

Bullying is a problem that affects many young people. It still occurs in a lot of schools and the consequences for both the victim and the bully can be physically and mentally damaging.

The American CDC (Centers for Disease Control and Prevention) and Department of Education define bullying as involving the following three factors:

1. unwanted aggressive behavior
2. observed or perceived power imbalance
3. repetition of behaviors or high likelihood of repetition

A bully might use physical, verbal or social methods to hurt his or her victim.

In English public schools, young students were forced to act as servants to older pupils. This system, known as “fagging”, led to some older students abusing their “fags”, with beatings and other mistreatment.

Bullies will mask their own insecurities, focusing instead on other people. The pressure to live up to high standards of beauty and fitness can make things worse.

Those who have been bullied are twice as likely to bully others. By bullying other students, some think they will not be bullied themselves, which can lead to a vicious cycle.

A third of children who regularly bully others say that they feel neglected and rejected by their parents/ guardians, feeling they do not spend enough time together.

In his biography, *Boy*, the British author described his own experiences of fagging. He had to sit on freezing cold toilets seats to warm them for a senior student.

“I wiped the frost off the seat with my handkerchief, then I lowered my trousers and sat down? I was there a full fifteen minutes in the freezing cold before Wilberforce arrived on the scene.

Wilberforce lowered his own trousers and sat down.

“Very good,” he said “Very good indeed”.

“Some Fags have cold bottoms,” he said, and some have hot ones.

I only use hot-bottomed Fags to heat my bog-seat. I won't forget you”

Bullies are far more likely to have lived through a stressful or dramatic episode in the previous five years, like the death of a family member or parent's divorce

Stress and Trauma

Low self-esteem

They've Been Bullied

Difficult Home Life

Bullying

What?

6 common Bullying Behaviors

Nothing New

A word from Roald Dahl