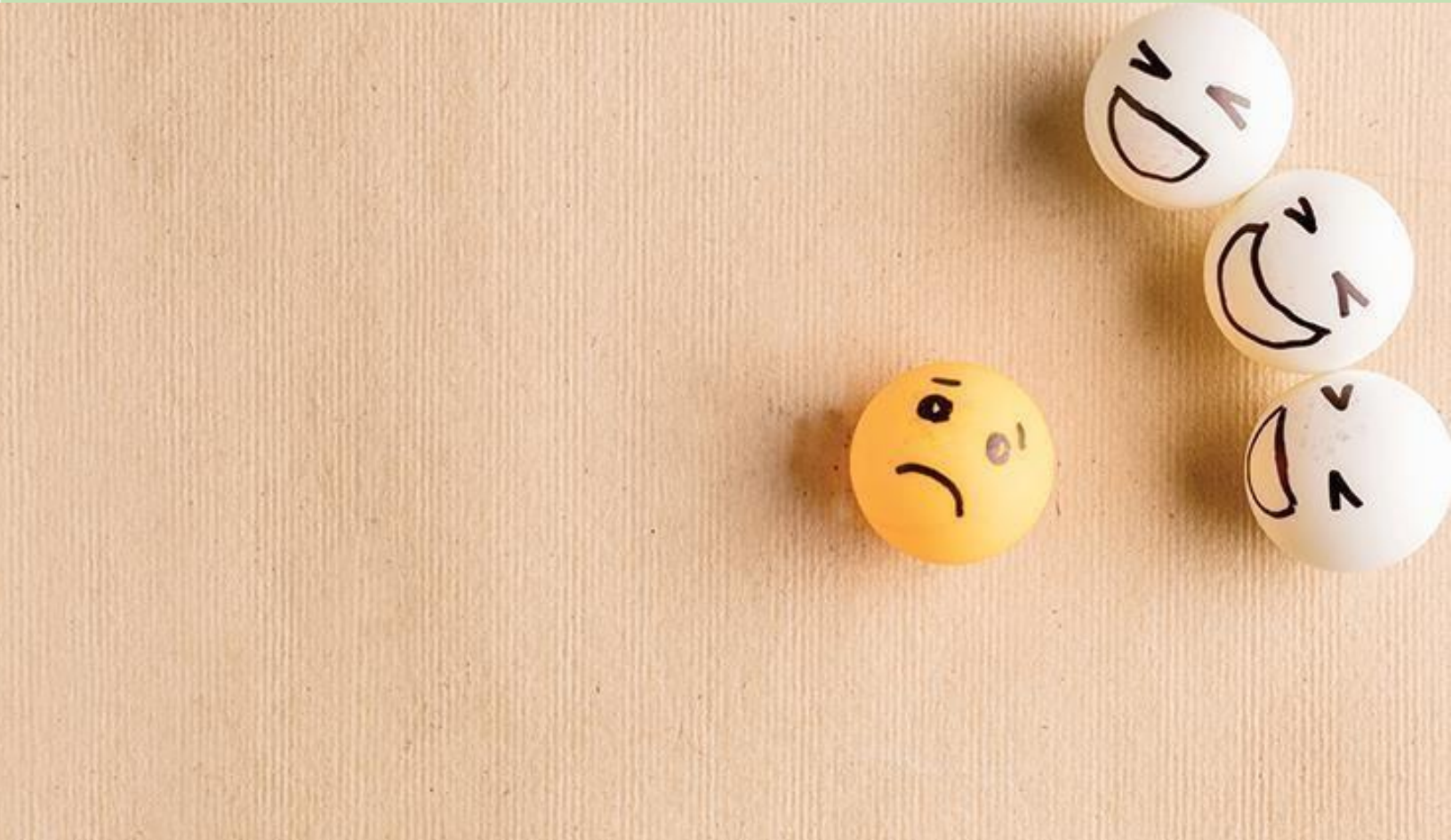# Bullying as an obstacle to a safe and dignified life free from violence and hatred

"The prevalence of bullying in society"

FDHRD

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Bullying as an obstacle to a safe and dignified life free from violence and hatred

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Introduction:

Bullying is a destructive behavior in society, which is incompatible with high human principles, values, morals, brotherhood and equality among human beings. Bullying is a form of violence, abuse and abuse directed by an individual or group of individuals to an individual or group of individuals where the attacking individual is stronger than the remaining individuals.

