

The Impacts of Bullying

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PROJECT PROPOSAL:

Bullying has a harmful effect on the physical and emotional well being on humans. It can create emotional and psychological scars, even physical harm.

Objectives:

1. Define bullying
2. Identify warning signals of bullying behavior.
3. Present methods to overcome and prevent bullying behavior.

Bullying is defined as aggressive behavior that is intentional and that involves an imbalance of power. This aggressive behavior is typically repeated over time. The most common form of bullying is verbal. Verbal bullying involves teasing, name calling, and being the subject of rumors. Other forms of bullying include nonverbal or emotional and cyberbullying.

There are many warning signs that may indicate someone is affected by bullying, being bullied, or bullying others. Recognizing the warning signs is an important step in taking action against bullying. Not all people who are bullied ask for help. These warning signs can point other issues or problems.

Signs of a person's bullying behavior or bullying others:

- Are increasingly violent
- Blame others for their problems
- Do not accept responsibility for their actions
- Have friends that are engaging in bullying

Methods to help overcome and prevent bullying behavior.

- Creating a safe environment.
- Raise community awareness of bullying and support school and community bullying prevention programs.
- Encourage youth to speak out against bullying.
- Teach youth they have roles to play in bullying prevention.
- Encourage interested youth to take leadership roles in preventing bullying behavior in their schools and communities.
- Teach youth to speak up on behalf of those being bullied.
- Learn characteristics and warning signs related to bullying.
- Establish clear rules about bullying behavior.

By taking some of these steps, we will be better able to offer a safe environment. This proposal may be significant to Christian families, Local Parish, Community.

Christian Families. Help them have a better understanding of bullying help identify who needs help. It also answers their concerns in this proposal.

Community. Offer a safe environment for victims or everyone.

Local Parish. Can directly address the issue to the community.

Each one of us has gone through a lot in our journey. We experience happiness and loneliness, we have gone through success and downfall in life. As time continues, society becomes more toxic. A lot of issues and discrimination have been thrown at each other. In these times, people can't reciprocate the love to one another but they can reciprocate the hatred. People tend to rotate the world upside down where they tolerate insulting through joking, which causes damage to a person's feelings. Bullying is still bullying no matter what reason it has because its effect and damage would still be grievous. Most bullies make bullying their way for temporary satisfaction or maybe because they also experience that violence. But why would they do the same to others if they already knew that traumatizing feeling? Why are they throwing the hate to those people who peacefully live their lives, is it because of jealousy? 1 Peter 3:9 says, "Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing." Everything is not okay but it would all be okay. Remember that God won't let us alone go throughout our journey, we may not notice but all along he is always there in our side. Let the difficulties of life pass by and bear in mind that God planned it to make us strong.

Most of the people nowadays, especially the youths are experiencing bullying such as cyber bullying, physical bullying, verbal bullying etc. Generally, bullying is done by the strong people on the weaker sections of people. Usually the victims cannot do anything to stop them because they're afraid of them. Victims lose their confidence after they get bullied. Others may have depression and anxiety because of this and some are blaming themselves for why they are being treated like that. The significance of this project is that to make people aware about bullying. That it isn't good to bully someone because it has a very bad impact on the people knowing that it can make people feel lonely, unhappy and frightened. Bullying has an impact on everyone, not just to the person being bullied. Because the majority of bullying occurs in schools, most people say they don't appreciate seeing it in their community or at school; it makes them feel scared and uneasy. School should be a place where students can learn and grow in terms of their mental, social, and emotional development. However, for some students, school is a place they are most terrified of, and the people inside the school can sometimes be seen as a threat. Bullying can result in a variety of consequences, including suicide. Therefore, before we say hurtful things to someone or bully them, we should consider the ramifications of our actions. It may seem like a joke to us, but it isn't to the one being bullied. That is why we must be cautious about what we say to others, as it may inadvertently hurt them. We must consider what will happen to the person because a single word can cause a person to question their whole existence.

Bullying can affect everyone, Bullying is linked to many negative outcomes including impacts on mental health and suicide. Preventing and stopping bullying involves a commitment to creating a safe environment where people can thrive without being afraid. These are the 5 solutions to bullying:

1. Educate people in bullying awareness in prevention, appropriate intervention, and reporting.
2. Present How to Treat Others with Kindness and Respect.
3. Encouraging people to navigate confusing and complex emotions in non-violent ways.
4. Teach people how to manage and regulate their emotions in a mindful way.
5. Always intervene when bullying occurs.

PRAYER & ACKNOWLEDGEMENTS:

Father,

You are the Fortress, the Savior and the Pillar of our lives. You are our Shield, in whom we seek refuge. You always honor your promises, Lord, and You are merciful in everything you do. You assist those who have stumbled and elevate those who are overburdened. People all throughout the world seek to You for hope, and You provide them with food when they need it. When You open Your hand, You quench the hunger pangs of all living things. Holy Spirit, Your Word teaches us to treat others as we ought to be treated. We profess that we will fulfill this order and act in a courteous and equitable manner. We'll be friends and inform an adult when someone is being cruel to others. We are not going to hit, force or fight others. We pledge that You, Lord, will be the light and mercy for people who are oppressed and bullied, allowing them to be free of fear. We declare that God, You will force the terrible people who bully others to fail in their acts. We believe that Your angels will guard those who are bullied everywhere they go. We proclaim that You will save those who love You and protect those who put their faith in You. Thank you for providing a safe haven for individuals who are being mistreated by others. Thank You for always being our Savior, who protects us from evil. Thank You for never forsaking or deserting Your people. This we ask through our Lord Jesus Christ, your Son, who lives and reigns with in the unity of the Holy Spirit, on God, forever and ever.

- Amen

The completion of this advocacy wouldn't be done without these references that give us some ideas and suggestions:

- <https://www.slideshare.net/mjlobetos/lesson-9-citing-benefits-and-beneficiaries-of-research-study>
- <https://www.unicef.org/philippines/press-releases/online-bullying-remains-prevalent-philippines-other-countries>
- <https://www.megaessays.com/viewpaper/34315.html>