

IMPACTS OF BULLYING



Youth Employees from left to right: Mia Nanita, Rylee Gellner, Rileyanne Hawpe, Jentri Price, Kennedy Maturino, Braley Hix *Not Pictured: Addi Price*

Impacts of Bullying

Bullying can manifest in various forms, including verbal bullying, which may take the form of rude comments or indirect jokes, as well as other forms of verbal neglect. Additionally, bullying may also take the form of cyberbullying, which involves harming or mocking someone online or on social media.

Cyberbullying

A young lady relates the experiences of a friend who would make hurtful and disrespectful remarks to her. As a result of this behavior, the friendship was terminated. Afterward, the former friend would send messages through a widely used social media platform, expressing her negativity and wishing harm upon her, even suggesting that she take her own life. These messages had a profound impact on the young lady's self-perception and made her feel unwanted and unvalued. To cope with this situation, she chose to block the former friend and eliminate any remaining connection with her.

Establishing boundaries is an effective method for controlling bullying. It is acceptable to seek out a fresh group of friends, and it is acceptable to distance oneself from harmful relationships that hinder one's ability to be and feel their best self.

Bullying in Friends Groups

Individuals often engage in playful banter about one another's appearance, which can have a detrimental effect on the recipient's self-perception. This was particularly evident in the case of an interviewee, who internalized the negative comments and consequently developed a negative attitude towards both themselves and food.

The interviewee perceived that the statements made by his acquaintances were intended playfully, but he acknowledged the detrimental manner in which the words of others affected his own self-perception. Our organization recommends that you reflect before you communicate. Be a constructive influence in the lives of your peers. None of us can truly determine how our words affect others, or what is transpiring within the soul and intellect of another. Admirable friends reinforce one another, rather than diminish each other.

Sports

An interview with a high school athlete revealed the impact of bullying in sports. Despite being part of a team, the individual feels judged and targeted for her skin color, with teammates making racial comments to undermine her. Despite these challenges, she is determined to prove her worth and works harder than most to demonstrate her equality.

As high school students, it is crucial that we acknowledge and respect the diversity of our peers, refraining from highlighting the qualities that distinguish them from others. Doing so may impede their enjoyment of extracurricular activities, which hold immense significance in our lives and resonate deeply with our hearts.

Family

One of our summer youth co workers interviewed for this article recounted the experience of an extended family member who hailed from a disadvantaged background. This individual reportedly resented the coworker due to her upbringing and values, mocking her appearance, attire, and lifestyle choices. Consequently, the coworker was left feeling unworthy of her family's acceptance and attempted to alter her perspective in their presence. This ongoing struggle ultimately led her to believe that she could not genuinely be herself around others. She is still working to accept and love herself.

The significance of recognizing and appreciating the individuality of others cannot be overstated. As human beings, we are all distinct, with varying lifestyles, socio-economic backgrounds, interests, and beliefs. While our differences may sometimes cause us to have advantages or disadvantages in life, it is important to refrain from criticizing or looking down upon others. Instead, we should strive to be accepting and kind. This is a promise that the Summer Youth Employees of Team ONABEN strive to uphold.

Body Shaming

An individual participating in athletics related activities recounted an instance where a coach made a remark about the appearance of her legs, and subsequently informed her that her physical attributes would impede her ability to attain optimal success in her chosen sport. Feeling the need for a resolution, the athlete consequently approached the athletic director and shared the derogatory comment made by the coach. By articulating the negative consequences of the remark, the athlete was able to put an end to the coach's offensive statements. The athlete expressed her belief that although the comments' intention was uncertain, they nonetheless had a harmful impact on her self-perception. Despite this, she was able to overcome the negative comments from her previous coach with the support of her family, friends, and future coaches through positive affirmations, and subsequently has excelled in her sport. Instead of concentrating on the detrimental aspects, the athlete opted to adopt an optimistic mindset.

Everyday Remarks

Often, people fail to recognize the influence that a casual remark can have on an individual's self-perception. Although such comments might not appear to have a negative connotation or significant impact on others, they may still shape someone's perspective of themselves. To mitigate potential offense or harm to another's self-image, it is prudent to exercise caution and consider the possible consequences of one's words before speaking.

Standing up for Yourself

Mia Nanita-ONABEN summer youth employee, emphasizes that if one is being subjected to bullying, it is essential to assert oneself and inform a trusted authority figure. When confronted with bullying, it is crucial to remind oneself of one's inherent worth and adhere to one's moral principles. It is often the case that bullies are grappling with their own challenges and are unable to effectively manage their emotions. Nonetheless, this does not excuse the behavior of the bully, and it is imperative to take action. By confiding in a trusted individual, one can articulate the influence of the bullying while also bringing attention to the issue. This step can help put an end to the bullying and potentially offer assistance to the bully as well.

Summary

Bullying is often a result of individuals experiencing suffering in some way, leading them to resort to harmful actions. Instead of addressing their pain in a constructive manner, individuals may seek to inflict pain on others as a means of finding solace in the company of those who are also experiencing pain. This harmful behavior can have a significant impact on an individual's self-image, leading to feelings of deep insecurity and emotional distress, which can negatively affect their mental well-being.

ONABEN's summer youth employees urge each of you to serve as a source of inspiration and catalyst for change within your communities. By setting exemplary standards and establishing boundaries, you can foster an environment of positivity and self-belief. We encourage you to treat yourself with kindness and respect, while extending the same to those around them.

