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One problem in confronting bullying is that state and school officials often have vague definitions of precisely what bullying is, if they have any definition at all. This is because defining what is or isnt bullying is not always an easy task. Though every child who is the target of bullying knows it when they experience it, its not always easy for adults to discern victim from perpetrator amidst the chaos of school politics. Even if they identify it, determining free speech from harassment or school-yard tiffs from targeted victimization so that you can address it is even more difficult.A basic definition of bullyingBullying is generally defined as the act of willfully causing harm to others through the use of verbal harassment (taunting, teasing or name-calling), physical assault (hitting, kicking, and biting), or social exclusion (intentionally rejecting a child from a group or peer circle). For a more official definition of bullying as it is widely agreed upon in the academic literature, Nansel et al. (2001, p. 2094) define it as the following: Bullying is a specific type of aggression in which (1) The behavior is intended to harm or disturb, (2) the behavior occurs repeatedly over time, and (3) there is an imbalance of power, with a more powerful person or group attacking a less powerful one. This asymmetry of power may be physical or psychological, and the aggressive behavior may be verbal (e.g., name-calling, threats), physical (eg, hitting), or psychological (eg, rumors, shunning/exclusion). Daniel Olweus, professor of psychology at the University of Bergenand the leading pioneer in bullying research,defines bullying with a simple sentence: (Bullying is) exposing a person repeatedly, and over time, to negative actions on the part of one or more students. (Seale, 2004, p. 6)The Official Definition of Bullying The U.S. Department of Health defines bullying as unwanted, aggressive behavior among school-age children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.Definitions of bullying according to state lawState laws often have no clear definition of bullying, when a definition exists at all. Few states have undertaken the chore of creating separate statutes for bullying, and those that do face free-speech hurdles and a logistical nightmare that usually only muddles the situation further.However, many types of bullying would fall under other state statutes, such as assault, disturbing the piece, harassment or stalking, false imprisonment, etc. So there is little accomplished in creating separate laws for bullying. These other laws are already applied in situations that are much more vague than most serious cases of bullying. So its not a matter of defining bullying by state law, but merely enforcing current laws when bullying crosses the line or becomes habitually persistent.Some problems with the definition of bullyingWhen does free speech transform into harassment? Does taunting someone qualify as bullying, or must it be physical? At what point do school yard disputes transform into bullying? Is it bullying if both parties have done things the other considered mean? These are just some of the questions that confound any attempt to try and define bullying according to neat and simple terms.As Allison Seale points out, Just as different researchers and groups define bullying in different ways, sometimes the definition of bullying will vary between schools in the same district and even between classrooms in the same school. (Seale, 2004, p. 6) Because bullying is a multi-faceted issue that can vary so much case by case, it will always evade attempts to try and define it by neat and simple terms. Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.In order to be considered bullying, the behavior must be aggressive and include:An Imbalance of Power: Kids who bully use their powersuch as physical strength, access to embarrassing information, or popularityto control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.Types of BullyingWhere and When Bullying HappensFrequency of BullyingTypes of BullyingThere are three types of bullying:Verbal bullying is saying or writing mean things. Verbal bullying includes:TeasingName-callingInappropriate sexual commentsTauntingThreatening to cause harmSocial bullying, sometimes referred to as relational bullying, involves hurting someones reputation or relationships. Social bullying includes:Leaving someone out on purposeTelling other children not to be friends with someoneSpreading rumors about someoneEmbarrassing someone in publicPhysical bullying involves hurting a persons body or possessions. Physical bullying includes:Hitting/kicking/pinchingSpittingTripping/pushingTaking or breaking someones thingsMaking mean or rude hand gesturesWhere and When Bullying HappensBullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youths neighborhood, or on the Internet.Frequency of BullyingThere are two sources of federally collected data on youth bullying:The 2022 School Crime Supplement to the National Crime Victimization Survey (National Center for Education Statistics and Bureau of Justice) indicates that, nationwide, about 19.2% of students ages 12-18 in grades 6-12 reported being bullied, with approximately 15.4% of students reporting being bullied with a power imbalance, 14.5% being bullied repeatedly, and 12.7% being bullied with both a power imbalance and repetition.The 2023 Youth Risk Behavior Surveillance System(Centers for Disease Control and Prevention) indicates that, nationwide, 19% of students in grades 912 report being bullied on school property in the 12 months preceding the survey.See also "Frequency of Cyberbullying." The Difference Between Abuse and BullyingWhen I started writing this piece, my first thought was, How is bullying not a type of abuse? Both involve a person who considers themselves stronger picking on a person they consider weaker. However, after coming across the following definition of the two words, it is easy to see the difference:Bullying: Bullying refers to the act of intimidating a weaker person. Abuse: Abuse refers to all forms of ill-treatment of an individual or entity. (Difference Between).Although a victim of abuse may be made to feel small or weak through the endured