴姿瑜。嘉義市私立興華高級中學。應用外語科二年 1 班
蔡雨柔。嘉義市私立興華高級中學。應用外語科二年 1 班
謝安婷。嘉義市私立興華高級中學。應用外語科二年 1 班

指導老師：
鄭世杰老師
I. Introduction

1.1 Motivation

Everyday many students face bullying situations that they are ill equipped to manage. What is bullying? Bullying is when someone keeps doing or saying things to have power over another person. Some of the ways they bully other people are by: calling them names, saying or writing nasty things about them, leaving them out of activities, not talking to them, threatening them, making them feel uncomfortable or scared, taking or damaging their things, hitting or kicking them, or making them do things they don't want to do. Have any of these things happened to you? Have you done any of these things to someone else? Really, bullying is wrong behavior which makes the person being bullied feel afraid or uncomfortable. Therefore, we should aware that when we’ve been bullied and how to prevent it.

1.2 Purpose of the Study

The purpose of this study is to investigate why some people bully. There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some bullies do it to get attention or things, or to make other people afraid of them. Others might be jealous of the person they are bullying. They may be being bullied themselves. Some bullies may not even understand how wrong their behavior is and how it makes the person being bullied feel.

II. Thesis

2.1 The Reasons of Bullying

Why are some young people bullied? Some young people are bullied for no particular reason, but sometimes it's because they are different in some way - perhaps

Fig 1. Bully
it's the color of their skin, the way they talk, their size or their name. Sometimes young people are bullied because they look like they won't stand up for themselves. Bullying is a problem that needs to be considered in the early stages of group formation. Unfortunately, as far as we are aware, there is no known procedure helping teachers to cope with this problem. It has been established that, in a certain group, a specific configuration in the students’ distribution affects the behavior among them.

2.2 Why is Bullying Harmful?

Bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can make young people feel lonely, unhappy and frightened. It makes them feel unsafe and think there must be something wrong with them. They lose confidence and may not want to go to school any more. It may make them sick.

2.3 What Can You Do if You Are Being Bullied?

You are not the problem, the bully is. You have a right to feel safe and secure. And if you're different in some way, be proud of it! Stand strong. Spend time with your friends - bullies hardly ever pick on people if they're with others in a group. You've probably already tried ignoring the bully, telling them to stop and walking away whenever the bullying starts. If someone is bullying you, you should always tell an adult you can trust. This isn't telling tales. You have a right to be safe and adults can do things to get the bullying stopped. Even if you think you've solved the problem on your own, tell an adult anyway, in case it happens again. An adult you can trust might be a teacher, school principal, parent, someone from your family, or a friend's parent. If you find it difficult to talk about being bullied, you might find it easier to write down what's been happening to you and give it to an adult you trust.

2.4 What Can You Do if You See Someone Else Being Bullied?

You see someone else being bullied you should always try to stop it. If you do nothing saying that bullying is okay with you. It's always best to treat others the way you would like to be treated. You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.
2.5 How to Handle Bullying Problems?

2.5.1 Quest for the Virtuous and Moral Regulations

It is an engaging, effective, and efficient means of raising awareness, fostering positive attitudes, and promoting effective problem-solving for bullying prevention in schools. While victims of bullying were more likely to develop anxiety disorders, the bullies themselves were at higher risk to develop antisocial personality disorder. Those who have both been bullies and bullied tended to develop both anxiety and antisocial personality disorders, the researchers found. Bullying and victimization are both associated with poor family functioning, parental violence, subsequent conduct and personality disorders, and increased criminality. The school health and educational system has a central role to play in detecting these wrong behaviors. Researchers recommended increased efforts at targeted mental health screening to identify bullies, victims, and combined bullies and victims. In a US survey (psychcentral.com), 17% of children in grades 6 to 10 reported being bullied, 19% being bullies, and 6% being both bullies and victims.

2.5.2 Role-Playing Activity

Role playing helps because bullying victims tend to be anxious, sensitive, cry easily and have fears of confrontation. Through this activity, every student could learn how to protect themselves and how to notice the happening of bullying. Schools must teach students to handle bullies. We should teach them the social skills to deal with difficulties such as bullies. The best solution is to teach people not to think and act like victims. It is best to remind everyone that no one can
2.5.3 Prevention of Bullying

Through guidance and anonymous questionnaire, teachers can better understand the attitudes and beliefs of students about bullying. For example, how they feel about students who are repeatedly being bullied and whether they are prepared to help them. They can enable schools to identify groups, for whom the problem is most severe. They can be used to involve parents and gain their cooperation. Schools can also greatly benefit from their knowledge, experience and understanding. They enable teachers to appreciate differences and similarities among staff members in how they view bullying and how they think it should be countered. Such awareness is needed if schools are to develop agreed policies and practices. This can only occur only if the measures are reliable and appropriate research designs and valid statistical analyses are employed. The following are charts and statistics about bullying in the United States. We can clearly see that the situations of bullying is declining. Therefore, we should take useful measures to prevent all possible bullying.

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Table 2. Percentage of Students Who Feel Afraid at School or on the Way to School (retrieve from http://youthviolence.edschool.virginia.edu/violence-in-schools/images/natstatetn.gif)

III. Conclusion

Bullies have the lowest levels of depression, social anxiety and loneliness. The bully of school was seen on television, Internet and newspaper recently. Those are skipped by people are so horrible. Teenager turns joke into quarrel. Finally become besiege, even bully. To teenagers, their ignorant and dull are really stupid. What they had done not only hunt the suffering and humiliated people, but also the people who hunt them will be published on law. And it will let people beneath notice as well. Although both sides are not having any advantage, the bullying are occurred more and more each year. It just let the person’s parents, teachers and friends signed with regret. The most important reason that we studied that bullies is we want to realize how the bullying appear, how to stop it and how to disappear it. And let the teenagers can deeply realize the serious consequences of bullying.
IV. References


