

## **THE PROBLEM OF BULLYING IN UKRAINE**

Bullying is the behaviour of a person who hurts or frightens someone smaller or less powerful, often forcing that person to do something they do not want to do. [3] Kids who bully usually pick on someone who is weaker or more alone, and they repeat the actions over and over.

On October 2, 2018, the Verkhovna Rada of Ukraine passed a law on combating bullying in the first reading. This will allow at the legislative level to determine the phenomenon of bullying, ways to combat it, as well as to establish administrative and criminal liabilities for harassment.

The problem of bullying is actual for Ukrainian society, because according to recent UNICEF data, in Ukraine, 67% of teenage children are constantly experiencing bullying cases (mostly school bullying), 48% of victims were not told or asked for help, 40% are ashamed to talk about it and 22% consider this behavior a normal phenomenon. [2] At the same way, more than half of the victims do not tell anyone about such cases because they fear that their offenders will not be punished.

UNICEF added that this is not only a Ukrainian issue; “half of students aged 13 to 16 worldwide – around 150 million– reported experiencing peer-to-peer violence around school.”

There are several types of bullying:

- 1) Physical bullying (hitting, tripping, damaging property)
- 2) Verbal bullying (insults, teasing, intimidation)
- 3) Social bullying (lying, spreading rumours, excluding, damaging someone's social reputation)
- 4) Cyberbullying (hurtful texts, posts, images or videos, imitating others online). [4]

Typical signs of bullying are:

- systematic (repeated)
- the presence of the parties - the offender (Buller), the victim (the victim of the bullying), the observers (not necessarily);
- acts of the abuser, which result in causing mental and/or physical harm, humiliation, fear, anxiety, subordination of the victim to the offender's interests, and/or causing the social isolation of the victim. [1]

More often than not, the effects of bullying last a lifetime for both the victim and the aggressor.

From a victim’s perspective, their emotional development is often compromised, and feelings of anxiety and depression arise. This extends well into their adult lives where these problems that were thought to be short term become a chronic ailment.

Bullying is a risk factor for depression and thinking about suicide. Children who are bullied more likely to think about or attempt suicide than those who are not involved in bullying at all.

How to prevent bullying? Bullying in Ukraine is a serious problem that needs to solve. This is especially concerned to teachers and parents. Parents need to provide the necessary psychological support and proper upbringing at home. Teachers should develop rules of behavior and prevent bullying among pupils. Every case of violence

or harassment and every complaint should be considered. It is important to explain to pupils that any violent acts, abusive words are unacceptable. The reaction should be immediate (stop the fight, stop bullying) and more severe in repeated cases of aggression.

Unfortunately, exposure to bullying in any manner – by being bullied, bullying others, or witnessing peers being bullied – has long-term, negative effects on children. In the school system, it is needed to enter the mechanisms of report about violence, that pupils will not afraid to do it. For the successful warning and counteraction to violence it is necessary to conduct lessons of teaching effective communication and peaceful conflict resolution skills.

## REFERENCES

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