abuse, unlike bullying, abuse does not occur because the victim is weak, and often, the opposite is true. In many cases, the abuser sets their sights on someone stronger to try to tear them down and bring them to their level.For example, with relationship abuse, the abusers goal is to make them feel trapped so they cant leave (separating them from their friends and family, cutting off their supply of money, and sending them spiraling in the ups and downs of the abuse cycle). But a bullys goal is to intimidate the other person their goal is not to become the most important person in the victims life but to make them cry. Based on this, Id say the real difference between the two is manipulation: abuse often lulls someone into a false sense of security, but with bullying, its obvious what the perpetrators feelings are towards you.So, this brings me to another question: can bullying be abuse?Yes. I do think if manipulation is present, bullying can be considered abuse. An example is frenemy relationships. These friendships are highly toxic and follow a cycle of abuse formula, which is why the line is right in the middle of friend and enemy. They are also based on manipulation you dont know if the person actually likes you or not. As a kid, you may feel upset if your friend constantly brings you down, but you may not realize this is toxic behavior. Although frenemy-type relationships are much less common after your teen years, I think theyre a cautionary tale for red flags you may experience later in life by a friend or romantic partner.As you get older and mature (or cant take any more), youre likely to cut off toxic friends. Yet, so many adults stay in unhealthy relationships that often look very similar to the toxic friendships they used to have. Why? Is it the fear of being judged for not being in a relationship? (Relatable). Is it the fear of being rude by not sticking with someone? Is it expecting less of a partner than you do a friend? Honestly, this is understandable because most of us have many friends but only one romantic partner at a time. So leaving a relationship even when red flags are present may seem daunting because most people do not have an immediate fallback.There is also always the possibility the next relationship could be worse or the fear that youre just overthinking or overreacting. But honestly, why cut your partner more slack than you do friends? The root word of boyfriend or girlfriend is friend its a friend with whom youre romantically interested in and go on dates. If someone is not treating you the way youd expect your best friends to, dont stay with them. Being single is so much better than being with someone that blatantly disrespects and mistreats you, and yes, there are always other options. You just may not have met them yet.To sum up, although there are differences between bullying and abuse, they can often look very similar in practice, and neither should ever be tolerated, whether its your friends, romantic partners, coworkers, boss, or anyone else.Abuse Refuge Orgs mission is to build a worldwide community focused on breaking the cycle of abuse through education and support. Learn more atGoARO.org, and please considerdonatingto help support our cause.Sources: Difference Between Bullying and Abuse | Compare the Difference Between Similar Terms Diff_Sim_Ab_Bul_Har_06.qxd (hockeycalgary.ca) Bullying is a type of violence experienced by youth and it can happen in person and through technology.Bullying is widespread in the United States and causes harm to youth.Preventing bullying involves teaching kids safe ways to stand up against it and enhancing their interpersonal skills, like empathy and conflict management. CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners. It involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the victim including physical, psychological, social, or educational harm. Common types of bullying include: Physical such as hitting, kicking, and tripping.Verbal including name-calling and teasing.Relational or social such as spreading rumors and leaving out of the group.Damage to victim's property.Bullying can also occur through technology, called electronic bullying or cyberbullying. A young person can be a perpetrator, a victim, or both (also known as a "bully/victim"). Bullying is an adverse childhood experience that is widespread in the United States. Bullying harms all youth involved including those who are bullied, those who bully others, and bystanders who witness it. Bullying is common. About one in five high school students reported being bullied on school property in the past year. More than one in six high school students reported being bullied electronically in the past year including through texting and social media.1 Some youth experience bullying more than others. Female students were more likely than male students to experience bullying, both on school property and electronically. Additionally, Asian students and Native Hawaiian or other Pacific Islander students were less likely than Hispanic, White, and Multiracial students to be bullied at school. Native Hawaiian or other Pacific Islander students were less likely than students from most other racial and ethnic groups to be electronically bullied.1 Bullying is a frequent discipline problem. A national survey found that 28% of middle schools, 15% of high schools, and 10% of elementary schools reported the occurrence of bullying at school at least once a week. About 37% of middle schools reported the occurrence of cyberbullying at least once a week, followed by 25% of high schools and 6% of elementary schools.2 Not all children who are bullied show warning signs, but StopBullying.gov suggests being aware of these common signs: Unexplained injuries.Lost or destroyed clothing, books, electronics, or jewelry.Frequent headaches or stomachaches, feeling sick, or faking illness.Difficulty sleeping or frequent nightmares.Declining grades, loss of interest in schoolwork, or not wanting to go to school. Bullying can result in physical injury, social and emotional distress, self-harm, and even death. It also increases the risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school. Youth who bully others are at increased risk for substance misuse, academic problems, and experiencing violence