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### **BULLYING AMONG STUDENTS, YOU CAN'T BE SILENT!**

*Bullying* is an English word that has its origin from the word *bully*. There is an interesting fact that historically the word *bully* had positive meaning. However, today it means to abuse or harass another [3, p. 9]. According to the Collins English Dictionary *bullying* can be interpreted as the repeat use of threats or violence in an attempt to harm or intimidate others [1].

If we talk about bullying as a phenomenon, then most often this is found precisely in the teenage environment: in schools, colleges and universities. *Bullying* in educational institutions is a serious issue. It adversely affects the health and well-being of learners and makes educational settings unsafe [2, p. 13]. Most likely, each person came across this phenomenon, directly or indirectly. In many schools there are situations when there is a kind of bully in the classroom who systematically lifts up students who are not able to defend themselves. He can regularly publicly insult, humiliate or even beat them, with virtually no rational motives for such a behavior. In fact, this is bullying.

There are bullying of some types, such as verbal bullying, social bullying, physical bullying, cyberbullying.

As for verbal bullying, all kinds of verbal aggression can be attributed to this type of bullying. Most often it is abusive nicknames, taunts and evil jokes, public humiliation, direct and indirect insults, threats, verbal intimidation and coercion to perform certain actions.

Social bullying is a more sophisticated form of bullying, aimed mainly at destroying the reputation and status of the victim in society. In most cases, these methods are used by girls against girls, since it is the female sex that is more strongly

influenced by external thoughts about them. All kinds of false rumors and gossips, ignoring the victim, and so on can be a tool of bullying.

As the name implies, physical bullying is directly related to the physical impact on the victim. It could be forceful selection of things, beating, fighting, practical jokes, stealing, and sexual harassment.

Cyberbullying or virtual bullying can include any influence on the victim using social networks and other Internet communications. The victim may be sent offensive or threatening messages. Hacking social network accounts, distributing stolen personal photos and videos on the Internet, publishing personal data – they are all examples of cyberbullying.

In order to prevent any kind of bullying it is important to realise the fact of bullying itself. There are some common symptoms that a person is being bullied: a person 1) has few or no friends with whom he or she spends time; 2) is afraid of going to school or university, or participating in activities with peers; 3) has spoiled things appeared in the backpack; 4) loses interest in studying or suddenly begins to study poorly; 5) comes home sad, gloomy, with tears, or such signs appear after talking on social networks; 6) constantly refuses to go to school, referring to a headache, abdominal pain, poor health; 7) has sleep disturbances or frequent bad dreams; 8) loses appetite, is anxious, suffers from low self-esteem; 9) does damage to himself.

There are some recommendations to students how to behave with a cruel person, so as not to become a victim of bullying. The main of them are: keep calm, action famously and get around the situation; hold back your anger; speak calmly and confidently and give the aggressor the opportunity to stop; seek help from an adult you trust – it can be a teacher, psychologist or social educator; report bullying to an adult anonymously; talk about it with your brother, sister, acquaintances; step aside – this is not a sign of weakness; remove the provocative factors.

The quick and appropriate reaction of friends, parents and teachers to the situation of bullying returns a sense of safety and security to a person being bullied. Only those, who are not unconcerned with a victim of bullying, will be able to show that violence is unacceptable.

#### REFERENCES

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