

The Cries of
Victims and Bullies



SALLY RAGOO, MBA, BA (HONS)

The Cries of Victims and Bullies

By

Sally Rago, MBA, BA (Hons)



Strategic Book Publishing and Rights Co.

Copyright © 2014 Sally Ragona, BA (Hons). All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system, without the permission, in writing, of the publisher.

Strategic Book Publishing and Rights Co.
12620 FM 1960, Suite A4-507
Houston, TX 77065
www.sbpra.com

ISBN: 978-1-63135-255-3

Dedication

Dedicated to my sons, Jonathan Ragoo and Ashwin Chris Ragoo.

Acknowledgments

First, I thank God for the resources that allowed me to articulate my thoughts in written form. Special thanks to Natalie Siew-Carter, my sister in the Lord, for proofreading, healthy discussions, valuable advice, and love.

I would like to thank my husband, Bickram Rago, and my sons, Ashwin Chris Rago and Jonathan Rago, for their support, patience, and love. Deep gratitude is also expressed to my parents, Lio Lochan (Casey) and Rosemary Joseph Ragoobarsingh. Thank you for always being pillars of strength in my life.

Table of Contents

Foreword	xi
Chapter 1: What Exactly Is Bullying?	1
How to Deal with Cyber Bullying	4
Chapter 2: Characteristics of Bullies and Victims	6
Four Main Markers for Bullies	7
Who Are the Victims?	8
Chapter 3: How Is Bullying Different from Peer Pressure?	10
Chapter 4: Why Are Most Teens so Angry?	12
Chapter 5: The Needs and Cries of the Bullies	14
Chapter 6: The Cries of the Victims	17
Why Victims Keep Secrets	19
The Signs of Bullying	20
Low Self-Esteem or Depression	22
The Dos and Don'ts of Handling Victims	23

Chapter 7: How Victims Should Handle the Bully	27
Parents of the Bully	31
How Parents Can Build Self-Esteem in Victims	34
Chapter 8: Handling Bully Situations	37
Parents	37
Principals	38
Teachers	39
Guidance Counselors	40
All Adults	40
Bullies	41
Bystanders	42
Chapter 9: Conclusion	43
A Few Words from the Author	47
References	49

Foreword

Sally Rago is one of my colleagues at work, and when she indicated that she wrote a book to address the problem of bullying, I was anxious to read it and lend advice. I really wanted to encourage her to follow her dreams by using her pen and resources to help others. There must be, of necessity, a certain passion in writing books designed to help others.

After reading this book I am convinced that Sally has discovered her true calling in *Life*. *Cries of Victims and Bullies* is well researched and interwoven with advice that will help victims, bullies, and other parties involved. She has divided the book into excellent segments to ensure everyone can receive advice on this topic. Deceptively concise, the advice shared by Sally carries realistic lessons and profound insights. I strongly believe that this book can be used as a springboard for great ideas on how to combat bullying in our society.

Comradely and professionally, I applaud Sally's effort and endorse her advice as presented in this

book. There are elements that produced feelings of inspiration and “ah ha” moments in my heart. I hope the readers appreciate the effort and use this advice to ignite a new sense of responsibility and well being.

Jennifer Alleyne
Professional Counselor and
Senior Social Worker
The Republic of Trinidad and Tobago

Chapter I

What Exactly Is Bullying?

My heart was saddened as I read the story of a young teenager who was badly beaten by bullies at his school. There was a picture of his mother in the newspaper looking distraught over the incident. This caused me to reflect on another heartbreaking story of a young teenage girl who ended her own life as a result of endless bullying she received from a group of peers at her school.

I sat and compared my school days to these present-day scenarios. Back then, the bully was the person who intimidated or harassed others, made threats, sometimes stole lunch money, and generally made other students miserable. I was a victim of bullying and it was the most wretched time in my life. The impact was taken very lightly back then. Bullying was like a daily dose of gossip; if the bully did not attend school, there was little to talk about or complain about. Those were “the good old days.” Now, however,

the old concept of bullying has taken on a new twist, interwoven with a curious, dark residue of pain and grief.

Compared to today's school environment, my stance on bullying has changed drastically. Bullying has been defined as the "systematic abuse of power," which is done "repeatedly and deliberately" (Smith & Sharp, 1994). The Heinemann Dictionary proposes the following definition for the word bully: "a person who uses threats or force to frighten or hurt people, or make them do things." In other words, bullying is repeated aggressive behavior or, quite simply, unprovoked meanness. It's a form of intimidation, which is designed to threaten, frighten, or coerce someone. Bullying is when a person is harassed over and over again by an individual or group with more power, either in terms of physical strength or social standing. Bullying encompasses a wide range of behaviors, which can reduce the quality of life as well as the psychological and physical health of the victims.

Generally, bullies make a conscious decision to hurt others and would do whatever it takes to ensure they have the end result they desire. This hurt or discomfort may be caused by psychological or physical means. The international and national educational landscape has changed due to technology, but this blessing has also been a curse for victims as it has caused the act of bullying to become lethal.

Long ago, in my school days, most people thought that bullying was just a normal part of life. In today's fast-paced learning environment, bullying has taken on a new deadly dimension. I recently spoke to young adults who were victims of intense bullying and they reported that their incidents resulted in a loss of confidence that was never restored. Lives are actually destroyed or diminished due to the rippling effects of bullying in the school environment. I don't want to wage war against bullies without some ingredients of understanding, but there must be a way for all of us to contribute to ending this "normal" practice. Bullying is not a problem that will just be "sorted out" with time and patience.

Children and teenagers today are under a different type of pressure; they succumb to bullies due to the deep-seated fright they feel constantly, in addition to the lack of support at home or school. They can easily start believing something is wrong with them, and eventually the anger and pain can make them physically ill or cause them to drop out of school completely.

Buy the B&N e-Pub version at:-

<http://www.barnesandnoble.com/w/the-cries-of-victims-and-bullies-sally-ragoo-mba-ba-hons/1119568878>

Buy the Kindle version at:-

<http://www.amazon.com/Cries-Victims-Bullies-Sally-Ragoo-ebook/dp/B00KGF0WOS/>