

BULLYING POWER & CONTROL WHEEL

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. It is frighteningly clear that when many normal people gain a measure of power over others they often cannot resist the urge to abuse it and treat those below them with cruelty, indignity and contempt.

Mediation between the bully and victim is not possible; in a true case of bullying, putting them together to work out their problems would simply re-victimize the victim. Although bullying is generally thought of as a childhood problem it takes many forms across the lifespan: sexual harassment, gang attacks, dating violence, assault, domestic violence, child abuse, harassment in the workplace, and elder abuse.