later in adolescence and adulthood.3 Youth who bully others and are bullied themselves suffer the most serious consequences and are at greater risk for mental health and behavioral problems. We all have a role to play in preventing bullying. Youth and adults play important roles in preventing violence and creating safe communities where young people can thrive. A bystander (someone who witnesses bullying, either in person or online) can make a positive impact by becoming an upstander. An upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying. Learn more about becoming an upstander and take action against bullying. Parents, school staff, and other caring adults can: Help kids understand bullying and how to stand up to it safely.Keep the lines of communication open by checking in with kids often and listening to them.Encourage kids to do what they love so they can build confidence and make friends.Model how to treat others with kindness and respect.See Also: Stopbullying.gov: How to prevent bullyingAdditionally, school-based programs that strengthen youths' interpersonal and emotional skills, including empathy, conflict management, and teamwork, can reduce bullying. Explore example program resources. All young people deserve to grow up safely and thrive. We can all be upstanders and help stop bullying in our communities. StopBullying.gov: StopBullying.gov provides information on bullying, cyberbullying, who is at risk, and how you can prevent and respond to bullying. Information is also available in Spanish at Espanol.StopBullying.gov.Essentials for Parenting Teens: This is a free resource for parents and caregivers of youth aged 11 and 17, offering guidance on building positive parent-teen relationships.Division of Adolescent and School Health (DASH): CDC's DASH works to promote environments where youth can gain health knowledge and skills, establish healthy behaviors, and connect to health services.Examples of some effective school-based skill-building programs: Dating Matters: This is a comprehensive prevention model developed by CDC that teaches 1114-year-olds how to have healthy, safe relationships both now and in the future.Good Behavior Game: This is an approach to the management of classroom behaviors that rewards children for displaying appropriate on-task behaviors during instructional time.Promoting Alternative THinking Strategies: This is a classroom-based social emotional learning program for elementary school students to reduce aggression and behavior problems.Life Skills Training: This is a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, and marijuana use, as well as violence.Positive Action: This is a school-based program that promotes life skills and character development with additional program components for teachers, families, and communities. If you are being bullied and need support, it is important that you read this factsheet and go to the Get Help section. If you know or see someone being bullied go to the Supportive Bystander Fact Sheetto find out how to help them. Bullying is when people repeatedly and intentionally use words or actions against someone or a group of people to cause distress and risk to their wellbeing. These actions are usually done by people who have more influence or power over someone else, or who want to make someone else feel less powerful or helpless.Bullying is not the same as conflict between people (like having a fight) or disliking someone, even though people might bully each other because of conflict or dislike.The sort of repeated behaviour that can be considered bullying includes: Keeping someone out of a group (online or offline)Acting in an unpleasant way near or towards someoneGiving nasty looks, making rude gestures, calling names, being rude and impolite, and constantly negative teasing.Spreading rumours or lies, or misrepresenting someone (i.e. using their Facebook account to post messages as if it were them)Mucking about that goes too farHarassing someone based on their race, sex, religion, gender or a disabilityIntentionally and repeatedly hurting someone physicallyIntentionally stalking someoneTaking advantage of any power over someone else like a Prefect or a Student Representative.Bullying can happen anywhere. It can be in schools, at home, at work, in online social spaces, via text messaging or via email. It can be physical, verbal, emotional, and it also includes messages, public statements and behaviour online intended to cause distress or harm (also known as cyberbullying). But no matter what form bullying takes, the results can be the same: severe distress and pain for the person being bullied.Types of bullyingFace-to-face bullying (sometimes referred to as direct bullying) involves physical actions such as punching or kicking or direct verbal actions such as name-calling and insulting.Covert bullying (sometimes referred to as indirect bullying) is less direct, but just as painful. It means bullying which isnt easily seen by others and is conducted out of sight, such as excluding people from groups or spreading lies or rumours. Because it is less obvious, it is often unacknowledged by adults.Cyberbullying occurs through the use of information or communication technologies such Instant Messaging or chat, text messages, email and social networking sites or forums. It has many similarities with offline bullying, but it can also be anonymous, it can reach a wide audience, and sent or uploaded material can be difficult to remove. Most people who cyberbully also bully off-line. How can bullying affect you?Bullying affects everyone in different ways. But there are common feelings that come up when you are being bullied.How bullying can affect individuals:Feeling guilty like it is your faultFeeling hopeless and stuck like you cant get out of the situationFeeling alone, like there is no one to help youFeeling like you dont fit in with the cool groupFeeling depressed and rejected by your friends and other groups of peopleFeeling unsafe and afraidFeeling confused and stressed out wondering what to do and why this is happening to youFeeling ashamed that this is happening to youHow bullying can affect other people:Bullying can have a negative impact on everyone it is not just a problem for victims and bullies. If you see or know of others