Your Name

Instructor Name

Course Number

Date

Title: Speech

**Speaker:**

**Speech Topic:** Being Bullied.

**Speech Type:** Persuasive

**Audience Analysis**

*Knowledge:*

My audience knows little about being bullied but do not have much idea about the negative effect it has on the physical, mental and academic performance of children.

*Attitudes:*

My audience will be interested in knowing the effect of being bullied on the mental physical and academic performance.

*Expectations:*

My audience will be present and they will expect to hear good supporting material to prove that being involved is beneficial.

*Demographics:*

We are all in college; about 18-23 years old.

*Setting:*

My college classroom

**General purpose:**

To persuade

**Specific purpose:**

To make my audience aware of the negative consequences of being bullied on the mental, physical and academic performance.

Bullying is defined as repeated and intentional aggression that is expressed in verbal, physical and relational forms in which the person cannot defend themselves due to an imbalance of power in both cyberbullying and traditional (face to face) forms. Among adolescents, bullying is a common experience and a strong association between psychological wellbeing and bullying is evident among perpetrators and victims. Worldwide there is a great amount of evidence that links the experience of bullying to the development of social, cognitive, emotional and behavioral problems (Arseneault). The significant harm from bullying among children and adolescents creates a great challenge for mental health promotion services and programs in schools. In the US, studies have shown that almost 30 to 50% of the secondary school students are involved in bullying (Hill and Kearl; Porter and Smith-Adcock). About 4400 people in the US commit suicide because of bullying. Bullying is of different types. Direct bullying refers to harming another person by getting directly at them, it is done by one or more groups of children repeatedly against some other children at school. Relational bullying is defined as damage relationships between friends and destroys the status of another person in the group to upset or hurt them. Cyberbullying, on the other hand, is referred to as when someone tries to harm or upset a person by using electronic media such as text messages, mobile phones, blogs, email or any social media site (Wolke and Lereya).

All of us need to understand the consequences of bullying on the life of the person being bullied. According to different research, it has found that adolescents and children who have been bullied experience negative physical, psychological and academic effects (Hinduja and Patchin).

Bullying can lead to social problems, injury, emotional problems, and even death. Those who are bullied are at increased risk of headaches, mental health problems and adjusting to school. It can also cause long term damage to self-esteem. Those adolescents and children who are bullied are at an increased risk of academic problems, substance abuse and violence to others later in their life. According to the research studies, all those who are bullied are at increased risk of depression (Menesini and Salmivalli).

It is very important to talk with children about the consequences of bullying as they can play an important in preventing bullying. There are many different roles which children can play such as they can bully others, may witness bullying or they can be bullied. Those children and adolescents who are the victims of the bullying behavior need help in understanding how to respond to the bullying. Bullying can have a lasting effect on the mental health of a person. According to one study, it is found that those children who are frequently bullied at a young age are more likely to develop mental disorders such as poor school performance, low self-esteem, increased risk of suicide and depression.

**Psychological Effects:**

The psychological effect of bullying includes anxiety, depression, suicidal behavior, low level of self-esteem, drug or alcohol abuse, involvement in crime and aggression. While bullying leads to psychological problems for any child, those children who are already suffering from mental health problems are even more likely to experience the negative effects of bullying. Cyberbullying that happens with mobile devices and computers is also associated with the mental health problems. Being bullied makes children and adolescents incredibly insecure. Children who are being bullied constantly feel insecure. They feel isolated, unaccepted, withdrawn and angry (Hymel and Swearer).

**Physical Effects**

Those children who are being bullied are stunted due to the constant tension as they missed many chances that can help them in their development. The consequence of bullying on physical health can be immediate (physical injury) or long terms such as sleep disturbances, headaches, and somatization. However, the long term effect of bullying on physical health is difficult to identify and to link it with the past behavior of bullying(Oliveira et al.). A study conducted by the Bogart and colleagues and it was determined that children and adolescents who were bullied experience negative physical effects. Among children with worst physical heath, 6.5% were not bullied, 14.9% had been bullied in the past, 23.8% had been bullied in the present and 30.3% had been bullied both in the present and past.

Being bullied increases the level of cortisol (stress hormone) in the body right after the stressful event. The stress, in turn, has a great impact on the hormones and immune system. Imaging has shown that functioning and activity of the brain can be affected by the bullying. The emotional effect of being bullied is expressed through somatic disturbances. Anxiety and stress-related symptoms include gastrointestinal concern, sleep disorders, palpitations, headache, and chronic pain. The association between sleep disturbances and being bullied is well documented in the literature (Hunter et al.) (van Geel, Vedder and Tanilon). A study was conducted and it was found that those children who were bullied were twice as likely to experience sleep difficulties (Moore et al.).

**Effect on academic performance**

Most of the studies that are conducted in the past have claimed that bullying leads to the poor academic performance and less income after completion of school this is because the victims of bullying have a great tendency to report loneliness and unhappiness at school as well as they report to have few close friends. In addition to this victims of bullying are more likely to develop psychosocial and psychosomatic problems as compared to children who are not being bullied therefore they face difficulty to deal with anxiety, depression, and loneliness which in turn is related to poor academic performance (Schoeler et al.).

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