



Exploring Bullying Types Sexual Minorities Experienced in Schools

Zhenghong Jin^(✉)

Dalian American International School, Dalian 116000, China
18409327@masu.edu.cn

Abstract. Sexual minorities are vulnerable groups. No matter in school or in society, some experiences will have a great impact on their physical and mental health. This paper made a connection between the mental health of sexual minorities and sexual minorities students in schools. Sexual minority students' mental health problems and their unfortunate school experiences of being bullied are worthy of being studied. This paper explored different forms of bullying that those sexual minorities often experience in schools. It is the aim of this paper to draw more attention to sexual minority students' life on campus, especially their suffering from bullying. This paper analyzed 16 articles collected from Google Scholar and Baidu Scholar. This paper establishes three types of bullying behaviors experienced by sexual minority students in school, which are verbal bullying, physical bullying, and sexual harassment.

Keywords: Sexual minority stress · Sexual minority in schools · Campus bully

1 Introduction

In today's China, sexual minorities and campus bullying have become one of the topics everyone is talking about. According to statistics, there were more than 3000 campus bullying happened from 2015 to 2017. From 2017 to 2020, the number of campus violence arrested has exceeded 8500. Moreover because of sexual minorities' unique identity, are the most likely to be bullied in schools.

The main purpose of this paper is to find out the main ways of bullying that sexual minority are most likely to experience in schools, such as verbal bullying, physical bullying and sexual harassment, and what impact these bullies will have on sexual minorities.

The significance of this paper is to find out what kind of bullying sexual minorities have suffered and how to stop it from happening. Why are the sexual minorities in schools bullied by others and what is the reason. Furthermore, stop this bullying from happening in the future, and let everyone in the school have the same peaceful school life.

Many people have researched similar topics, including sexual minorities students' life in schools also where their stress comes from, and their well-being. But it's rare that people connect them together, which is a bit confusing because they are related in many

Table 1. Analysis of 16 papers of different bullying types

No. of papers	Different types of bullying	References
6	Verbal bullying	[1–6]
6	Physical bullying	[1, 7–11]
6	Sexual harassment	[5, 12–16]

ways. The research and the papers about sexual minorities in school are mostly about their daily life, the bullying, and the violence they have received, and how their thinking changes even after they have been transferred or graduated from school, even in work situations.

There are some papers that have been researched on what can stop the bullies in school for sexual minorities. Furthermore, the research about sexual minorities’ minority stress is mostly about how does this stress expressed, and also where this stress comes from, how it affects one’s well-being. Therefore, it would be a great new way to study if make a connection between them.

Using sexual minorities minority stress and sexual minorities in schools as the key-words, this paper searches for papers from 1998 to now on Google Scholar and Baidu scholar. Through screening, a total of 16 papers are included in the analysis range of this paper. This paper will use these articles to find the relationship between sexual minority stress and sexual minorities in schools.

2 Bullying Types Sexual Minorities Experienced

This article will analyze the bullying faced by sexual minorities in schools from three aspects. The specific classification of these papers, which are verbal bullying, physical bullying, and sexual harassment can be seen in Table 1.

2.1 Verbal Bullying

Sexual minorities in school often get many disagree opinions, but when it is expressed, might be damage a person’s mental health. According to data, the most kind of stigma that people in school get are being ridiculed in public space and being called names, which is 71 and 82 percent of people out of 190 people [1]. This is an Incredible large number, this means more than half of the sexual minorities have been experiencing this kind of bully and verbal abuse at school, which can easily take away one’s confidence and health, and make no one would like to go near the bullied people [2].

Some students will use some characteristics that sexual minority students have, such as their appearance, character, or the way they speak, to give them insulting nicknames. This name might spread among the students for a long time, others will not even know what their real name is, and will often call them by the embarrassing nickname that others use to laugh at them, even some teachers use disrespectful language to talk to the students that are sexual minorities.

Moreover, other students will spread rumors around campus, which puts the LGBTQ student in a more dangerous spot. They will describe the sexual minority community as not normal, diseased and wrong, which will go around the school quickly, and influence people's attitude and the idea of how is this group like, in order to destroy what others feel of them and cause huge damage for the community. Because it's hard to tell true from false, the rumor will make the sexual minorities more lonely and affects their well-being by raising their stresses [3].

Once these rumors spread around campus, they will worry that everyone else looks at them as an abnormal person including their parents or teachers, so they will be terrified and worried all day [4]. So they are afraid to talk to others about their things, because they are worried about in others' eyes, they are a strange person.

Campus bullying also has a great impact on the learning of sexual minorities. 23.7% of 810 sexual minorities students have lost interest in learning after being bullied on campus, and some have skipped school and dropped out of class [5].

Furthermore, some verbal bully like maybe the bullies might know some personal secrets of the sexual minority students, but they choose to talk about in a public space so others will know about that, which can make a great damage to that person's mental health.

Because their own private thing that they do not want anybody else to know about is being talked about in public space by the bullies, maybe it is a trauma that they never really get over or a sad experience they want to get rid of, but when the bullies talk about this in front of other people, everybody else will know the private thing just about that person themselves, and that person will feel like themselves are being offended, attacked and being mocked at.

After a long time, they will even believe the bad things the bullies say about them, and they will believe that they are an strange person [6]. This is really dangerous because in this way, it can take away a person's self-confidence, it takes away courage, and it takes away who the person really is.

