



# Cause Analysis and Preventive Countermeasures of School Bullying in Primary and Secondary Schools

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**Abstract.** With the popularity of the Internet, the speed of information dissemination in the times has accelerated, and a series of shocking public events in school bullying have been exposed by the media. School bullying phenomenon is widespread in schools all over the world, especially in primary and secondary schools. As a malicious act against minors, school bullying is an important threat to the healthy development of teenagers. In order to explore the characteristics of school bullying, a primary and secondary school student, and further analyze the causes of school bullying, this paper explores eight typical cases of school bullying. In addition, based on the analysis of eight typical cases in school bullying, this study further clarifies the main responsibilities of all parties and puts forward specific suggestions and measures to prevent school bullying.

**Keywords:** School Bullying, Education, Bullying Prevention and Control

## 1 Introduction

In recent years, school bullying has occurred frequently in China, and it is even getting worse. With the rapid development of the Internet, its spread has become more and more extensive, especially in primary and secondary schools, which has aroused widespread concern from people from all walks of life. The campus should be a safe place, where children grow up happily, but perhaps there is a school bullying happening in a small corner of the campus. School bullying is influenced by many factors, such as individuals, families and schools<sup>[1]</sup>, and the participants are different, and the final result may be different, but it has brought indelible trauma to the bullied people and seriously affected the physical and mental health of teenagers. Based on the classic case of school bullying, this article analyzes the causes of school bullying and how to avoid it from the data and types.

## 2 School Bullying's Definition and Types

### 2.1 The Definition of School Bullying

Norwegian psychologist Dan Olweus first put forward "school bullying", and regarded this behavior as a group or a single student repeatedly treating a specific student or a group of students for a long time through some negative actions<sup>[2]</sup>. According to Simmons, school bullying refers to one or more abusers who have greater physical or social strength than the victims, and take aggressive actions against the victims by verbal or physical means, which is not one-off. It must be repetitive and habitual in order to be regarded as bullying<sup>[3]</sup>. Greytak pointed out that students whose parents have low education level and are easily regarded as provocative, vulnerable or outsiders are more vulnerable to bullies<sup>[4]</sup>. McNamee and Mercurio believe that there is a "bullying triangle" relationship in school bullying, which is composed of bullies, bullied people and bystanders<sup>[5]</sup>.

### 2.2 Types of School Bullying

School bullying mainly includes direct bullying and indirect bullying. Direct bullying refers to bullying in an open and obvious way. Direct bullying includes direct physical bullying and direct verbal bullying. Among them, direct physical bullying includes physical actions such as hitting, kicking, scratching, shoving, blackmailing, robbing and destroying items; Direct verbal bullying includes verbal behaviors such as abuse, sarcasm, ridicule, sarcasm, and nicknames. Indirect bullying refers to bullying in a way that is less likely to be discovered, usually with the help of a third party. Indirect bullying includes relationship bullying, cyber bullying and other types. Among them, relationship bullying includes spreading rumors and social isolation; Cyberbullying includes discriminatory text messages and emails.

## 3 School Bullying Case Introduction

Event 1: In 2024, junior high school students in Handan killed their classmates and buried their bodies. On March 10th, 2024, three junior high school students bullied Zhang Zhuang Village, Beigao Town, Handan Feixiang District, Hebei Province, and then brutally killed Wang Moumou and buried his body in a vegetable greenhouse. The psychological quality of the three suspects was extremely strong, and the principal was not identified until the surveillance video was transferred. After finding the body, it was found that the victim was beyond recognition.

Event 2: The campus bullying incident in a school in Nanning, Guangxi attracted the attention of the whole network. A 13-year-old boy was beaten and bullied by eight classmates, and 11 pots of boiling water were poured by several people, causing burns all over his body. After being diagnosed by a doctor, the victim was burned in many places. Because he did not see a doctor in time, some wounds had festered, and the picture made people afraid to look straight. According to an insider, the victim boy only

transferred to this full-time boarding school at the end of February 2024. On May 7, he was called to the bathroom by several people to splash boiling water on him because he was unwilling to wash clothes for several classmates.

Event 3: On April 16, 2024, a girl from Xiya Middle School in Yuelu District, Changsha City was repeatedly beaten by her classmates and cut her wrist. The girl said that she thought at that time that she might as well die if she was killed by them. The victim said that before the beating, Yan, a female classmate in the same class, took people to beat her many times, and once hit her head with the heel of high heels, causing her head to be stitched with three stitches.

Event 4: In March, 2024, a school bullying incident occurred in a classroom of Grade 2 of Guiyang Experimental Primary School, and four students bullied a classmate. According to the video, the perpetrator first shoved the victim, making it too late for the victim to escape, followed by punching and kicking, accompanied by vicious insults.