It is known that there is a clear relationship between the concept of aggression, violence and bullying. Bullying may lead to severe violence among students in schools, and it sends a negative message to our children that they are worthless, unwanted, unloved, or threatened by other children if they do not meet their needs or become dependent on them in a humiliating manner.

Bullying is one of the methods of psychological and physical violence practiced by an individual or group of individuals on another individual or group of other individuals, and the person who is bullied is usually weaker than the abusive or bullying person. The bully uses various means of abuse such as physical harassment, beating, or intimidation of the other person with the aim of spoiling his life and making him feel weak and humiliated.

Although bullying is a societal phenomenon that spreads in the world of adults as well as in the world of children, its disturbing effects are more evident in children due to the incomplete development of their psychological aspects, the fragility of their feelings and emotions, and their inability to dispose of these pressures properly, so bullying has become clear and evident with children more of adults.

Thus, a bully is defined as the one who harass, frightens, threatens, or harms others who do not have the same degree of power as him, and he frightens other children at school, forcing them to do what he wants with his high tone of voice and the use of threats.

Bullying is also divided into two categories:

• Direct bullying which is represented by hitting, pushing, pulling hair, stabbing, slapping, biting, scratching and other harmful actions.

• Indirect bullying which includes threatening a person with social isolation by spreading rumors, refusing to mix with him and criticizing him in terms of clothing, race, color, religion and other matters, in addition to threatening anyone who mixes with him or supports him!

First: the types of bullying

If bullying is classified according to the type of wrong behavior of the bully, its types may be limited to verbal, physical, and social bullying, and fall under each type of other sub-categories.

a) social bullying

As for social bullying, it is one of the forms of psychological abuse that falls on children when they are forced to withdraw from peer groups or forcibly isolate as a result of spreading rumors or warning others not to deal with them.

Social bullies seek to ostracize their victims outside of normal, everyday contexts such as peer groups, classmates, and neighbors and begin by spreading lies or spreading rumors, making flawed accusations and encouraging others to reject the victims' belonging to them.

The strongest motive for the social bully may be his lack of self-esteem and low self-confidence, so he seeks through distorting others, especially successful people, to restore his psychological balance.

Bullying is a common social phenomenon in the daily life of a child, such as school, sports clubs, and the neighborhood. Therefore, it must be dealt with carefully and wisely. Disgraceful behavior is not considered bullying unless it is repeated. Children should not be frightened of their peers or prompted voluntary isolation for fear of bullying.

b) physical/physical bullying

Physical bullying is more severe and affects children, as it violates the child's body in one way or another, which makes him feel helpless and humiliated, and generates feelings of inferiority and self-contempt because of his ability to protect the most important thing he possesses, which is his body.

Physical bullying ranges from small actions and practices that may not leave obvious traces on the child's body, such as pushing by hand, obstruction, or damage and theft of personal property, to more serious practices such as slapping in the face, beating, and assault with sharp objects, ending with rape and physical assault.

It is noted that children who tend to physically bully their peers live in violent environments, especially domestic violence, where the child himself or a member of his family is subjected to physical abuse practices from a parent or older sibling.

c) verbal bullying

As it appears from the label, verbal bullying covers all forms of abusive use of words against the bully, such as name-calling, and the use of outlandish or hurtful words that describe a child's body, appearance, roots, identity, religion, race or inclinations.

