

Bullies are not so tough after all

By Bonolo Sekudu

Bullies are often vulnerable as those they bully, this according to the South African Depression and Anxiety Group (SADAG).

Bullies are perceived as strong, fearless and confident people who make the lives of others a living hell.

While some might see it a harmless teasing and fooling around, SADAG says bullying is vicious, hurtful and may cause lasting psychological damage, not only to those being bullied but to bullies as well.

Senior Counsellor and Trainee, Dessy Tzoneva says:

" Bullies are themselves often sad and troubled children who have problems at home, were exposed to trauma that wasn't dealt with, or have very low self-esteem.

" Most bullies try to make themselves feel more important by picking on someone else so they can feel big and powerful.

" Some bullies copy what they see at home.

" They see violence as the only way to handle

conflict.

" Sometimes bullies pick on someone who is smarter than they are or different from them in some way.

Bullying has detrimental consequences on those that are bullied, they may feel lonely, depressed, suicidal and not interested in school.

To help fight the SADAG urges children ignore the bully, use humour to show them that the teasing does not get to you, report to an adult and be confident.

Tzoneva urges parents to talk to their children, to teach social skills, confidence and assertiveness so that they may be able to overcome being bullied.

For help you may call the South African Depression and Anxiety Group (SADAG) on 0800 567 567 or visit their website www.sadag.co.za

Bullied children feel isolated and depressed due to the physical and emotional and mental abuse endured from bullies.

