Effects of Bullying on Adolescent Individuals

With the advancement of technology, communicating to individuals around the world is easier than ever. The down side of unlimited communication is that some adolescents and adults are realizing that communicating through cyberspace provides them a sense of anonymity, making it easier to bully others. Bullying in schools is at an all time high. Teens and adults are very tempted to do regrettable things under peer pressure, for views, likes and attention. Bullying can affect adolescents emotionally and or physically, as well as interfere with academic success. Bullying could change an adolescent so much that they shut down and become different in a negative way.

Social media has evolved so much. We now have Artificial Intelligence (AI) apps that are used to put voices, words, and mimes to images without a person’s knowledge and all happens anonymously. This has lead to some individuals believing suicide is the only option. Another situation occurs when the bully is called out by the victim and he/she responds with physical threats. Being bullied causes some to feel shame, have anxiety, loss of self esteem and learning difficulty. When people bully others, they really do not understand the impact it has on their victims.

Peer pressure is also a gateway to bullying. Supposed friends will challenge/dared friends to perpetuate mean acts upon weak, quiet, different, or alienated individuals. Even though the youth knows it’s wrong, the pressure consumes them because they fear not fitting in themselves. If the individual declines to complete the dare, there is a great chance that he/she will get bullied too, for not accepting the challenge.

Equally frustrating are different groups and ranks of popularity in school. Their ages range from 12-18, and are in grades seven through twelve. Whether it is a small school (k-12) or a large school (middle school or highschool), all these students live on social media. All students/teens want to be accepted, fit in, be well liked, and popular. For students who do not have the means to have a phone, fitting in can be quite difficult as they can’t relate to what all the teens are raving about and bonding over. These students get left out, usually made fun of and become the joke on social media. The teens that are mocking them do not realize how their actions bring into light, those that have and those that do not.

Bullying often is perceived as normal especially when it happens in school. Some parents and even some teachers have the mentality of “boys will be boys”, or “they’re just teens”, with maturity things will change. However, before bullies mature, undeserving and unsuspecting students are targeted emotionally and/or physically for the next four school years. Bullying even happens in elementary school.

When it comes to school, a student’s only goal should be to complete their academic career, but when bullied, goals are the least of an individual’s concern. Being bullied can consume a victim physically and emotionally. When one is young, school seems like it’s forever. If one is physically and/or emotionally overwhelmed, learning academics is the least important thing. It’s no wonder that many students don’t succeed academically, and then their future does not turn out bright.

Adolescents/teens/students shouldn’t be afraid to attend or feel dread each day at school because of hostile peers. School should be a safe place. School is sort of like a student’s first job, based on learning and building friendships. Preparing them for a successful future. While at school, students are taught how to socialize, cope, and become book smart. All students begin school in the same manner, but it’s the outcome for some that’s vastly different? Somewhere along the way, an individual feels less than and bullying is a means to boost an ego. If not addressed appropriately, or not addressed at all, a bully is born and the cycle is never broken.