been bullied you may feel angry, fearful, guilty, and sad. You may feel as bad as those who are being bullied.You may also feel worried that the bullying could happen to you. When bullying isnt stopped or challenged by anyone it can create an environment where bullying is accepted and where everyone feels powerless to stop it.Know your rightsYou have a right to feel safe and to be treated fairly and respectfully. Bullying is a serious problem with serious mental and physical impacts. Bullying can violate many of your human rights including:your right to be free from mental, emotional and physical violenceyour right to educationyour right to a safe work environmentFor more information about your rights go to the Know Your Rights Fact Sheet.Why do people bully others?People bully for different reasons. Those who bully persistently are likely to do so in order to dominate others and improve their social status. They may have high self esteem, show little regret for their bullying behaviour and not see bullying as morally wrong.Other people may bully out of anger or frustration, they may struggle socially and coul d have also been victims of bullying.What can you do to stop bullies?If you know or see someone who is being bullied, access our Supportive Bystander Fact Sheet.If you are being bullied, you should talk to someone you know well and trust; they will give you much needed support and will often have suggestions you hadn't considered for helping with the situation.You might feel more comfortable taking a friend with you to talk to the bully or when seeking help. If you feel you might get too nervous to speak, write down what you'd like to say on paper or in an email.If you feel safe and confident, you should approach the person who is bullying you and tell them that their behaviour is unwanted and not acceptable.If you are being bullied while at school, it is a good idea to seek help from a friend, or to talk to a teacher or counsellor to see if they can help.If you are being bullied at work, check out our Workplace Bullying Fact Sheet.Getting helpIf you have been bullied or witnessed others been bullied: Further reading This Violence, Harassment and Bullying fact sheet was developed in partnership with the ReachOut.com, 2011 By Tayyaba Rehman & Urooj Arif Updated on March 24, 2024Bullying involves repetitive intimidation, typically among peers, focusing on exerting power. Abuse is a broader term, covering harm or distress through misuse of power in various contexts.Bullying often occurs in social settings like schools or online, where individuals or groups seek to dominate or belittle others through repeated aggressive behavior. This can include physical, verbal, or psychological tactics to intimidate or ostracize the victim. Whereas, abuse spans a wider spectrum, encompassing physical, emotional, or psychological harm inflicted by one person onto another in different settings, including domestic, workplace, or institutional environments. Abuse can be a single act or a series of actions that cause significant harm to the victim.While bullying is primarily identified among children and adolescents, aiming to assert dominance, isolate, or control peers, abuse transcends age groups, affecting elders and children alike, and often involves significant control and power imbalances within relationships. On the other hand, abuse scenarios may involve family members, intimate partners, caretakers, or authority figures, and the impact can deeply affect the victim's mental and physical well-being.Bullying typically refers to actions that can cause distress, fear, or harm to another individual's social status or well-being without necessarily implying a legal violation. Whereas abuse, especially when it involves physical harm or severe emotional distress, can lead to legal consequences for the perpetrator, highlighting its recognized severity under the law.One key aspect of bullying is its repetitive nature, aiming to continually assert power over the victim over time. On the other hand, abuse can be a single event or a pattern of behavior, but both have the intention and effect of causing significant harm, whether emotionally, physically, or psychologically.The motivation behind bullying often stems from a desire to intimidate or control within a peer group, influenced by factors such as social hierarchies, jealousy, or insecurity. In contrast, abuse may be driven by a desire to exert control, inflict pain, or manipulate, often reflecting deeper issues of power, anger, or mental health problems within the abuser.Repetitive intimidation among peers.Broad harm or distress through power misuse.Schools, online, among peers.Domestic, workplace, institutional, among others.Rarely involves legal action.Often involves legal consequences.Repetitive and aims to assert power.Can be a single event or repetitive.Desire to dominate, isolate, or control peers.Desire to exert control, inflict pain, manipulate.Social status or well-being.Mental, physical well-being.Family, partners, authority figures, etc.Social behavior involving the use of power to control or harm others.Bullying in the workplace can manifest as unwarranted criticism and exclusion.Any act that deliberately harms or intimidates another person.Elder abuse often goes unreported, occurring within homes and institutions.Repeated aggression intended to harm or intimidate someone perceived as vulnerable.The student faced bullying at school through constant name-calling and exclusion.Mistreatment by one person towards another that causes harm or distress.Emotional abuse in relationships can include constant criticism and control.Behavior by an individual or group that aims to make others feel inferior.Peer bullying can include mocking someones appearance or interests.A pattern of assault or maltreatment towards another person.Domestic abuse can escalate from threats to physical violence.Actions aimed at belittling or intimidating someone repeatedly.Online bullying often involves spreading rumors or posting hurtful comments.Behavior that exploits another person for personal gain or satisfaction.Financial abuse involves controlling someone's access to money without their consent.A pattern of making fun of or threatening someone in a repeated manner.She was subjected to bullying through persistent teasing about her grades.Abuse is the improper usage or treatment of a thing, often to unfairly or improperly gain benefit. Abuse can come in many forms, such as: physical or verbal maltreatment, injury, assault, violation, rape, unjust practices, crimes, or other types of aggression.Bullying is the use of force, coercion, hurtful teasing or threat, to abuse, aggressively dominate or intimidate. The behavior is often repeated and habitual.To use improperly or excessively; misuseA person who is habitually cruel or overbearing, especially to smaller, weaker, less popular, or more vulnerable people.To hurt or injure by maltreatment; ill-useAnimals that were abused by a negligent owner.To assail with insulting or hurtful words; revile.