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## **ПОДРОСТКОВЫЕ ПРОБЛЕМЫ: ТРАВЛЯ**

В данной статье подробно рассматривается проблема травли детей в школе. Авторами работы выделены различные виды травли, приведены примеры, из-за чего люди становятся жертвами, и рассмотрены возможные последствия, которым может подвергаться человек вследствие школьного насилия. Также авторы приводят известные примеры проявления «буллинга» в литературе, кино и жизни артистов.

**Ключевые слова:** травля, виды травли, последствия, жертвы, школьное насилие, проблема.

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## **BULLYING AS A TEENAGER'S PROBLEM**

This article describes in detail the problem of children bullying at school. The authors identify different types of bullying, give reasons why people become victims and consider all kinds of possible consequences that a person may be subjected to as a result of school violence. Besides, the authors provide the most popular examples of bullying from literature, cinema, and the lives of artists.

**Keywords:** bullying, types of bullying, consequences, victims, school violence, problem.

Teens age is the most beautiful period of life as young people usually experience their first great love and make friends. And they are sure they will have a long and happy life. But at the same time it is the most difficult period, as teenagers have many problems and it makes a process of becoming a teenager very difficult. Nowadays, it is not very easy to adapt to hardships as quickly as they happen. Teen years can be very stressful.

Well, the most common problems that teenagers face today include [6]:

- Alcoholism;
- Smoking Tobacco;
- Taking drugs;
- Computer and TV addiction;
- Bullying;
- Self-esteem and Body Image;
- Family problems.

It is necessary to note that bullying is a problem of great importance. Moreover, it is the most common problem of teenagers, so let's talk about it in more details.

Bullying is generally cruel, malicious, or humiliating behaviour towards an individual or even a group of various aged people. For the first time an English journalist, Andrew Adams, used it to designate this phenomenon in 1990. It is demeaning and can cause untold stress, anger and suffering to those on the receiving end, which in some cases can lead to suicide.

Approximately 12 8-10 year old children commit suicide every year because they are victims of bullying. Whereas 1.3 million children a year bully others.

Bullying is a very complex social phenomenon. As a rule, a typical bully does not suffer from reduced self-esteem; on the contrary, he or she is fairly confident. Bullies use force consciously, while remaining emotionally calm and indifferent. Bullies often do not encounter resistance, because children, who are more likely to be

bullied, are distinguished by social detachment, a tendency to shy away from conflicts, or, conversely, heightened aggressiveness. It can be said that the bullies and their victims complement each other, thus creating a certain «pair» [1]. This pair consists of a socially isolated child who does not participate in social relations in a collective, nor can a bully, who can no longer stop his desire to mock.

Despite the wide dissemination of this problem, scientists have not yet agreed on the identification of certain types of hooligans, there are the most common [2]:

- Physical Bullies are the first: these are the easiest to identify, they act out their anger by hitting, shoving, or kicking their chosen target – or by damaging their victim's property;

- Verbal Bullies: they use words to hurt and humiliate their target, through name-calling, insults, or persistent, harsh teasing;

- Relationship Bullies: they spread nasty rumours about their target, and this behaviour is predominantly adopted by female bullies;

- Reactive Victims: these are victims of bullying who turn into bullies themselves.

It is important to understand why this problem arises and children are being bullied. As a rule, people bully other for a number of several reasons and here are some of them [5]:

- Physical features of the child – all people are different in appearance (noticeable fullness or thinness, red hair, glasses, tall or short stature, stuttering, etc.);

- Material wealth, very different from others;

- Humans have different financial situation and someone just cannot afford something beautiful (both in the «minus» and in the «plus»);

- Nationality – a person's nationality has often become a matter of ridicule;

- Too good or, conversely, worse performance – most schoolchildren don't like all the knowers or children who have poor academic performance.

The consequences of bullying are very sad, especially for the victim. The object of ridicule may become insecure, reticent, apathetic, some suicidal thoughts

attend. And regular stresses often lead to the development of mental illness and abnormalities. Bullying is usually negatively affecting the health of the child, both physical and social.

