

Victims

Who are the victims?

Children who are mostly likely to become victims are isolated, physically or socially. They have low self-esteem, no confidence, insecure, and overly sensitive. Children who tend to be overly dependent on others can be targeted. They are seen as different either in the way they look, dress or act. Children with poor social skills, they just don't "fit in" any where. They lack friends and social support at school. Sometimes they are just in the wrong place at the wrong time.

What are some warning signs?

- Fearful about attending school
- Missing belongings
- Torn clothes, signs of injuries
- Temper outburst
- Isolation, staying in room
- Few or no friends, seems isolated from peers
- Avoid school activities and functions
- Declining grades or academic performances
- Illnesses, stomach aches, headache
- Not sleeping well, wets the bed
- Signs of low self-esteem, frequent crying or feeling sad
- Withdrawn, depressed, self-destructive
- Moody, quick to anger
- More aggressive towards younger, smaller children
- Talks of or attempts suicide

Long-term effects of a child being the victim:

Victims of bullying are usually very unhappy children who suffer from fear, anxiety, and low self-esteem. They do not want to go to school or have any social interaction with their peers. Some victims are so distressed that they attempt or commit suicide. All these emotions interfere with their social, emotional and academic development. Most victims as they grow older learn to adapt to their social surroundings. As adults they have more freedom to choose where they go, what they do and with whom. However, they are more likely to be depressed more often and have low self-esteem even as adults. The sooner the bullying is stopped, the better the long-term outcome is for the victim.

