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Bullying can be defined as any act of aggressive behavior toward another person whether it be abuse, force or a threat. It can leave the person being bullied with a feeling of fear, pain and embarrassment. The person who is doing the bullying believes that they have power over the person they are bullying. The bully's goal is to intimidate an individual and instill fear in that person so that the person feels as miserable as the person doing the bullying. Sometimes people bully out of the dissatisfaction or even hate that they have for themselves or their own lives. Unfortunately, bullies feel the need to take out their frustrations and aggressions on others because their problems are not being addressed elsewhere.

Teen dating violence is physical and mental harm that occurs amongst adolescents who are engaged in a dating relationship. The actions can be subtle when a teen couple are in public, but behind closed doors it can be loud, violent and terrifying for the individual whom the violence is directed toward. Teen dating violence can manifest itself in a number of ways such as one partner forbidding the other from going anywhere without them, isolating the person (the victim in this case) from their closest friends or family members, doing physical harm such as hitting, pushing or shoving the other person, or making the other person feel that they "can't live" without them. In doing so the other person believes that this is love and love is why the person is treating them the way they are. For some teens, they feel so lucky and proud to be in a relationship and to have someone who likes them that they forfeit their own well-being and safety just to be able to say, "I have a boyfriend."

Domestic violence is physical and mental harm that occurs among adults who are either dating, married or divorced. The actions of the abuser can cause irreparable damage to the victim such as taking away their self-esteem and making them feel powerless and hopeless.

Many times the victim does not see themselves as a victim which causes them to not seek help, but instead to continue with what they see as a loving relationship. The victim can misinterpret the actions of their significant other as love by telling themselves “he loves me so much so that’s why he acts that way.” The victim may even blame themselves for their partner’s behavior by believing that they “made him mad” so I deserve the negativity and violence that my partner directs towards me. Although domestic violence is similar in some ways to teen dating violence, it can be even more powerful. In a domestic situation if the couple are married, the victim may feel that they can’t leave the person or get help because he’s my husband. For some, they take their wedding vows very serious and don’t believe that they can leave because of the vows they made. In some instances they feel that they can’t leave because no other man would want to be with them, at least this is what their partner has convinced them to believe. We must understand that when a person gets married, they don’t go into it thinking that their husband will one day abuse them (nor should they think this way) so it becomes a shock to the victim when this happens. They probably feel too paralyzed with fear to do anything about the abuse.

I believe in helping people so if I think that someone may be the victim of bullying, I would ask the victim in question “Whats going on?” If they happen to feel reluctant to tell me I would then find someone they could talk to. If I think that someone was a victim of teen dating violence or domestic violence I would seek to find authoritative help right away. I would encourage them to talk to someone because saying what your partner is doing out loud might make them realize the toxic situation they are in and then we can figure out the best way to help them. Taking them to a group or program with other victims of domestic abuse might be an option to help them cope and feel less alone.

Bullying, teen dating violence and domestic violence should never be an acceptable form of behavior for anyone. Teens and adults should be educated on how to recognize the signs of a unhealthy relationship and what to do so that they can have a voice if they find themselves in these situations. Education is important so that potential victims and abusers learn about the negative behaviors associated with bullying and domestic violence and hopefully avoid these situations. People who know better are more likely to do better.