But the bullies themselves may suffer, and some of them become excessively aggressive, so that in the future they choose the roles of domestic tyrants and are engaged in criminal activity.

As problem of bullying has become relevant more than ever, we should think over the ways how to deal with it. As a complex phenomenon, bullying has neither an unequivocal explanation, nor universal methods of prevention. That is why we can only consider some tips for children who are or may be victims of bullying [8]:

1. Find allies that can be your friends and acquaintances, people who are sympathetic to you. If the forces equalize, then the persecution will soon cease.

2. Do not show your reaction, hold back. In this case, the Bullies will soon get tired of «bullying» you, and they will stop the harassment or switch to another victim.

3. It is necessary to learn how to fight back, and preferably in a verbal form and calmly, since aggression can provoke the anger of the bullies.

4. Increase self-esteem and do not accept the role of the victim.

5. Seek support.

6. Seek help from top management. If we are talking about school harassment, the parents of the victim must talk to the teachers and parents of the offenders.

7. Try to find out the causes of aggression, ask offenders questions, come into contact with him. All these measures can discourage the bullies.

8. If possible, try changing the team.

9. If everything has gone too far, and there is a threat to health or life, then it is worth collecting evidence of the threats and contacting the law enforcement agencies.

Despite the fact that the problem of bullying recently received wide publicity it has been identified by famous Russian writers. For example, in Zheleznikov, in his story «The Scarecrow», he tells about a girl who was very cruelly teased at school.

Many foreign directors in youth series raise this important issue. For example, director Brian Yorlkie in the famous TV series «13 reasons why» shows what can be done to persecute children at school. And at the beginning of each episode of this series, the main actors urge the teenagers not to be silent about their problem to the parents or psychologists.

Finally, Freddie Mercury, who was teased because of a wrong bite (he had 4 extra teeth) became a legend of world rock.

It would be wrong not to mention in the context of this topic the name of Tim Field – an outstanding British anti-bullying activist. In 1996 Field founded the United Kingdom National Workplace Intimidation Line and the Success Unlimited website. And next year he created a resource called Bully OnLine (*www.bullyonline.org*) on the Internet, where anyone who has become a victim of bullying can get help. Today this resource is the most popular in the world. Tim Field, on his personal experience, learned what it means to be a victim of bullying. In one of his interviews, he spoke about the consequences of this phenomenon: «...the consequences can be fatal, for example, suicide». According to Fields, «bullies create their own world, a second reality into which the victim is sucked in, and she has to live according to the laws created in this pseudo-reality. Therefore, the main task is to return the person to the real world». To do this, it is necessary to explain to the person what happened to him, show the true picture, return him confidence in his abilities and tell him how to act in the situation he was in [7].

The problem of bullying is gaining momentum in Russia every year, so it should be solved at the legislative level. But so far in our country there is no legal framework that would regulate the «relationship of bullying». Perhaps we should learn from the experience of northern Europe. For example, Sweden became the first country where the problem of bullying was declared national. According to the OECD, the questioned bullying among adolescent boys aged 11-15 years in Sweden is only 4 percent (at the time in Russia – 18).

Here there are laws that protect people undergoing bullying. But even here, not everything is perfect: bullying is not subject to a fine, and the aggressors can easily go to school, although conversations with the bullies are being held. In addition, in most schools in Sweden there are special «anti-bullying» teams of students whose task is to protect students from the first to the ninth grade from physical abuse by others [3].

In conclusion, it should be noted that the problem of bullying remains one of the most important problems in the field of child and adolescent psychotherapy. Despite its high prevalence, there is insufficient attention to this problem, so it is very important to hinder school bullying from becoming a typical phenomenon and aggression being considered a norm of behavior. After all, there is still hope that the plastic psyche of children, the developing consciousness of adolescents and the wisdom of adults will help to overcome the consequences of inadequate roles that are consciously or forcibly lost by many people in childhood and adolescence.

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