

# Bullying: Causes, Consequences & Solutions

## What Is Bullying?

Bullying is repeated aggressive behavior that involves a power imbalance and is intended to harm another person physically, emotionally, or socially.

## Causes of Bullying

Cause	Explanation
Family environment	Violence, neglect, or lack of supervision
Peer pressure	Bullying to gain approval or popularity
Insecurity	Hurting others to feel powerful
Social differences	Targeting appearance, race, gender, or disability
Online anonymity	Less fear of consequences online

## Consequences of Bullying

Affected Group	Consequences
Victims	Anxiety, depression, low self-esteem, poor school performance
Bullies	Aggression, discipline problems, criminal behavior later
Bystanders	Fear, guilt, acceptance of violence
School	Unsafe environment, poor learning atmosphere

## What Needs to Be Done

Level	Actions
Schools	Clear rules, reporting systems, trained staff
Teachers	Early intervention, inclusive classroom culture
Students	Support victims, report bullying
Parents	Communication and cooperation with schools
Online platforms	Moderation and reporting tools