

BLACK BOX WARNING: Just as various medications have potential side effects, work at standing up to Bullies comes with certain risks. Bullies are highly invested in maintaining their control and will resist giving it up. Thus, they often escalate their intimidation tactics when challenged.

This post focuses primarily on bullying of a verbal and emotional nature. It does not present a sufficient strategy for countering bullying that relies on violence and torture to maintain control. Such cases require the use of a broad, effective social support network, including the legal system, to support personal safety. Some communities simply lack adequate resources in this area. In some cases, the community resources are complicit in the oppression of certain segments of the population. (Note the institutional racism of the last four hundred years in this country.) Even an effective support system, while discouraging violence, cannot prevent all instances of violence. As such, dealing with Bullies is a noble undertaking, yet one that involves balancing the conflicting needs for safety and for freedom and justice. Enter the struggle at your own risk, but don't try to do it all on your own.