



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
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How to deal with Bullying?

Bullying is a form of aggressive behavior in which one person or group of people in a position of power deliberately and repeatedly causes physical or psychological harm to another person.

Bullying can happen in different ways, such as:

- **Physical Bullying** - Hitting, kicking, tripping, pinching, pushing or damaging property.
- **Verbal Bullying** - Name-calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse
- **Social Bullying** - Humiliating, spreading rumors, isolation, social exclusion, damaging someone's social reputation
- **Cyber Bullying** - Exchange of abusive or hurtful texts, emails or posts, images or making nasty comments or spreading rumors, imitating others online, or using their log-in

How to identify the bullies?

- Bullies often get into physical or verbal fights
- They are increasingly aggressive in nature
- Typically, they are concerned with the popularity
- Bullies alter facts to make themselves look good by manipulating others
- Bullies may appear 'powerful' but actually they are not

Negative impacts of Bullying

Bullying can affect everyone adversely, including those who are bullied and those who have witnessed it. Some of the problems associated with bullying are as follows:

- Damage to self-esteem
- Difficulty in developing trust
- Depression
- Social withdrawal
- Fear & Anxiety
- Lower academic performance
- Physical health issues

Ways to stop bullying

- Inform a trusted adult
- Do not react
- Never share your personal information with anyone
- Do not go alone to unexpected places
- Take help in time
- Slowly gather up the courage to face the situation



**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**