(Obsolete) To deceive or trick.Improper or excessive use; misuseShoes that have taken a lot of abuse.To hurt or intimidate (someone) in the manner of a bully.Physical maltreatment or violenceTo make (one's way) aggressively.Insulting or hurtful language, especially when used to threaten or demoralizeSubjected her subordinates to verbal abuse.An unjust or wrongful practiceA government that commits abuses against its citizens.To force one's way aggressively or by intimidationThey bully into line at the gas pump (Martin Gottfried).Misuse; improper use; perversion.Did a bully job of persuading the members.(obsolete) A delusion; an imposture; misrepresentation; deception.Coarse, insulting speech; abusive language; language that unjustly or angrily vilifies.An act of intimidating a person to do something, especially such repeated coercion.Persistent acts intended to make life unpleasant for another person.Bullying is a punishable offense in schools.Physical maltreatment; injury; cruel treatment.Present participle of bully(transitive) To put to a wrong use; to misapply; to use improperly; to misuse; to use for a wrong purpose or end; to pervertNoisily domineering; tending to browbeat others.(transitive) To injure; to maltreat; to hurt; to treat with cruelty, especially repeatedly.The act of intimidating a weaker person to make them do something(transitive) To attack with coarse language; to insult; to revile; malign; to speak in an offensive manner to or about someone; to disparage.Noisily domineering; tending to browbeat others(transitive) To imbibe a drug for a purpose other than it was intended; to intentionally take more of a drug than was prescribed for recreational reasons; to take illegal drugs habitually.To violate; defile; to rape; (reflexive) to masturbate.To deceive; to trick; to impose on; misuse the confidence of.To put to a wrong use; to misapply; to misuse; to put to a bad use; to use for a wrong purpose or end; to pervert; as, to abuse inherited gold; to make an excessive use of; as, to abuse one's authority.This principle (if one may so abuse the word) shoots rapidly into popularity.To use ill; to maltreat; to act injuriously to; to punish or to tax excessively; to hurt; as, to abuse prisoners, to abuse one's powers, one's patience.To revile; to reproach coarsely; to disparage.The . . . tellers of news abused the general.To deceive; to impose on.Their eyes red and staring, cozened with a moist cloud, and abused by a double object.Improper treatment or use; application to a wrong or bad purpose; misuse; as, an abuse of our natural powers; an abuse of civil rights, or of privileges or advantages; an abuse of language.Liberty may be endangered by the abuses of liberty, as well as by the abuses of power.Physical ill treatment; injury.A corrupt practice or custom; offense; crime; fault; as, the abuses in the civil service.Abuse after disappeared without a struggle..Vituperative words; coarse, insulting speech; abusive language; virulent condemnation; reviling.The two parties, after exchanging a good deal of abuse, came to blows.Violation; rape; as, abuse of a female child.Or is it some abuse, and no such thing?Cruel or inhumane treatmentA rude expression intended to offend or hurt;When a student made a stupid mistake he spared them no abuseThey yelled insults at the visiting teamImproper or excessive useThis boss abuses his workersShe is always stepping on others to get aheadChange the inherent purpose or function of something;The director of the factory misused the funds intended for the health care of his workersUse foul or abusive language towards;The actress abused the policeman who gave her a parking ticketThe angry mother shouted at the teacherYes, bullying can be considered a form of psychological or emotional abuse.Abuse often involves legal consequences due to its severity, while bullying may not always lead to legal action.Both can significantly harm an individual's mental and physical well-being, but abuse often has a broader and more severe impact.Yes, individuals can experience both bullying and abuse, sometimes simultaneously.Factors include a desire to exert control, insecurity, jealousy, or deeper issues of power and mental health.Bullying often occurs in schools or online, whereas abuse can occur in domestic, workplace, or institutional settings.Bullying is repetitive intimidation typically among peers, while abuse is a broader term covering various forms of harm or distress.They can lead to anxiety, depression, low self-esteem, and other mental health issues.While abuse involves deliberate harm, neglect can sometimes be seen as an unintentional form of abuse.Bullying primarily affects children and adolescents, while abuse can affect all age groups.Both involve misuse of power, though abuse encompasses a broader range of power dynamics.Bullying often aims to belittle or control peers, while abuse may aim to inflict pain, control, or manipulate.Through education, intervention programs, support systems, and legal measures.Yes, online behaviors can constitute bullying or abuse, depending on their nature and impact.Arrow vs. QuarrelHonor vs. PraiseTayyaba Rehman is a distinguished writer, currently serving as a primary contributor to askdifference.com. As a researcher in semantics and etymology, Tayyaba's passion for the complexity of languages and their distinctions has found a perfect home on the platform. Tayyaba delves into the intricacies of language, distinguishing between commonly confused words and phrases, thereby providing clarity