2.2 Physical Bullying

Another is physical abuse by others, many sexual minorities students admitted that they been experienced bullying in school, they will often just be hit or kicked in front of people for no reason, and teased by others because of their character or appearance [7]. Plus, sexual minority students who have been physically bullied may change their personalities from optimism to pessimism and sensitivity. They will be traumatized mentally and afraid of being alone, because they are most likely to be bullied and beaten when they are alone with others. So in this way, not only the sexual minority students will have some physical damage, but also their emotions will be hurt too because this way they will be afraid of going to school and being around others, no one will or can help the minority students, if they do, they will be bullied too [8].

Because of this, it's not easy for sexual minority students to have friends in school, because they do not want to get their friends in trouble just like themselves, moreover, they are fearful about the friends they think they have will treat them the same way the bullies do. This situation will last a long time, and even might have an impact after they have graduated from school.

Sexual minority students also receive other kinds of bullying at schools, such as valuable property being stolen or money being forced to give, which are also different kinds of bullying. Mostly the bullies will take away their lunch money so they don't have anything to eat at lunch. Which can lead to bigger health problems. Forty-nine percent of the 190 adults admitted that their belongings or precious things had been stolen or taken away by bullies during the school [1]. This also can lead to some psychological problems, because their money or stuff were stolen in school, so it will be more difficult for them to trust others in the future, because they are afraid that if they blindly trust others, others will cause greater trouble and betrayal, and even be afraid of relationships, no matter friendship or love [9].

There are a few possible solutions for this situation, when they are being bullied at the time, they can go ask for help from the teachers and family members. However, many sexual minorities do not want their identity to be known by others, which may also be one of the reasons why they are bullied because the bullies might threaten them that if they fight back, the bullies will tell everyone in the school of their identity.

One major reason for this is that many people do not agree with or even oppose the existence of sexual minorities, might including their parents and teachers, so they are scared to ask their elders for help, because it may hurt them more [10]. If they talked to their teachers and family members, but they think the same way as the bullies, which is that being a sexual minority is not right, then the sexual minority student will feel like being against by the ones they respect and will be more afraid to express themselves in the future, will always not be their real selves [11].

However, the best way to stop other people from bullying sexual minority students in school is to make a specific rule about it. For example, all schools should ensure that there are no teachers in schools who have any negative attitudes toward sexual minorities groups. Therefore, if sexual minority students are really bullied, they can come to the teachers for help, and the teacher can punish the bullies.

2.3 Sexual Harassment

Not just this, there will be a much more offensive and unforgettable bullying that sexual minorities can experience in school, which is sexual harassment. This can come from anyone, both teachers or students, usually, this happened when the person knows the real identity that sexual minorities have been hiding [12].

During this period of time, they might threaten the person, if the person does not do what they say, they will expose that person's identity as a homosexual or bisexual in the whole school which will make school life much harder for the LGBTQ community [13].

Especially when this is coming from a teacher, it might make the student drop out of school if he does not do what the teacher wants. In this case, the sexual minority students would only listen to them, to agree with whatever they want, which is very likely to be turned into a sexual assault. Because the object is a teacher, they can not ask for help, because the teacher's power is above a student, and the fact is, no one will believe them, others will just accuse them of lying.

They may use offensive words to talk to sexual minorities and use offensive touching without any permission, which can make the sexual minorities students fear intimate relationships in the future [14]. Not only this but also they may feel ashamed of any

kind of intimate relationship, even their own body, which will greatly limit the daily life of the one who was harassed, but the person who commits sexual harassment has no impact.

This might be a huge problem for the sexual minority students in the future, because with this experience in school they might never recover from this, they may be fear of relationships in the future and they might think that everyone is trying to use them to get something. In addition, their school life will be miserable, because they are often offended and forced to do something they don't want to do.

In addition, because they must often see people who harass them, their mental health will also be affected. They feel depressed a lot, not only because of the action sexual harassment, but also because they are afraid not to resist the bullies, and all their feelings are being unreleased [15]. They may even feel fear of some characteristics, such as if it is a teacher who harasses them, then the student may feel fear and uneasiness about all teachers.

According to the research that Wei Chongzheng and Liu Wenli had done before, they state that "LGBT students who have been bullied on campus have more frequent suicidal thoughts, lower subjective well-being, and a higher proportion of depression in the past year" [5]. When this situation lasted longer and longer, there will be indelible damage to the sexual minorities students, they will feel unsafe and unwanted. They will always remember what the bully said and did to them [16].

The best solution for sexual minority students is to see a psychologist and let the psychologist help them go out of this tragic memory, but students from sexual minorities are less likely to want to tell anyone about this experience, so they might hide these things from the psychologist.

3 Conclusion

The physical and mental health of the sexual minority students is closely related to their experience in school. If they have been bullied in school, whether in which way, verbal, physical, or sexual, it will have a great impact on their health. In terms of future academic research, studies can explore how the experience of minorities in school affects their development in the future, and what they will change because of this experience after they leave school. One of the best ways is to do an interview with sexual minorities who have experienced bullies in school, both the ones who are currently in school and have graduated, to see their changes in thinking and feeling in the long term. Including how to prevent such things from happening again in the future.

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