Some social environments feed this kind of wrong behavior, as families do not pay attention to the danger of releasing distinctive qualities to their members or members of other families on the pretext of joking and joking,

which inherits the child these behaviors and instills in his mind the legitimacy of ridicule from others by mentioning their cultural, physical and ideological differences in a place of humiliation and sarcasm

D) family bullying

It is bullying that occurs by parents against their children, between brothers and each other, or between spouses or relatives.

e) School bullying:

It is bullying that students are exposed to by colleagues or even professors, and it is deliberate negative actions to inflict harm and damage to a particular student, and these actions can be a threat with words such as scolding, teasing, insults, and it can be widespread in primary, middle and high schools. Even universities.

f) Cyber bullying:

It is bullying that depends on the use of information, communication techniques and social media, in order to carry out aggressive and offensive behaviors on others and to harm and defame them. And because this method has become common in society, especially among the youth, and the causes of electronic bullying are concerned with the desire of the bully. And his excessive feeling of love of control and desire to control the lives of others.

Second: the causes of bullying

Knowing what are the causes of bullying and ways to treat it may help to get rid of this phenomenon gradually, as the emergence of the phenomenon of bullying among students is due to a large number of reasons that some may not expect that it may lead to placing one of the students in that situation, we cannot be certain that there is Specific or specific reasons that push a

person to bully other people, and there are many reasons that may push people to bully, they may be psychological, family, school-related or technological reasons...etc.

One of the things that should be noted when talking about bullying are the reasons that led to such violent behavior. If the parents knew the reasons that prompted the child to practice bullying, they could get rid of this problem in an easier way, and rid their child of that harmful behavior. Watching clips of They contain violence, whether in films that are not suitable for children or in children's programs in which the presence of such scenes is not taken into account, and some extremist ideas among parents or at school may be the reason for this behavior, so it is necessary to pay attention to the ideas and conversations that the child hears from parents or from the environment and the environment itself. Parents are role models for the child from his early childhood, and from them he draws his ideas that will accompany him throughout his life.

a) Family reasons:

The absence of a parent from the pupil, or the parents not taking proper care of their children may lead to the creation of a bully at school. In this type, parents refuse to accept the idea that the family is the reason for creating a bully, and begin to blame the school and teachers.

The problem of bullying often begins at home and within the family itself, where parents bear a great responsibility towards their children, and they must take care of them and know their actions, whether positive or negative, and know what they are being abused or practiced on other children, and the behavior of the child must be monitored Especially if it is said that he is a bully, and then monitoring is carried out in cooperation with the school administration and to ensure that, the child is treated calmly and gently until he accepts the idea of talking about bullying and that he likes to stay away from its practice, through a detailed explanation of the causes and negative consequences of bullying

There are many bullies who suffer from disturbances in their homes such as verbal, physical, sexual, emotional and other abuse, which leads them to bully others in order to pour out their pent-up anger and in this case it is important to know that the bully is also a victim.

b) psychological reasons:

A student who bullies his friends may be a victim of other things, such as the person who was bullied, and there is another set of psychological reasons that lead to making the student a bully, including the following:

• Loneliness, rejection of others, and not getting attention from anything.

• Previous bullying, or physical violence at home or from a group of friends.

• Continually underestimating this student increases his aggressive behavior, which he shows in bullying others.

• Jealousy, the desire to have an advantage in everything.

• Arrogance and imposing any person inferior in material or social level to another person.

• Desire to gain fame, influence those around him, and create a spirit of power.

• Getting used to looking at others with an inferior look, leads to some students seeing that they are inferior in certain matters.

• Get close to bad friends and form a group of bullies, and get protection from each other's strength.

• Seeing the other is different. Some bullies only bully because they see the other person as different from them, and they will publicly point out that difference in a sarcastic way with the aim of bullying.