for readers worldwide. Urooj is a skilled content writer at Ask Difference, known for her exceptional ability to simplify complex topics into engaging and informative content. With a passion for research and a flair for clear, concise writing, she consistently delivers articles that resonate with our diverse audience. Abuse and bullying are both forms of harmful behavior that can have severe consequences for the victims involved. However, there are some key differences between the two. Abuse typically refers to a pattern of mistreatment or harm inflicted by one person on another, often in a close relationship such as a family or romantic partnership. It can take various forms, including physical, emotional, or sexual abuse. On the other hand, bullying is a specific type of aggressive behavior that involves repeated acts of intimidation, harassment, or coercion, typically occurring in a social setting like school or the workplace. While abuse tends to be more pervasive and can have long-lasting effects on the victim's mental and physical well-being, bullying is often characterized by a power imbalance between the perpetrator and the victim. Both abuse and bullying require attention and intervention to protect those affected and promote a safe and healthy environment. Abuse and bullying are two terms often used interchangeably, but they have distinct attributes that set them apart. While both involve harmful behavior towards others, understanding the differences between abuse and bullying is crucial in addressing and combating these issues effectively. In this article, we will explore the various attributes of abuse and bullying, highlighting their definitions, forms, impacts, and potential solutions.DefinitionsAbuse refers to any action or behavior that causes physical, emotional, or psychological harm to an individual. It can occur in various contexts, such as relationships, families, or institutions. Abuse can take different forms, including physical, sexual, emotional, or verbal abuse. On the other hand, bullying is a specific type of abuse characterized by repetitive, intentional, and aggressive behavior towards someone perceived as weaker or vulnerable. It often occurs in social settings like schools, workplaces, or online platforms.Forms of AbuseAbuse manifests in several forms, each with its own distinct attributes. Physical abuse involves the use of physical force that causes bodily harm, such as hitting, pushing, or restraining someone against their will. Sexual abuse encompasses any non-consensual sexual activity or exploitation, including rape, molestation, or harassment. Emotional abuse involves manipulating, belittling, or humiliating someone to undermine their self-esteem and emotional well-being. Verbal abuse includes the use of derogatory language, insults, or threats to intimidate or control another person.Forms of BullyingBullying can take various forms, each with its own characteristics. Physical bullying involves direct physical aggression, such as hitting, kicking, or damaging someone's property. Verbal bullying includes name-calling, teasing, or spreading rumors to harm someone's reputation. Social bullying aims to exclude, isolate, or manipulate an individual through actions like spreading gossip, ignoring, or rejecting them. Cyberbullying, a prevalent form in the digital age, occurs through online platforms, including social media, where individuals are targeted with hurtful messages, threats, or the spreading of private information.Impacts of AbuseThe impacts of abuse can be severe and long-lasting. Victims of abuse often experience physical injuries, chronic pain, or disabilities resulting from physical abuse. They may also suffer from emotional trauma, anxiety, depression, or post-traumatic stress disorder (PTSD) due to the psychological abuse endured. Additionally, survivors of sexual abuse may face difficulties in forming healthy relationships, intimacy issues, or sexual dysfunctions. The consequences of abuse can extend beyond the individual, affecting their families, relationships, and overall quality of life.Impacts of BullyingBullying can have detrimental effects on the well-being of both the victim and the perpetrator. Victims of bullying often experience emotional distress, low self-esteem, anxiety, and depression. They may struggle academically, have difficulty forming social connections, or even contemplate self-harm or suicide. On the other hand, bullies themselves may face long-term consequences, such as increased aggression, difficulty in maintaining healthy relationships, and a higher likelihood of engaging in criminal behavior later in life. The impacts of bullying can extend to the broader community, creating a negative social environment and perpetuating a cycle of violence.Solutions to Address AbuseAddressing abuse requires a multi-faceted approach involving individuals, communities, and institutions. Providing education and awareness programs can help individuals recognize the signs of abuse and understand their rights. Establishing support systems, such as helplines, counseling services, or shelters, can offer assistance and protection to victims. Legal measures, including strict laws and policies, can hold abusers accountable and ensure justice for survivors. Additionally, fostering a culture of respect, empathy, and open communication can help prevent abuse by promoting healthy relationships and addressing power imbalances.Solutions to Address BullyingCombating bullying requires a comprehensive strategy involving various stakeholders. Schools and educational institutions play a crucial role in implementing anti-bullying policies, providing training for teachers, and creating safe environments for students. Encouraging bystander intervention and teaching empathy can empower individuals to stand up against bullying and support victims. Promoting digital literacy and responsible online behavior can help combat cyberbullying. Collaboration between parents, educators, and community organizations is essential to address the root causes of bullying and foster a culture of inclusivity, respect, and acceptance.ConclusionWhile abuse and bullying share similarities in terms of harmful behavior towards others, they differ in their definitions, forms, and contexts. Abuse