

Gulfport

BEHAVIORAL HEALTH SYSTEM

Understanding Bullying

HOPE STARTS HERE.



gulfportbehavioral.com
800-831-1700

Understanding Bullying

Any kind of ongoing physical or verbal mistreatment in which there is an imbalance of power is defined as bullying. In other words, the bully is often a bigger, older or more authoritative individual looking to “win” in any situation. The bully’s victim is usually upset by the experience, while the bully is either unaffected or is pleased by the victim’s discomfort. While bullying occurs frequently with children and adolescents, it can occur at any age - even among adults.

Why Do People Bully Others?

- Lack of coping skills
- Poor anger management skills
- Lack of empathy with little remorse for the target
- Lack of impulse control
- Aggressive behavior patterns
- Attention-seeking behavior
- May have been bullied
- Power and control
- Boredom
- Jealousy
- Strong sense of entitlement
- Has seen bullying behaviors successfully used by others
- Recipient of physical punishment
- Defiance and oppositional views toward authority
- Thinking that others control behavior/blaming others



If you or someone you know is being bullied or needs help coping with depression, anxiety or other behavioral health issues, call **800-831-1700** for a confidential, no-cost assessment. We are here for you 24 hours a day. **We can help individuals develop better coping and life skills for a happier future.**

Bullying Behaviors

- Saying hurtful and unpleasant things
- Making fun of others
- Using mean and hurtful nicknames
- Completely overlooking someone
- Deliberately excluding someone from a group of friends
- Encouraging others to dislike someone
- Hitting, kicking or pulling hair
- Telling lies and spreading false rumors
- Sending mean notes
- Making hurtful comments or posting hurtful images on social media platforms

Teach Life Skills

Because some individuals will be picked on for characteristics they cannot or should not change, it is very important for parents to teach their children life skills and for adults to practice coping skills. This can mean the difference between a full and happy future or one of constant dread and sadness.

Do not be the victim of a bullying.



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Physicians are on the medical staff of Gulfport Behavioral Health System, but, with limited exceptions, are independent practitioners who are not employees or agents of Gulfport Behavioral Health System. The facility shall not be liable for actions or treatments provided by physicians.

For language assistance, disability accommodations and the non-discrimination notice, visit our website.

Model representations of real patients are shown.

Actual patients cannot be divulged due to HIPAA regulations.

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