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Bullying

# Outline

* Problem identification
* In the United States, Bullying is one of the common forms of youth violence
* Bringing some serious consequences for the victims and their problems
* More risks for mental illnesses and anti-social behavior among youth
* Causes of the Problem
* low self-confidence, low self-esteem, lack of empathy, and superiority complex
* children who are easily frustrated
* a bad company of friends
* Being with friends who bully, a child more likely to adopt the same ways.
* Teachers and parents also play an essential role in keeping the students away from bullying.
* Ignoring the bullying habit of a child then he or she believes that this behavior is acceptable
* Solutions to the Problem
* School-based programs but not effective
* Strict rules and policies are needed at School
* The educational institutes need to include different support systems for the students
* Some school-based programs are needed that directly address the bullying behavior

Bullying

# Introduction

Bullying is one of the common forms of youth violence in the United States. It includes the hostility that is corporeal, verbal or social. However, the arrival of technology, electronic bullying is also very common among youth. Cyber-bullying occurs through online social sites and mobile phones by using different ways (Wang, Iannotti, and Nansel, pp. 368-375). It has been very common throughout the country. According to a StopBullying report, in 2015 about 20% of the students reported the school administration of being bullied and about 16% of the students told about being the victims of online bullying.

Bullying commonly causes physical or psychological harm to the students. Therefore, it important to develop some measurable solutions to such a trending public problem. Likewise, this paper aims to find out the causes and consequences of such a serious issue. At the same time, it also comes up with some solid solutions that will help to address the problem properly.

# Problem identification and definition

Bullying brings serious consequences to society. It has risk factors of physical injuries, emotional problems and education related problems. It is also a big deal for the United States to prevent bullying. According to the National Bullying Prevention Report 2015, about one out of five children in the US informed about being bullied. At the same time, researchers also about the consequences that it causes educational problems, drugs addiction, anxiety, and depression. Bullies at Schools “look for victims” to overcome their emotional weaknesses (Long and Alexander, p.29). Moreover, the youth who is being bullied is more at risk for mental illnesses and anti-social behavior. However, the consequences of bullying are not limited to the individual. Instead, it also influences friends and family members of the victim. It affects the health of person.

# Causes of the Problem

Bullying is caused by several reasons. It is caused due to low self-confidence, low self-esteem, lack of empathy, and superiority complex. Moreover, the “low self-control is the main source of criminal behaviors” among the youth (Moon and Alarid, p. 05). The paper focuses the youth bullying therefore, the causes of the problem are discussed in the context of children. Moreover, children who are easily frustrated, like breaking rules and are in the company of a friend who bullies, are usually involved in bullying friends and classmates. Likewise, it is also observed that children with dominant personalities bully more. During the School or college, these children want to maintain their popularity. They used to be socially active and more popular, as a result, they try to influence the students who are less popular or weak.

In addition, a bad company of friends also threaten into bullying. As a result, students get into bullying in order to get into the company of his or her friends. Being with friends who bully, a child more likely to adopt the same ways. At the same time, teachers and parents also play an essential role in keeping the students away from such activities. In case, a teacher or a parent ignores the bullying habit of a child then he or she believes that this behavior is acceptable. Behaviors are also teachable at home and at school. The unhealthy environment of home and School can develop bullying habits among the children.

# Solutions to the Problem

Knowing the severity of the problem, it is necessary to prevent the problem. Although there are different solutions designed for bullying throughout the country, the problem still exists in the US. A lot of School-based programs are introduced but due to lack of evaluation, the results are unknown (Bynum, n.p). However, based on secondary sources and researches few potential solutions are defined to overcome bullying.

The educational institutes need to include different support systems for the students who become victims of bullying. In addition, some school-based programs are needed that directly address the bullying behavior and groups within the school setting. Some stronger rules against the issue can restrict the students to get involved in bullying. Moreover, the school administration also involves the parents and families of the bullying students and the victims to prevent the causes of the problem. At the same time, some development approaches can be significant to strengthen the emotions and social behavior of students.

# Conclusion

In conclusion, Bullying is a serious issue in the United States and it needs to be prevented. There are some risks factors that cause the problem such as low self-confidence, low self-esteem, lack of empathy, and superiority complex. In order to overcome the problem, it needs to involve parents and teachers. At the same time, some effective school-based programs will be helpful.

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