• Lack of self-esteem. If a person feels worthless unbeautiful, unintelligent, unworthy, financially incapable. then he needs to feel better than that and the easiest way for him is to degrade others, which leads him to bully.

There is a key role for the school in the emergence and spread of bullying. Abolishing the boundaries between students and teachers creates bullies because they feel that they are older than their real age, and because they feel the importance of respect for others, and this type may lead to the emergence of cases of severe physical and verbal bullying.

Also, the presence of a student from a poor family, or from a financial condition less than the rest of the students, even if it is a medium financial condition, so this student begins to bully someone who is less than him in anything else, and he also establishes a group of bullies with the aim of bullying others collectively, which is So-called psychosocial reasons.

A person may live in certain family, material, or social circumstances, be affected by the media, or may suffer from an organic disease or some deficiency in the external form, or perhaps a combination of all of these factors, which may eventually lead to suffering from the following things, which in turn will be a cause to turn him into a bully:

• Personality disorder and low self-esteem.
• Addiction to aggressive behaviors.
• Depression and mental illness.
• Individual behavioral disorders
• The conflict in social upbringing between family, school, and society
• Family problems and growing up in a broken family
• Get used to violent games, whether electronically or with others
• The spread of violent behavior in society

c) Technological and technical reasons

The frequent use of technological games that depend on wars and crushing enemies, and the hostile party creates a kind of dishonest competition that depends on harming and harming another party without taking into account any humanitarian or psychological considerations, and we find this type of reason increases dramatically in children at early ages.

Third: Effects and Consequences of Bullying:

Bullying affects everyone: the victim, the bully, and the audience. The effects of bullying are many, including mental and psycho-emotional health, drug use, and suicide.

Impact on the victim:

Children who are bullied often experience frustration and anxiety, extreme sadness, loneliness, sleep and eating disorders, unwillingness to engage in activities, health problems, regression in school, and may miss or refuse to go to school often, 1 in 10 drop out school because of bullying, even to suicide. Bullying is the world's third leading cause of death among teens.

Impact on the bully:

Bullying children often suffer from the following: the use of alcohol, smoke and drugs. Getting into a fight, dropping out of school, early sexual activities. When they grow up, they may have abusive relationships with close people (life partner, children, parents), and may enter into a criminal context.

Bullying negatively affects the individuals exposed to it, so what are the effects of bullying?

Bullying leads to psychological, emotional and behavioral problems in the long term, such as depression, loneliness, introversion and anxiety. Whoever is subjected to bullying leads to headaches, stomach pain, and cases of fear and panic, and the individual's withdrawal from social activities in the family or school increases, until he becomes a silent and isolated person. After cyberbullying enters the picture.

Thus, the effects of bullying can be divided into more than one category according to the type and nature of bullying:

a) Effects of school bullying

The emergence of psychological problems such as depression and may reach suicide cases. Individuals exposed to bullying may resort to isolation and

loneliness due to rejection, frustration, despair, inability to achieve, low level of enthusiasm, and the occurrence of health disorders, especially resulting from physical bullying. The petty bully is a major criminal in society in the future.

b) Effects of bullying on society

There are a number of effects that appear on society as a result of bullying, including:

The spread of a culture of fear and the large number of crimes.

The spread of a culture of aggression and violence as acceptable solutions to problems in society instead of solving them by peaceful means that support the interdependence of individuals.

The victim's family's feeling of failure and powerlessness because of their inability to protect the son, their feeling of loneliness, isolation and anxiety, and their preoccupation with the circumstances the son is going through, which leads to neglect of their health.

The emergence of a negative school environment based on a culture of disrespect, insecurity, and low student ambition.

c) the effects of cyberbullying

Cyberbullying is defined as a set of harassment, and it appears in several forms such as negative comments, blackmail, and violating the privacy of users of social networking sites. The harassment targeted his outward appearance, which makes him feel less attractive than others, which causes him to feel shy and reduces his social interaction with his surroundings.

d) Effects of bullying in the work environment

The effects of bullying in the work environment include:

Bullying behaviors at work appear in many forms; As spreading rumors and verbal abuse.