Event 5: On April 18th, 2024, a student in Wuxiang Campus of Nanning No.3 Middle School was bullied outside the school. The beaten girl was lured to a sparsely populated park, where eight people punched, kicked, verbally abused and burned cigarette butts. During this period, she was forced to undress in public and recorded a video, which spread widely. It is understood that the victim has excellent grades and is bullied because he is unwilling to make friends with the perpetrator.

Event 6: On March 26, 2024, a girl from Lingshui Middle School in Jinjiang, Fujian committed suicide by jumping off a building. Before committing suicide, she left a suicide note to her mother, claiming that she was bullied by her classmates and would be her mother's daughter in the next life. The victim's mother said that her daughter was less than 13 years old and was usually very lively. She found out that she had transferred money to a bully many times. Not only that, the bully has long played the role of insulting the victim and taking the lead in isolating the victim.

Event 7: In March 2024, a video of a girl from No.4 Middle School in Jishou, Hunan Province being bullied by many people on campus attracted attention. After the girl was beaten, her eardrum was perforated and her body was bruised in many places. The video shows that there is a girl in a school uniform in the corner, who is being slapped, kicked and forced to kneel by many people. There are many people on the scene watching and shooting videos.

Event 8: On October 15, 2024, a first-grade female classmate of Jingsheng Primary School in Lingshi County, Jinzhong, Shanxi Province cried and said that she wanted to quit school because eight classmates bullied her. The victim was intercepted by senior classmates on the way to school, and the perpetrators humiliated him with words and fists.

## 4 School Bullying Analysis

In order to effectively analyze the school bullying incident, this paper conducted monitoring investigation and data statistics on eight cases through Wenhai University Data and other platforms, and made statistics on the collected information, as shown in Table 1.

**Table 1.** Statistics on the characteristics of eight typical school bullying cases.

|                                       | Event 1             | Event 2           | Event 3          | Event 4                         | Event 5                  | Event 6               | Event 7                 | Event 8                     |
|---------------------------------------|---------------------|-------------------|------------------|---------------------------------|--------------------------|-----------------------|-------------------------|-----------------------------|
|                                       | Jiudian high school | Longxian g school | Xiya high school | experi- mental pri- mary school | Nanning no.3 high school | Lingsh ui high school | Jishou no.4 high school | Jingshen g pri- mary school |
| 1. Gender of the bullied person       | man                 | man               | woman            | woman                           | woman                    | woman                 | woman                   | woman                       |
| 2. Same-sex/het- erosexual bully- ing | of the same sex     | of the same sex   | of the same sex  | all have                        | all have                 | of the same sex       | of the same sex         | all have                    |
| 3. Single/multi- person bullying      | many people         | many people       | many people      | many people                     | many people              | single person         | many people             | many people                 |
| 4. Grade                              | junior school       | junior school     | junior school    | primary school                  | junior school            | junior school         | junior school           | primary school              |
| 5. Bullying place                     | city                | county            | city             | city                            | city                     | city                  | city                    | county                      |
| 6. When did bul- lying happen         | off-campus          | dormitory         | off-cam- pus     | classroom                       | park                     | off-cam- pus          | on cam- pus             | off-cam- pus                |
| 7. Reasons for bullying               | Daily dis- putes    | Daily dis- putes  | Daily dis- putes | Daily dis- putes                | Daily dis- putes         | Daily nine points     | Daily dis- putes        | Daily disputes              |
| 8. consequences of bullying           | die                 | be injured        | be injured       | be injured                      | be injured               | die                   | Moderate depres- sion   | be in- jured                |

**4.1 Most of Them are Homosexual Bullying and Physical Bullying, and the Perpetrators are in a Dominant Position in Strength**

The manifestations of school bullying can be roughly divided into physical bullying, verbal bullying, relationship bullying and Internet bullying. Among the eight bullying incidents studied in this paper, the characteristics of physical bullying are obvious, including two vicious acts that led to the death of the bullied person. Most of the eight cases in this paper are bullying between the same sex. In addition, in the eight cases of campus bullying studied, many people bullied one person; There is also a person who bullies another person. In seven cases, bullying was committed by many people, and only one case was committed by a single perpetrator. However, there are cases where the strength of the abuser is superior to that of bullying the victim, and this strength advantage is mainly reflected in physical strength and number of people. In these cases, the perpetrators used their strength to bully the victims, suppressed their resistance, and made them lose their will to resist. The victims often became the targets of infringement because they were weak.

