

BULLYING INFORMATION:

After male bullies leave school, they may turn to bullying their girlfriends and spouses instead of fellow pupils, a study found.

The study was headed by Kathryn Falb, a doctoral student in the Harvard School of Public Health, and the results were published in the October 2011 *Archives of Pediatrics & Adolescent Medicine*.

https://psychnews.psychiatryonline.org/doi/10.1176/pn.47.1.psychnews_47_1_12-a

In the same study above, it was found that men who had bullied schoolmates once in a while were twice as likely to have engaged in violence against a female partner within the previous year as were men who said they had never bullied their school peers. And men who had admitted bullying frequently in school were four times as likely to have done so as were men who had never bullied in school. Thus "identification of boys who bully others [in school] may offer an opportunity to intervene on future abusive behaviors, such as intimate partner violence perpetration as adults,"

Bullying is very difficult for children and adults to deal with. It makes you feel afraid and degraded and often it makes a person feel like they are worthless. Unfortunately, bullying also makes you stop wanting to go out because you are scared that you might see the person bullying you. Many people who are bullied even start asking themselves if they can do anything right?

- People calling you names
- Making things up to get you into trouble
- Hitting, pinching, biting, pushing and shoving
- Taking things away from you
- Damaging your belongings
- Stealing your money
- Taking your friends away from you
- Spreading rumours
- Threats and intimidation

You have to tell someone. You may not want to do this because it means showing that you are vulnerable, that you are letting someone get the better of you. But really, it is very important to tell someone otherwise, it may not stop. Speak to a friend, parent, brother or sister, uncle or aunt and most importantly, if it happens at school or at work, speak to your teacher or supervisor.

#HearMeToo is a worldwide UN Campaign with the following aims:

"The International theme calls to honour and further amplify these voices, to listen to and believe survivors, to end the culture of silencing and impunity, and to put survivors at the centre of the conversation and response. It aims to broaden the global conversation and highlight the voices and activism of all survivors of violence and advocates around the world—many of whom are often missing from the media headlines and social media discussions."

Encourage other women and Girls to tell their story. Tell your own story of struggle and how you survived. Hashtag #StopBullying #HearMeToo #1000Women1Voice on your social media. Join with 1000 Women 1 Voice and have your voice heard. Together, the women of South Africa can do great things.