Impact on job performance, inability to work, and difficulty in making decisions, which reduces productivity.

The employee's loss of motivation and creativity at work due to his preoccupation with avoiding bullying and trying to defend himself.

exposure to psychological effects thereof; Stress, panic attacks, stress, sleep problems, exposure to health problems such as; High blood pressure and stomach ulcers resulting from psychological stress.

An organization with a culture of bullying experiences reduced productivity, increased healthcare costs, employee mistrust of management, loss of organizational spirit, and legal repercussions, whereby the employer is required to pay compensation to the employee for problems associated with bullying.

According to a survey conducted by the World Bank Institute on a thousand people who have been exposed to bullying in the work environment, 71% have experienced symptoms and 29% have experienced suicidal thoughts.

D) The psychological effects of bullying:

Bullying has serious psychological effects, and these effects may be long-term or short-term, as follows:

Psychological effects of short-term bullying?

- Social isolation.
- Feelings of shyness.
- Disturbed sleep.
- Noticeable changes in eating habits.
- Low sense of self-esteem (lack of self-confidence).
- Avoid school.
- Involuntary urination.

- High risk of developing organic diseases (physical diseases).
- Physical complaints without a known medical reason such as (stomach pain, headache, muscle pain).
- Poor academic performance.
- Symptoms of depression.

Long-term psychological effects of bullying

- Chronic depression.
- Increased risk of suicidal thoughts, and in late cases there are actual suicide attempts.
- Chronic anxiety attacks.
- Poor general health.
- Take drugs.
- Difficulty establishing friendship and mutual trust.

Short-term psychological effects on the bully

- Poor academic performance.
- Difficulty maintaining social relationships.
- Not feeling hurt by the feelings of others. On the contrary, he finds pleasure in hurting the feelings of others.
- Increased likelihood of drug abuse.

Long-term psychological effects on the bully

- Abuse of the husband or children.
- Anti-social behavior.
- Take drugs.

Recent scientific studies have been published confirming that bullying has a psychological impact that may extend for years, whether for those who were characterized by it or for those who were victims of it, as the depression and

anxiety associated with bullying continue at least until the mid-twenties, and violence, oppression and abuse become the behavior followed by the patient towards his community and his family.

We cannot neglect the role of the parents in the behavior of the bully, as the bully is nothing but a child who complains of the parents' indifference, as he feels disinterested as a result of the parents' interest in providing only material needs without regard to emotional and psychological needs.

Since children are a shared responsibility between parents and school, children's behavior should be observed and monitored, as bullying is one of the most important problems that should be faced with guidance and counseling and sometimes assertiveness.

Psychological and moral effects of bullying

The psychological effects that victims of bullying experience include:

Children who are bullied are more likely to develop mental, physical, social and emotional illnesses.

Depression, anxiety, loneliness and sadness, changes in sleeping and eating patterns, as well as a loss of interest in activities they love, as these problems continue into adulthood.

Victims of bullying are at risk of suicide due to chronic depression that results in suicidal thoughts and self-harm.

Social Effects of Bullying

There are a range of social effects of bullying, including the following:

Feeling ashamed, lonely and insecure, causing introversion and difficulty opening up in social relationships.

Studies show that social consequences affect the victim into adulthood, with 73% of adults having difficulty making friends due to being bullied in childhood, making them more vulnerable to isolation in their youth.

Feeling angry, low self-esteem and low self-confidence due to the burden of bullying.

Older people and children accepting the stage of addiction and abuse of drugs, alcohol and tobacco as a result of bullying.

Low academic achievement, low academic level, non-participation and integration in class participations, frequent absenteeism due to harassment and dropping out of school.