#### **4.2 School Bullying is Mostly Concentrated in Junior High School**

Based on the statistical analysis of six school bullying cities, this paper finds that 7 incidents occurred in junior high school, and only 2 incidents occurred in primary schools. Junior high school students are in a rebellious period of growth. At this stage, they are not mature mentally and physically, have limited knowledge of things and are impulsive and easy to follow the crowd. According to the characteristics of junior high school students' physical and mental development, we know that this group is more prone to bullying, and junior high school is the high incidence period of school bullying incident.

#### **4.3 The Place Where the School Bullying Incident Took Place is Relatively Secret**

The school bullying incident occurred mainly after school, and the locations were mainly the rooftop of the school, dormitories and the surrounding areas outside the school. Hidden places on campus and the surrounding areas of the school were high-risk places for bullying. The reason why it happened in these time periods and places is that when teenagers carry out bullying activities, parents and teachers are generally not present, and they will choose remote corners on campus or places where there are few people outside school, and these places cannot be equipped with cameras, so the distribution of places is more concealed. After being bullied, students are afraid to tell their teachers or parents because of fear. Therefore, it is very difficult for schools to learn about the school bullying incident, and it is often only after the bullies take the initiative to upload bullying videos on the Internet that schools learn about this situation.

#### **4.4 School Bullying Events Were Mostly Surrounded by Many People**

Most of the current school bullying incidents are caused by many people surrounding one person. Because of some daily disputes or verbal conflicts, there will be conflicts between two people. Later, one of them will usually call a group of friends of his own, and then he will find a suitable time and place to violently and verbally attack another classmate. Among them, the classmate who participated in the encirclement is generally under 20 years old, including minors and adults. Generally, the classmate who was besieged will be hurt psychologically and physically.

#### **4.5 The Causes of the School Bullying Incident are Mostly Daily Disputes**

There are many reasons for the occurrence of school bullying, most of which are caused by some daily disputes, including verbal conflicts caused by chasing and fighting after class, nicknames between students and other trivial things, which will turn into physical conflicts and finally turn into school bullying events.

## **5 Precautions Against School Bullying's Suggestions**

Because adolescent students are not mature enough in all aspects of thought, they are still in the stage of establishing their outlook on life and values. Before entering the society, schools and families are important places to cultivate students' good quality. School bullying is the prelude and important inducement of juvenile delinquency. If we don't take timely measures to prevent and stop bullying on campus, more and more teenagers will embark on the road of crime, so we need to pay attention to guiding students to establish correct values.

### **5.1 Schools Strengthen Moral Education and Improve Prevention and Control Work**

The main reason of school bullying lies in the daily disputes, such as collision and friction in class, borrowing articles, etc., which generally occur at the time between classes or immediately before and after school. Therefore, from the perspective of school bullying, we can effectively prevent bullying. First of all, schools can monitor the campus space in an all-round way to deter bullying incidents. Without infringing on students' privacy, they should configure and improve the monitoring system and establish a real-time early warning and response mechanism to minimize the occurrence space of campus bullying. At the same time, social workers should regularly provide professional training for teachers to ensure that teachers can be sensitive to bullying and take timely and appropriate intervention measures to protect students' physical and mental health<sup>[6]</sup>. Classroom system and school atmosphere are important environmental factors of school bullying<sup>[7]</sup>. Schools should regularly carry out anti-bullying education and publicity to help students establish correct values and ethics and correct their bad behavior habits in time. In addition to the safety measures within the school, we should also pay attention to the prevention and control problems around the school. Schools can introduce social volunteers to establish a security patrol mechanism, protect the safety of students, patrol around the school when students go to school and after school, and build a safe social environment near the campus, which can effectively reduce the space for bullying in the streets or public places.

### **5.2 Create a Good Family Environment**

Parents are students' first teachers and play an irreplaceable role in students' education. The occurrence of school bullying is inseparable from the problems in children's growing environment and upbringing. In the process of growing up, parents should pay full attention to their children's thoughts and behaviors. Parents' accompanying guidance plays an important role in cultivating students' excellent character, otherwise it will easily make students lack sense of security and trust, leading to psychological imbalance and behavioral deviation. Parents set an example in life, educate their children by example, and increase their role in the family<sup>[8]</sup>. Help students to establish a correct world outlook, outlook on life and values in life, enhance their sense of empathy and justice, and teach students to learn to respect and care about others when getting along

with classmates. They should not bully the small and bully the weak, create a harmonious growth environment for children, and reduce the number of bullies and potential bullies.

## 6 Conclusion

Nowadays, school bullying has become a hot and difficult point of social concern. To prevent school bullying, we need the concerted efforts of many parties to effectively prevent and stop the school bullying problem and provide a healthy and safe growth environment for young people.

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