encompasses a broader range of harmful actions, including physical, sexual, emotional, and verbal abuse, occurring in various settings. On the other hand, bullying is a specific type of abuse characterized by repetitive, intentional, and aggressive behavior, often taking place in social environments. Understanding these distinctions is crucial in developing effective strategies to prevent and address abuse and bullying. By raising awareness, providing support systems, and fostering a culture of respect and empathy, we can work towards creating safer and healthier communities for everyone. Comparisons may contain inaccurate information about people, places, or facts. Please report any issues.BusinessAboutAdviceFAQTherapist jobsContactLoginGet startedPlease be advised, the below article might mention trauma-related topics that include suicide, substance use, or abuse which could be triggering to the reader.Support is available 24/7. Please also see ourGet Help Now page for more immediate resources.Bullying is something that most people might have witnessed or personally experienced at least once in their lifetime. Bullying behavior can take place while a child is at school, while an employee is interacting with their boss or even when two people are living together at home.While the majority of people might be familiar with bullying, it can show up in each of our lives in different ways and affect us to varying degrees. Understanding what bullying is, why it happens, and how to confront it can be helpful in ending this harmful behavior.Getty/Xavier LorenzoAre you a survivor of bullying at school, work or home?Find support with a therapist's guidanceWhat is bullying?According to the Merriam-Webster Dictionary, bullying can be defined as the "abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc....Bullying can occur when someone decides to exercise dominance over another person by harming them emotionally or physically. Once they've managed to inflict enough pain, the person on the receiving end may begin to experience a lack of self-esteem and confidence.Awareness, anti-bullying strategies, and therapy can help to validate the experience of survivors and prevent bullying in the future.GettyWhat are some examples of bullying and cyberbullying?Although bullying can seem fairly straightforward, there may be quite a few categories of bullyingand some may be more subtle than others.What is bullying and how does it typically occur?Here are a few common categories and examples of bullying to recognize:Physical BullyingPhysical bullying can occur when someone uses physical violence to assert their dominance over another individual. Anything physical that happens to a victim or a victim's belongings can fall under the physical bullying category.Verbal BullyingVerbal bullying can occur when someone uses words to bring down another person. Some of the most common forms of verbal bullying can include name-calling and offensive slurs.CyberbullyingCyberbullying is generally considered to be a new type of bullying that can happen when someone posts something mean or hurtful to, or about someone else online. This type of bullying can also happen over the phone or through other technological devices.Relational BullyingUnlike the other three categories, relational bullying can happen when a group excludes someone from a social situation intentionally.We do want to note that other forms of bullying can exist, but the majority of bullying incidents generally fall within these four broader categories.Why might someone choose to become a bully?GettyAre you a survivor of bullying at school, work or home?Find support with a therapist's guidanceBullies may have experienced past traumaThere are several reasons why someone might choose to become a bully, some of which can be rooted in past trauma. For example: A lot of bullies might become violent as a result of events taking place within the home, such as domestic violence or other abuse to which the bully is exposed. Bullies may express their feelings of helplessness or anger from being mistreated at home by abusing or using violence against others.Bullies may crave power and controlThe second reason why someone might become a bully is that having dominance over another person can help them feel more in control of their lives. When someone craves power, bullying can give them a method by which they can get it. It may also make them perceive as though they are above other people when they are actively putting them down.A bully may enjoy hurting othersLastly, some people may bully simply because they enjoy hurting other people. However, this reason can be rare amongst bullies and can signify a possible mental health concern.What are some of the effects of being targeted by bullies? Bullying can produce serious effects on survivors. For example: Those who have been bullied may be more likely to experience depression and anxiety disorder formation as well as physical changes that often stem from these psychological concerns (such as gastrointestinal upset). Bullying can also affect school and work performance, including ones productivity, concentration, or self-efficacy to get things done.Additionally, those who are exposed to physical violence while being bullied may end up with injuries, both small and large. If bullying is severe enough and lasts for an extended period of time, some people may even contemplate suicide or make suicidal attempts.How can online counseling support those who have survived bullying?Bullying can be a complex issue that can have harmful physical and mental health effects for all involved. If you are a survivor of bullying, have witnessed someone being bullied or have bullied someone yourself, it may be helpful to speak with an online therapist.BetterHelp is an online counseling platform that can connect you with a therapist at your convenience. You can schedule sessions according to your availability and talk through video calls, phone calls or an in-app messaging feature. Taking control over your therapeutic experience from the comfort of your own home might help you to feel more comfortable and experience greater healing.Is online counseling effective for victims of bullying?Online counseling can help individuals successfully cope with negative emotions