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Bullying



What is bullying?

Bullying is an aggressive and unwanted phenomenon that involves the practice of violence and aggressive behavior by an individual or group of individuals towards others. This phenomenon is more widespread among school students, and its behaviors are characterized by repetition.

Individuals who practice bullying resort to using physical force to get what they want from others. An individual who is a bully or who is being bullied is vulnerable to serious and permanent psychological problems.



What are the types of bullying?

There are specific types of bullying behaviors, which include the following: Verbal or written abuse: such as using the nicknames or titles or displaying offensive posters to others. The use of violence also includes the threat of using violence:

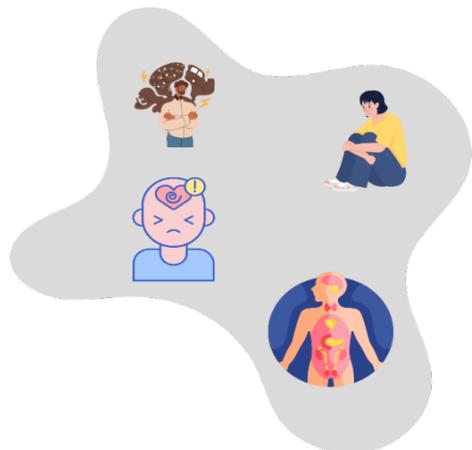
- Sexual harassment: It is considered a very disturbing behavior, causes fear and humiliation to the victim, and may result in a crime.
- Racial discrimination: which involves treating people differently based on their identity.
- Cyberbullying: using the Internet or phone to threaten or coerce.



What are the effects of bullying?

We must get rid of these actions in our lives and help eliminate them, because it affects the victims with the following:

- Complaining about health problems.
- Depression and anxiety (increased risk of social phobia).
- Develop an increasing feeling of loneliness and sadness.
- Change in sleeping and eating patterns.
- Lack of interest in activities that were previously enjoyable.
- These previous problems may continue to exist even after reaching puberty



What are the effects of bullying?

- A decrease in school or university performance, a decrease in the student's performance rate in exams, and there is a high probability that the school student will prefer to stay away from attending school completely or to be absent from it often.
- There are rare cases in which someone who is being bullied feels a desire for violent revenge, which happened in some schools during the 1990s. At that time, school shooting incidents spread, which were found to be caused by someone that was being bullied before.



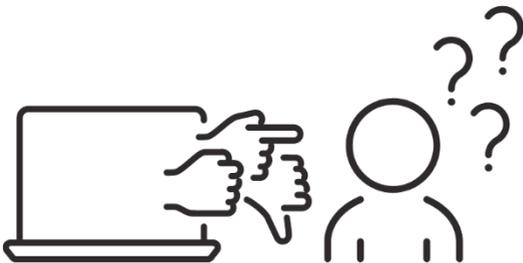
Fact

Whoever witnesses the act of bullying another person may also experience effects such as an increase in the desire to smoke, drink alcohol, and use drugs (in Western societies more than others). They may also skip school, or they may suffer from mental psychological problems such as depression or continuous anxiety.



fact

It is wrong to consider bullying as a major cause of teenagers suicide. In order to make a serious decision like this, a person not only goes through a disturbing experience like this, but there are many factors that greatly influence it to take him to this point. But in general, bullying remains a problem that cannot be underestimated in our daily lives



What are the ways to deal with a bully?

You should follow these steps if you encounter a bully:

- Always be confident in yourself: Do not let the person in front of you feel that you do not deserve his respect. Rather, remain confident in yourself and your answers and actions, and make him feel that. If he starts bullying, it is better to respond to him with a polite language and respect, as he will lose hope in bullying you.
- Try to be a social person: the bully works to make his victim feel lonely, and when you have strong social relationships, it is difficult for a person to affect you.



What are the ways to deal with a bully?

- Be firm and gentle at the same time: Do not allow the bully to provoke or challenge you. Use simple, calm language while speaking. Don't forget that if you confront him the same way, you are a bully just like him.
- Building personal boundaries: You must build boundaries with any person in your life, when each person knows his or her limit; He will not dare to cross it.



What are the ways to deal with a bully?

- Try to be intuitive and quick in thinking, and cold in your answers: when you feel that the person in front of you is gradually trying to bully you and make you angry, think quickly about what you are going to say, but on the other hand, take two steps back, and defend yourself gently and coldly, as we said, this way, you absorb your anger and fail the bully.



Who is a bully?

A bully is someone who hates others and despises them because of their color, gender, ethnicity, or job.

What are the characteristics of a bully?

Some of the characteristics of a bully are:

- constantly conflicted and quarreled to the greatest extent possible.
- Intolerance, threats and intimidation, ignoring others and not respecting them or feeling compassion towards anything.
- He does not accept accountability and deals with dictatorship.
- He has excessive selfishness, and frequently makes harsh judgments.



What is the ruling on bullying in Islam?

The Qur'an explicitly forbids despising and mocking people because of illness, poverty, or any different or unusual characteristic. Perhaps the one who is mocked is greater in the sight of God than the mocker, and perhaps he is more beloved to God than the one who mocks Him.



How to stop bullying?

- ❖ Parents' support for the person who is exposed to bullying and supporting him, embracing him, and not dealing with him harshly
- ❖ It is important to educate all members of society, children, teachers, and parents in the nature and reality of bullying, and to understand the behavior of the person who is exposed to bullying to help him get out of this situation.
- ❖ Enhancing the confidence of the bullied, and enhance his ability to restore his psychological and moral health



What is the treatment for bullying?

- ❖ Encouraging the person being bullied to participate in social activities and get involved in society.
- ❖ Providing psychological treatment to the person exposed to bullying and consulting a psychiatrist to help him treat this problem.
- ❖ Raising children properly and not using violence with them.



What are the signs that my child is being bullied?

There are signs that indicate that your child is being bullied, but all of the above-mentioned things happen inside the school and in isolation from the parents. How can a mother know that her child is being bullied? Here comes the necessity of following up your child well and continuously inside the home and keeping him under observation that does not bother him. There are a number of signs when they appear on your child, there is a high possibility that he will be exposed to severe bullying.



What are the signs that your child is being bullied?

- Your child's aversion to school, his unwillingness to go there at all, and his constant excuse for absence.
- The child loses his self-confidence and this appears in his tendency not to choose and let others choose for him, and his feeling of failure.
- The child's tendency to isolate himself and sit alone continuously and noticeably, contrary to his nature.
- The child's loss of appetite and aversion to food, even from the food he loves and prefers.
- The child feels aggressive towards his colleagues and talks about them in a way full of hatred and malice.



How do you confront bullying?

After you notice one or more of these signs on your child, there are a number of steps you can follow:

- Start talking to him in a friendly and calm manner; To learn about what he faces inside the school or inside the facility and what he was exposed to, and do not start giving advice as soon as he tells you what happened, just listen to him.
- Inform the school counselor or psychological counselor about what your child has been exposed to; To take necessary action resulting from bullying.
- Make sure to support his self-confidence on an ongoing basis and give continuous words of compliment and admiration in front of him, his family and friends.



How do you confront bullying?

- Talk to him about bullying and how to confront it, but by staying away from violence, whether by asking the bully to leave him alone, avoid him, or telling the teacher.
- Make sure your child participates in school activities and plays sports; Because the more a child achieves, his self-confidence increases.
- Do not be shy to consult a child psychiatrist to learn about the most appropriate ways to deal with your child if he is exposed to bullying.
- Strengthen your child's self-confidence against any aggressive behavior he is exposed to.



Sources and references:

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