Physical Effects of Bullying

Bullying behavior is a serious social problem, as there are short and long-term effects that affect bullying victims as follows:

Exposure to bullying in childhood is linked to a permanent and significant economic impact on both men and women, according to a British study conducted on a wide range of people at different ages.

Studies show that women who were repeatedly bullied in childhood have lower income and savings, while for men they are found to be more at risk of unemployment and less likely to own property or property.

Studies also show that the reason children drop out of school is that they get lower grades in education as a result of being bullied, which in the future makes them more vulnerable to poverty and unemployment or to having jobs with lower incomes.

Paying health care costs for illnesses caused by bullying that may last for a long time.

Other Effects of Bullying (Effects of Bullying on Bullies)

A bully is exposed to many effects, including:

Engaging in criminal behavior such as; Theft, drug and alcohol abuse in adolescence.

Acts of violence and vandalism of public or school property, in addition to withdrawal from school.

Abuse of partners, spouses, or children in the future.

Therefore, we recommend the importance of psychological treatment for both parties so that we can reduce this phenomenon that negatively affects society in the event of its spread, which may result in insecurity and insecurity in society.

Fourth: Monitoring some cases of bullying

1-The father of a child who was bullied by his teacher revealed that his son was enrolled in the school because he has "integrated" special needs, and that this teacher deliberately insults him in front of the rest of his colleagues, adding that this time his son asked her to sit in the front row because his eyesight is weak,explaining that the school insulted him in front of the rest of his colleagues, pointing out that she told him in the text, "You are crazy and blind too," noting that she indicated with her hand a sign that represented an insult to his disability, which made him break down in tears, explaining that she was not satisfied with that, but assaulted him in front of everyone, He was detained by the school principal in one of the teachers' rooms, which left his son in a state of fear and nervous shock. The father of the child stated that he had submitted an official complaint to the Attorney General and the Ministry of Education to take the right of his son and to compensate him morally for what he suffered psychologically as a result of this school's assault on his son.

2-In another incident, witnessed in Dakahlia Governorate, a 23-year-old young man named "Ahmed. A.M." committed suicide after hanging himself in the ceiling of a room on the roof of his house, and his mother confirmed that he was always escaping from bullying by his colleagues after amputating his hand due to an illness in it. And he has a disability.

3-Karmouz, Alexandria, also witnessed a victim of bullying, after a student named Eman Saleh committed suicide, from the property where she lived, on the fourth floor, in Block No. 5 in "Bashayer Al-Khair" housing, due to ill-treatment and bullying by her colleagues and supervisors at the Health Technical Institute of Gamal Abdel Nasser Hospital, which It was taught by the student who committed suicide.

4-The student "Ahmed Amr", a third-grade student, was waiting for his brother at school, as the child's father said, and in the meantime, another child named "Mohamed Mahmoud Sawi" shocked him, so he cursed him and hit him and threw him on the ground and hit him in the head, and after the child arrived at the house His head was swollen, so his mother took him to Abu Al-Rish Children's Hospital, and a CT scan was done, which showed internal bleeding, a crack in the skull and concussion in the brain, which necessitated surgery for the child.

5-The Egyptian student Basmala Ali, who was bullied by an Arabic language teacher in a middle school in Damietta, northwest of Cairo, caused her psychological pain. "Basmala is a black girl." The girl found nothing but her tears to respond to the sarcasm of her teacher, who ordered her to stop crying, saying, "If you don't, Ayat will take you out of the classroom. It is the word that hurts you so badly," according to local Egyptian newspapers. Basmala told Al-Watan, during a private meeting with her in her hometown of Damietta, that she "waived the criminal part in the case of bullying, fearing for the future of her teacher and his family," while she was satisfied with the disciplinary part so that such an incident would not be repeated with students or students like her.

6-The soul of the 9-year-old child, Muhammad Ahmed Abdel-Azim, rose to its custodian yesterday, Sunday, after suffering for several days, after 3 children set him on fire.

