

# Troubled Teens, Annoyed Adults

## Battle Bullying

Bullying isn't uncommon to most schools. Although most students have suffered one time or another, most don't come forth to their teachers. Children who are bullied are more likely to experience depression, anxiety and even more insecurities than before being harassed. It is sad to think that one comment on Instagram or twitter could cause loss of interest in favourite activities. People who have been bullied may have a change in sleep patterns or eating habits. A worry is that these issues are quite likely to push into adulthood.

Children who are bullied will feel lonely, alienated from others and may show anger or sadness. In some extreme cases of bullying, the end destination was suicide. On average 200 15-19 year olds and 400 20-24 year olds committed suicide in 2011.

People who bully others are more likely to be included events with drugs and alcohol in adolescence as well as adults. They are also more likely to get into fights, vandalise property as well as drop out of school.

There are many ways someone can be bullied. Be it verbal, physical, cyber, mental and peer pressure.

Verbal bullying is where someone calls someone else names, exclaims insults and other verbal attacks.

Physical is a far step above someone calling another a pig. Physical bullying is where physical violence is used to harm the victim. They may punch, kick, roundhouse or slam their victims or even strangle in some cases.

Cyber is one type more used with the up rise in technology. This is where someone messages someone with horrible content. It is technically a form of verbal bullying but it is on a different level, some cases cyber bullying is nastier than verbal bullying.

Mental bullying is technically not a TYPE of bullying it is the aftershocks of bullying. From where the bullying has brainwashed the victim's brain and are tormented by the previous encounters of their bully. The brain gets stuck on repeat with the horrible actions of their bullying.

Peer pressure is another killer for people. Dangerous challenges set by best friends or stupid pranks are hard to decline, if refused, it could result in bullying. Peer pressure is what people can use to stop smoking, win races but can also start smoking and drug habits. Sayings like 'Only once can't hurt' could potentially kill you and / or your future.