



**SPECIALISED
SECURITY SERVICES
MIKE BOLHUIS**



PROJECT: BULLYING

*Bullying can affect everyone - those who are bullied, those who bully,
and those who witness bullying.*

*There are many different types of bullying that can be experienced by
children and adults alike, some are very obvious, while others can be
more subtle.*

**STOP
BULLYING**

STAND UP. SPEAK OUT.

Bullying

- Bullying is a continuing and deliberate misuse of power in relationships through repeated physical, verbal, and/or social behaviour that intends to cause social, physical, and/or psychological harm.
- It can involve an individual or a group abusing their power, or perceived power, over one or more persons who feel unable to stop it from occurring.
- Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time.

Different types of Bullying

- **Physical bullying:** Includes hitting, kicking, pinching, tripping and punching or damaging property. Physical bullying causes both short term and long term damage.
- **Verbal bullying:** Includes name-calling, teasing, insults, intimidation, racist or homophobic remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels that start affecting the individual target.
- **Social bullying:** Social bullying, sometimes referred to as covert bullying, is more difficult to identify and can be carried out without the bullied person's knowledge, or them being present. Its intention is to cause humiliation and/or harm someone's social reputation. Social bullying can include:
 - Lying and spreading rumours.
 - Mimicking unkindly.
 - Nasty jokes to embarrass and humiliate someone.
 - Encouraging others to socially exclude someone.
 - Damaging someone's social reputation or social acceptance.
- **Cyberbullying:** Intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices. Cyberbullying can include:
 - Abusive or hurtful texts, emails, posts, images or videos.
 - Deliberately excluding others online.
 - Nasty gossip or rumours.
 - Imitating others online or using their log-in details.
- **Sexual Bullying:** Harmful, repeated, and humiliating sexual actions towards a person. Sexual bullying includes:
 - Sexual name-calling.
 - Crude comments.
 - Vulgar gestures.
 - Uninvited touching.
 - Sexual propositioning.
 - Pornographic material.

Most common forms of bullying:

- Among children.

- Teachers towards children.
- Parents towards children.
- Among work colleagues.
- Law enforcement towards community members.
- Racial bullying.

The Effects of Bullying

- Bullying of any form or for any reason can have immediate, medium and long-term effects on those affected, including bystanders.
- People who are bullied are more likely to experience the following:
 - Depression
 - Anxiety
 - Increased feelings of sadness and loneliness
 - Changes in sleep and eating patterns
 - Loss of interest in activities
 - Health issues
 - Low self-esteem
 - No self-respect
- Bullied children show decreased academic performance and school activity participation.
- Increased use of tobacco, alcohol and other drugs.
- May lead to other criminal behaviour including prostitution.
- Increased mental health problems.
- May lead to suicide or attempted suicide.

Preventions

Individuals being bullied - Warning signs

- Unexplained injuries.
- Difficulty sleeping or frequent nightmares.
- Lost or destroyed clothing, books, electronics, or jewellery.
- Frequent headaches or stomach aches, feeling ill or faking illness
- Changes in eating habits, like skipping meals or binge eating.
- Declining grades, loss of interest in schoolwork, or not wanting to go to school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness or low self-esteem.
- Self-destructive behaviour such as running away from home, harming themselves, or talking about suicide.

Individuals bullying others - Warning signs

- Increasingly aggressive.
- Get into physical or verbal fights.
- Blame others for their problems.

- Have friends who bully others.
- Have unexplained extra money or buying new devices, toys, items, etc.
- Are competitive and sensitive about their reputation or popularity.
- Don't accept responsibility for their actions.

Conclusion

- It is important to take bullying seriously and not ignore it.
- Seek help from relevant authority or professionals.
- Exposing the bully is the best way to deal with bullying.
- Believe your child and look out for any warning signs.
- If you leave the situation, the bullying will get worse and more intense and it will be more difficult to escape the situation.



**If the project meant anything to
you in any way,
please feel free to contact us for
immediate assistance.**

References

<https://www.ncab.org.au/bullying-advice/bullying-for-parents/definition-of-bullying/>

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<https://www.stopbullying.gov/bullying/effects>

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You may forward this document.

Regards

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EXTREMELY IMPORTANT: Our biggest enemy is disinformation. If you receive any information regarding my organisation that concerns you, please contact me, Mike Bolhuis, directly to confirm whether the information is indeed factual or not.

STANDARD RULES APPLY: Upon appointment, we require a formal mandate with detailed instructions. Please take note that should you not make use of our services – you may not under any circumstance use my name or the name of my organisation as a means to achieve whatever end.

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