The crime in Sadat City, Menoufia Governorate, is added to the record of bullying, after a group of children bullied Muhammad, because of his father's profession, who works as a garbage collector of plastic and cartons to provide a livelihood for his four children.

The beginning of the incident was narrated by Ahmed Abdel Azim, the father of the child, saying: "I was surprised by my daughter crying out and screaming after a group of children threw gasoline on my son and set him on fire, and that was at noon," to begin the journey of treating Muhammad, which began by going to Sadat Central Hospital, but because of the child's condition. Seriously, he was immediately transferred to the Burns Department at the University Hospital, especially since the child had burns rates of more than 80%.

7-"You are 12 years old and still do not know how to speak.". Words said by a young man to his younger brother, Alaa the student in middle school, among a group of his friends and neighbors while they were sitting at home, made the young child a new victim of bullying, because he suffers from a medical problem that makes him stutter, which prompted the child to dispose of his life.

The sarcasm ended and each young man returned to his home, but "Alaa" found himself moving towards his father's agricultural land, which is 500 meters away from the house. He remembers what his brother and friends said and that he was the subject of ridicule, which made him sad and depressed, so he made gallows out of plastic rope and fixed it in a tree branch and hanged himself.

8-This time it belongs to an African student who was "bullied" because of his dark skin, but the psychological harm was erased by President Abdel Fattah Al-Sisi's humanitarian gesture, when he forced the mind of the son of the black continent and sat him next to him at the World Youth Forum 2019.

And the matter did not stop only at the extent that people bully just children or teenagers, but this bullying also extended to public figures and artists, through social networks.

And the matter did not stop only at the extent that people bully just children or teenagers, but this bullying also extended to public figures and artists, through social networks.

Shaima Seif:

Actress Shaima Seif revealed that she was bullied because of her excess weight, which put her in a bad psychological state for a while before she decided to reconcile with herself and confirmed in more than one media interview about her acceptance of herself and her appearance, noting that she no longer cares about criticism.

 Horeya Farghaly:

Houria Farghali fell from a horse during a hiking tour, which broke her nose, so she underwent surgery, but a medical error caused by the doctor led to the deformation of her nose, and Houria underwent several surgeries afterwards. Plastic surgery Houria responded to the skeptics that she was Miss Egypt in 2002, and did not need to undergo any plastic surgery.

Rami Jamal:

Singer Ramy Gamal was subjected to electronic bullying by some through some negative comments due to "vitiligo", which led him to decide to quit singing as a result of the negative comments he was exposed to.

Fifth: Egyptian efforts to combat bullying in Egypt.

A - The role of the National Council for Motherhood and Childhood.

The National Council for Childhood and Motherhood, in partnership with the Ministry of Education, in cooperation with the United Nations Children's Fund UNICEF, launched the first national campaign in Egypt to protect children from bullying.

Bullying is a form of violence practiced by a child or a group of children against another child intentionally and repeatedly, whether face-to-face or online, ranging from physical harm to verbal and psychological abuse, which can lead to exclusion, depression, and sometimes suicide.

Azza El-Ashmawy, Secretary-General of the National Council for Childhood and Motherhood, confirmed that in a joint statement between the council and UNICEF: "No child should suffer from the harm or extreme stress caused by bullying, which, like all forms of violence against children, increases The possibility of disturbing the healthy development of the mind, and leads to a low sense of self-esteem in the child, and in severe cases, it can lead to suicidal tendencies.

El-Ashmawy added, "This campaign urges children, parents, and caregivers to address and oppose bullying in educational and non-educational circles, and to seek guidance and direction from trained professionals through the Child Helpline 16000, which provides support and assistance around the clock, seven days a week, it is also an effective channel for reporting severe cases in which a child's safety is at risk."

