

Recovering from bullying: From Surviving to Being

In the past decade, teenagers have seen the uprising phenomenon of Bullying in their schools. Harm to others' Self, Bullying reflects a clear discomfort and unease in those who actively participate in it. Towards any difference, no hostility nor animosity. Indifference. However, this phenomenon is affecting nowadays an arising number of teenagers aged between 12 and 16.

For the victim, a sense of injustice and impotence. A lack of support system, coping mechanisms, and in general a non-conflictive attitude along with a lack of assertiveness appear frequently in victims of bullying. In general, the process is internalized. The only goal, to survive.

Factors such as gender, self-esteem, and certain types of relationships with siblings and parents play a major role in how bullying affects teenagers, avoiding sometimes depression or delinquency. Thin Nhat Nahn mentioned « If one knows how to suffer, he/she will suffer less ».

However, these young teenagers become adults which are prone to introspection, work on self- acceptance and forgiveness of what was, staying confident in what can be.

Resilience is key. Finding joy and happiness in what is now, and finding strength in what one had to overcome in the past».

This review aims to shed light on the psychological and socio-emotional factors that enable resilience. Why does age matter? Does gender make a difference? Last but not least, what personality traits protect a teenager's emotional and psychological well-being?

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