**Bullyin**

Bullying is the use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others. The behavior is often repeated and habitual. One essential prerequisite is the perception, by the bully or by others, of an imbalance of social or physical power, which distinguishes bullying from conflict.Behaviors used to assert such domination can include verbal harassment or threat, physical assault or coercion, and such acts may be directed repeatedly towards particular targets. Rationalizations of such behavior sometimes include differences of social class, race, religion, gender, sexual orientation, appearance, behavior, body language, personality, reputation, lineage, strength, size, or ability. If bullying is done by a group, it is called mobbing.

Bullying can be defined in many different ways. The United Kingdom of Great Britain and Northern Ireland has no legal definition of bullying,[6] while some states in the United States have laws against it. Bullying is divided into four basic types of abuse – emotional (sometimes called relational), verbal, physical, and cyber. It typically involves subtle methods of coercion, such as intimidation.

Bullying ranges from one-on-one, individual bullying through to group bullying called mobbing, in which the bully may have one or more "lieutenants" who may seem to be willing to assist the primary bully in his or her bullying activities. Bullying in school and the workplace is also referred to as peer abuse. Robert W. Fuller has analyzed bullying in the context of rankism.

A bullying culture can develop in any context in which humans interact with each other. This includes school, family, the workplace, home, and neighborhoods. In a 2012 study of male adolescent American football players, "the strongest predictor [of bullying] was the perception of whether the most influential male in a player's life would approve of the bullying behavior".

**Definition**

There is no universal definition of bullying, however, it is widely agreed upon that bullying is a subcategory of aggressive behavior characterized by the following three minimum criteria: (1) hostile intent, (2) imbalance of power, and (3) repetition over a period of time.Bullying may thus be defined as the activity of repeated, aggressive behavior intended to hurt another individual, physically, mentally or emotionally.

The Norwegian researcher Dan Olweus says bullying occurs when a person is "exposed, repeatedly and over time, to negative actions on the part of one or more other persons". He says negative actions occur "when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways." Individual bullying is usually characterized by a person behaving in a certain way to gain power over another person

**Types**

Individual bullying can be classified into four types. Collective bullying is known as mobbing, and can include any of the individual types of bullying.

Physical, verbal, and relational bullying are most prevalent in primary school and could also begin much earlier whilst continuing into later stages in individuals lives. It is stated that Cyber-bullying is more common in secondary school than in primary school

**Individual**

Individual bullying tactics can be perpetrated by a single person against a target or targets.

**Physical**

This is any bullying that hurts someone’s body or damages their possessions. Stealing, shoving, hitting, fighting, and destroying property all are types of physical bullying. Physical bullying is rarely the first form of bullying that a target will experience. Often bullying will begin in a different form and later progress to physical violence. In physical bullying the main weapon the bully uses is their body when attacking their target.Sometimes groups of young adults will target and alienate a peer because of some adolescent prejudice. This can quickly lead to a situation where they are being taunted, tortured, and beaten-up by their classmates. Physical bullying can lead to a tragic ending and therefore must be stopped quickly to prevent any further escalation.

**Verbal**

This is any bullying that is conducted by speaking. Calling names, spreading rumors, threatening somebody, and making fun of others are all forms of verbal bullying. Verbal bullying is one of the most common types of bullying. In verbal bullying the main weapon the bully uses is their voice. In many cases, verbal bullying is the province of girls. Girls are more subtle (and can be more devastating), in general, than boys. Girls use verbal bullying, as well as social exclusion techniques, to dominate and control other individuals and show their superiority and power. However, there are also many boys with subtlety enough to use verbal techniques for domination, and who are practiced in using words when they want to avoid the trouble that can come with physically bullying someone else.

**Relational**

This is any bullying that is done with the intent to hurt somebody’s reputation or social standing which can also link in with the techniques included in physical and verbal bullying. Relational Bullying is a form of bullying common amongst youth, but particularly upon girls. Relational bullying can be used as a tool by bullies to both improve their social standing and control others. Unlike physical bullying which is obvious, relational bullying is not overt and can continue for a long time without being noticed.

**Cyber-bullying**

Cyber bullying is the use of technology to harass, threaten, embarrass, or target another person. When an adult is involved, it may meet the definition of cyber-harassment or cyberstalking, a crime that can have legal consequences and involve jail time.[20] This includes email, instant messaging, social networking sites (such as Facebook), text messages, and cell phones.

**Collective**

Collective bullying tactics are employed by more than one individual against a target or targets. Trolling behavior on social media, although generally assumed to be individual in nature by the casual reader, is sometime organized efforts by sponsored astroturfers.