associated with bullying experiences. For example: In onestudy, researchers found details suggesting that internet-delivered CBT is effective for the psychological distress and maladaptive appraisals associated with bullying victimization. The intervention was also found to reduce symptoms associated with PTSD, anxiety disorders and depression.Bullying can take place in schools, workplaces, and even in the home. It can come in the form of physical, verbal, mental, sexual, emotional, or psychological mistreatment and can affect each person differently. Whether youve witnessed bullying, been bullied, or have bullied someone else, it can be important to talk to someone about your experienceespecially if it begins to negatively impact your well-being. Online counseling can provide you with a safe space in which to be open and honest about what youre going through. BetterHelp can connect you with an online therapist in your area of need.Merriam-Webster Dictionary'sbullying definition is the "abuse and mistreatment of someone vulnerable by someone stronger [or] more powerful.The legal definition is intentional act that causes harm to others.Bullying can occur when someone exercises dominance over another person by harming them emotionally or physically. Once the bullying behavior has caused enough pain, the person on the receiving end may begin to experience a lack of self-esteem and confidence.Children, young people, and adults can all experience bullying.What is the definition of bullying victimization?Bullying victimization is commonly defined as repeated exposure to negative actions over time from one or more people whereby there is a power imbalance between the perpetrator and victim.Evidence suggestsbullying victimization in kids and adolescents can cause long-term harm. It isassociated withincreased physical and mental health challenges, low academic and professional achievement, and behavioral difficulties.What are the types of bullying victimization?A few common categories andexamples of bullyinginclude:Physical BullyingPhysical bullying can occur when someone uses physical aggression to assert their dominance over another individual.Verbal BullyingVerbal bullying can occur when someone uses words or intimidation to bring another down. It can involve name-calling and offensive slurs.Cyberbullying or social media bullyingCyberbullying can happen when someone posts something mean or hurtful to, or about someone else online.Relational BullyingRelational bullying can happen when a group excludes someone from a social situation intentionally.What are some characteristics of bullying victims?Bullying consists of three main types of participants: bullies, victims, and bully-victims. A fewcommon characteristicsof bullying victims include:Being physically smaller than peersHaving low self-esteemHaving difficulty making friendsBeing less assertive than peersExperiencing comorbid conditions such as anxiety, depression, and lonelinessBelonging to a minority group like those of alternative gender identity or sexual orientationWhat is Box Out Bullying?Box Out Bullyingis a national organization that combines research-based bullying prevention and live theater to highlight anti-bullying practices and provide young students with resources to help stop bullying in schools.How does verbal, physical, and social media bullying affect mental health?Bullying can produce serious effects on survivors. For example: Those who have been bullied may be more likely to experience depression andanxiety disorder formationas well as physical changes that often stem from these psychological concerns (such as gastrointestinal upset). It can also lead to eating disorders. Bullying can also affect school and work performance, including ones productivity, concentration, or self-efficacy to get things done.Finally, bullying can affect relationships.Additionally, those who are exposed to physical violence while being bullied may end up with injuries, both small and large. If bullying is severe enough and lasts for an extended period, some people may even contemplate suicide or make suicidal attempts.What are the 3 R's of bullying prevention?The three Rs of bullying are recognize, report, and refuse.Recognize: Identify a situation as bullying.Report: Talk to a teacher, parent, human services, or other authority.Refuse: Stand up to the bully or be an upstander.What is the description of a bully?A bully is a person who participates in aggressive behavior against someone that they perceive as not having their level of physical strength, or someone over which they have power or a level of control.What are the signs of bullying?The signs that identify bullying can be different depending on whether the individual is at the giving or receiving end. Signs that a child may be bullied include:Injuries they cant explainMissing or destroyed belongingsDifficulty sleepingA decline in quality of schoolwork, or trying to avoid the school buildingAvoiding other children, social isolationDecreased self-esteemSigns that a child may be bullying others include:Frequently get into altercations with othersAre friends with kids who bully othersHave unexplained new belongings like cell phones or extra moneyBlame others for problems, dont accept responsibility for their actionsWhat are the stages of bullying?When bullying happens, its more than simply one event or even a series of events. Bullying typically follows the following stages:Identifying the victimBattle plans. Once the victim is identified, the bully will begin to plot how they can hurt themPrecipitating event. This is the event that is the bullys invitation to attack, and it could be almost anythingthe person accidentally bumps into them, they give them a look, or they trip and fallUnderground battle. This can include making threats directly or through other people, spreading rumors, or text messaging cruel memesEscalating and mobbing. They bully is now actively attacking, it may be entirely through social media, or it may include physical contact. They may try to get others involved in singling out their victimReport and Recovery. When the victim or someone else reports bullying, and the bullying comes to an end. For some, this step may never happen

**What form of abuse is cyberbullying. What type of abuse is