And she continued: "According to the latest global data, just over one in three students aged thirteen to fifteen years is exposed to peer bullying. While girls and boys, alike, are at risk of bullying, girls increase They are more likely to be victims of images and forms of bullying and psychological abuse, while boys are more likely to be at risk of physical violence and threats.

A study conducted by the National Council for Childhood and Motherhood and UNICEF in 2015, which included three governorates, showed that the highest level of violence faced by children occurs at home, followed by school, and the study also monitored that from 29% to 47% of children aged thirteen to Seventeen years old said that physical violence between peers was common.

Many public figures and UNICEF ambassadors in Egypt, artist Ahmed Helmy and artist Mona Zaki, also adopted the campaign messages on social media, expressing their positions rejecting bullying. The campaign encourages children and youth across the country to express their experiences, opinions and solutions to end bullying, using the campaign slogan #am-against-bullying.

B - The developments of the Egyptian Penal Code are a new face to keep pace with the changes of society.

And in August 2020, the Legislative Committee of the House of Representatives agreed to add a new article to the Penal Code 309 to criminalize the act of "bullying" in a step to eradicate the phenomenon.

The explanatory memorandum to the draft submitted by the government added that the new article added to the law provided a definition of bullying as "the offender's display of his strength or exploitation of the victim's weakness, or any condition believed to offend a victim such as gender, race, religion, physical description, health or mental condition or social level with the intent to intimidating him, putting him in a position of ridicule, demeaning him, or excluding him from his surroundings."

And the article decided that the penalty shall be aggravated if the crime is from two or more people, or if it is one of his ascendants, or those who are responsible for his upbringing, or those who have authority over him, or he

is handed over to him by virtue of the law or a court ruling, or he is a servant of the offender, and the penalty is doubled in the case of recurrence.

The draft law approved the punishment of the bully by imprisonment for a period of no less than 6 months, and a fine of no less than 10,000 pounds, and not more than 30,000 pounds, or one of these two penalties.

On its Facebook page, the United Nations Children's Fund (UNICEF) in Egypt expressed its happiness at preparing a draft law to amend some provisions of the Penal Code regarding the addition of a new article carrying a definition of "bullying".

C - Follow an approach that urges adherence to values and morals among students in schools.

At the level of education, the state has begun to adopt new methods, including paying attention to school subjects that raise values and morals, and emphasize the need to respect the other. In September 2020, Minister of Education, Dr. Tarek Shawky, announced the completion of printing the book "Values and Respect for the Other" for the third grade of primary school, which was requested by President Abdel Fattah El-Sisi during his presence at an event. It is also planned that this subject will not only be taught for the third grade, but will also be prepared and taught to students of the first and second grades of primary school.

Conclusion:

Bullying is a phenomenon that must be treated Bullying is one of the phenomena that society must seek to treat by various possible means, which start from building generations on good morals, good values and equality between people of different colors, races, affiliations and beliefs, and spreading those values and morals among different members of society. In addition to directing awareness campaigns on a continuous basis that highlight the dangers of bullying and warn people of various methods of physical or verbal violence, the act of bullying must be criminalized through deterrent laws and the promotion of self-confidence in children.

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الخاتمة:

التنمر ظاهرة لا بد من علاجها إنَّ التنمُّر من الظواهر التي يجب على المجتمع أن يسعى إلى علاجها بمختلف الوسائل الممكنة، والتي تبدأ من بناء الأجيال على الأخلاق الحميدة والقيم الحسنة والمساواة بين الناس على اختلاف ألوانهم وأعراقهم وانتماءاتهم ومعتقداتهم، وبثِّ تلك القيم والأخلاق بين مختلف أفراد المجتمع، إضافة إلى توجيه حملات التوعية بشكل مستمر تبيِّن مخاطر التنمُّر وتحذِّر الناس من مختلف أساليب العنف الجسدي أو اللفظي، ويجب تجريم فعل التنمُّر من خلال القوانين الرادعة وإعلاء الثقة بالنفس عند الأطفال.