**Mobbing**

Mobbing refers to the bullying of an individual by a group, in any context, such as a family, peer group, school, workplace, neighborhood, community, or online. When it occurs as emotional abuse in the workplace, such as "ganging up" by co-workers, subordinates or superiors, to force someone out of the workplace through rumor, innuendo, intimidation, humiliation, discrediting, and isolation, it is also referred to as malicious, nonsexual, nonracial / racial, general harassment.

**Of bullies and accomplices**

Studies have shown that envy and resentment may be motives for bullying. Research on the self-esteem of bullies has produced equivocal results. While some bullies are arrogant and narcissistic,[25] they can also use bullying as a tool to conceal shame or anxiety or to boost self-esteem: by demeaning others, the abuser feels empowered. Bullies may bully out of jealousy or because they themselves are bullied. Psychologist Roy Baumeister asserts that people who are prone to abusive behavior tend to have inflated but fragile egos. Because they think too highly of themselves, they are frequently offended by the criticisms and lack of deference of other people, and react to this disrespect with violence and insults.[full citation needed]

Researchers have identified other risk factors such as depression and personality disorders, as well as quickness to anger and use of force, addiction to aggressive behaviors, mistaking others' actions as hostile, concern with preserving self-image, and engaging in obsessive or rigid actions.[31] A combination of these factors may also be causes of this behavior.[32] In one study of youth, a combination of antisocial traits and depression was found to be the best predictor of youth violence, whereas video game violence and television violence exposure were not predictive of these behaviors.

Bullying may also result from a genetic predisposition or a brain abnormality in the bully. While parents can help a toddler develop emotional regulation and control to restrict aggressive behavior, some children fail to develop these skills due to insecure attachment with their families, ineffective discipline, and environmental factors such as a stressful home life and hostile siblings.[15] Moreover, according to some researchers, bullies may be inclined toward negativity and perform poorly academically. Dr. Cook says that "a typical bully has trouble resolving problems with others and also has trouble academically. He or she usually has negative attitudes and beliefs about others, feels negatively toward himself/herself, comes from a family environment characterized by conflict and poor parenting, perceives school as negative and is negatively influenced by peers".

Contrarily, some researchers have suggested that some bullies are psychologically strongest and have high social standing among their peers, while their targets are emotionally distressed and socially marginalized.[36] Peer groups often promote the bully's actions, and members of these peer groups also engage in behaviors, such as mocking, excluding, punching, and insulting one another as a source of entertainment.[15] Other researchers also argued that a minority of the bullies, those who are not in-turn bullied, enjoy going to school, and are least likely to take days off sick.

Research indicates that adults who bully have authoritarian personalities, combined with a strong need to control or dominate.[38] It has also been suggested that a prejudicial view of subordinates can be a particularly strong risk factor.

**Of typical bystanders**

Often, bullying takes place in the presence of a large group of relatively uninvolved bystanders. In many cases, it is the bully's ability to create the illusion that he or she has the support of the majority present that instills the fear of "speaking out" in protestation of the bullying activities being observed by the group. Unless the "bully mentality" is effectively challenged in any given group in its early stages, it often becomes an accepted, or supported, norm within the group.

Unless action is taken, a "culture of bullying" is often perpetuated within a group for months, years, or longer.

Bystanders who have been able to establish their own "friendship group" or "support group" have been found to be far more likely to opt to speak out against bullying behavior than those who have not.

In addition to communication of clear expectations that bystanders should intervene and increasing individual self-efficacy, there is growing research that suggests interventions should build on the foundation that bullying is morally wrong

**Of victims**

Dr. Cook says that "A typical victim is likely to be aggressive, lack social skills, think negative thoughts, experience difficulties in solving social problems, come from a negative family, school and community environments and be noticeably rejected and isolated by peers".[35] Victims often have characteristics such as being physically weak, as well as being easily distraught emotionally. They may also have physical characteristics that make them easier targets for bullies such as being overweight or having some type of physical deformity. Boys are more likely to be victims of physical bullying while girls are more likely to be bullied indirectly.

**Prevention**

Bullying prevention is the collective effort to prevent, reduce, and stop bullying.[104] Many campaigns and events are designated to bullying prevention throughout the world. Bullying prevention campaigns and events include: Anti-Bullying Day, Anti-Bullying Week, International Day of Pink, International STAND UP to Bullying Day, and National Bullying Prevention Month. Anti-Bullying laws in the U.S. have also been enacted in 23 of its 50 states, making bullying in schools illegal.