



How to overcome depression and bullying during adolescence



Dear Teenager

Without even meeting you, I can tell you are someone very special. Because you're choosing to read this booklet. When you consider it's little, it becomes pretty obvious that you desire to know more about overcoming depression and bullying during adolescents. This booklet is packed with all the information you need

So open your booklet and enjoy it. I have tried at my very level best to make it short but very helpful.

Thank you

Nsallu

## Chapters

- ✚ What is depression?
- ✚ Different types of depression
- ✚ Symptoms of depression
- ✚ Why is depression harmful
- ✚ Are you depressed?
- ✚ What is bullying?
- ✚ Symptoms of bullying
- ✚ Why is bullying harmful
- ✚ Why do some people bully
- ✚ Are you a bully or are you being bullied?
- ✚ How depression and bullying are similar
- ✚ How to overcome depression and bullying
- ✚ Statistic of bullying and depression



What is depression?

Depression is a type of mental disorder that affects a person's mood. It can affect your thoughts, feelings, behaviour and overall health.

Different types of depression

There are different types of depression such as

- Major depression-This is the most common form of depression
- Dysthymia- this is a condition that people are not even aware of but live with it daily, so basically the person going through this feels unimportant, frightened and in short doesn't enjoy life.
- Manic depression- this can be as an emotional disorder so it's basically changing moods.
- Atypical depression – this is quite similar to Major depression although someone going through this can experience some happy times, this depression can last forever or for a few months.

## Symptoms of depression

There are many symptoms of depression. Basically when you are depressed you feel

- ❖ Sad or cry a lot and that feeling never goes away
- ❖ Your grades drop and lack of concentration towards your school work
- ❖ Your relationship with your family and friends change
- ❖ You also feel like you're no good
- ❖ Lose your self confidence
- ❖ Life seems meaning less or like nothing good is ever going to happen
- ❖ You have a negative attitude most of the time
- ❖ You don't feel like doing fun things like sports going out being with friends and instead you want to be left alone most of the time
- ❖ Your eating habits ; you lose your appetite or eat a lot depending on the person

I really hope I'm not scarring you but when you are depressed you think about death or have thoughts about committing suicide.



## Why is depression harmful

Depression is very harmful because first it affects your life style in a great way, depression can lead to suicide, health problems, panic attacks, irritational fears, loneliness and poor grades. As I was reading through a magazine called girlfriend I found out a story about a girl who was really depressed and she then became a drug addict. She tried seeking counselling however she only felt that through drinking and using drugs she would feel happy and much better. This really affected her, she started getting poor grades in school, she had hurt a lot of people in this process including her family and friends, after she couldn't handle it any more she decide to seek medical help and counselling and she is doing much better now because she accepted change and she was ready to seek and receive help.



Are you depressed?

I just want you to take the moment and ask yourself I'm I depressed? Ask your self these few questions

1. Have you been avoiding friends?
2. You feel sad or blue?
3. Do you feel like a failure?
4. Do you feel trapped in your life?
5. Do you feel like you have lost some confidence

What is bullying?

Bullying is when someone keeps doing or saying things to have power over another person

Different types of bullying

There are different types of bullying example-

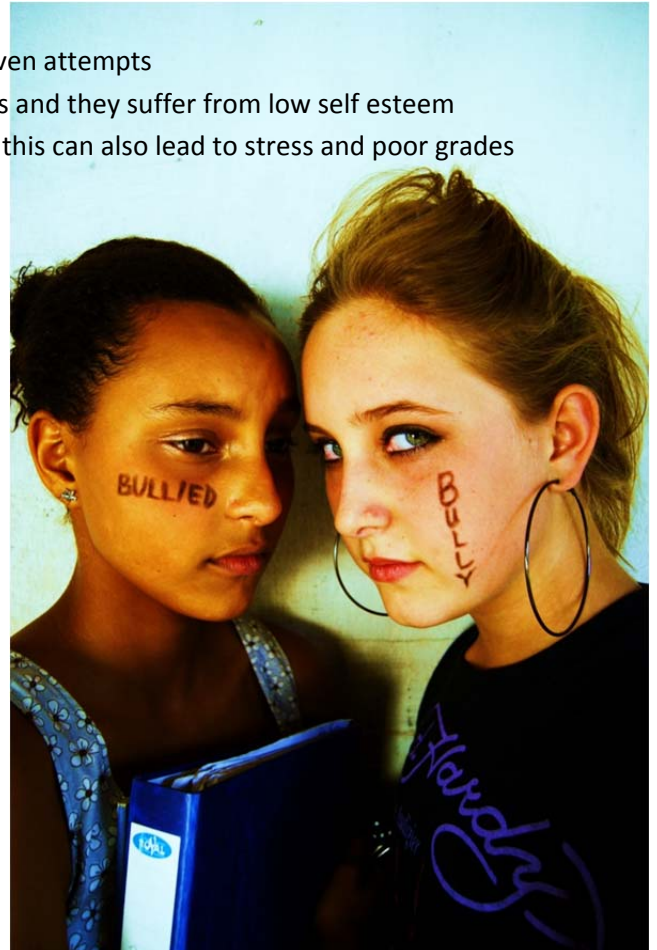
- ✓ Verbal bullying- this is when the bully calls you names
- ✓ Mental bullying- this is when the bully physically hurts you e.g.- pushing you , punching and kicking you
- ✓ Cyber bullying-Occurs when teens bully each other VIA the internet or even through mobile phones, this may include sending mean text or emails , abusive verbal messages , posting nasty pictures or messages about others in blogs or on websites and many more examples
- ✓ Social isolation-meaning the bully can isolate you from socialising with other people



## Symptoms of bullying

Some of the symptoms teenagers go through when they are being bullied are-

- Fear of school , this is when someone who is being bullied is scared of going to school
- Another symptom is Insomnia , insomnia is a sleeping disorder , it is when some one finds it hard falling asleep and not feeling refreshed after a nights sleep
- Eating disorders however this again depends on the person, others can eat a lot when they are being bullied and others can eat less.
- A lot of people experience suicidal feelings or even attempts
- People who are being bullied are always anxious and they suffer from low self esteem
- The person is moody, teary and very depressed this can also lead to stress and poor grades in school.



## Why is bullying Harmful?

Bullying is very harmful because first bullying causes unhappiness, fear, loneliness you lose all your self confidence. Bullying can also lead to depression this can also lead people into trying to commit suicide. Bullying can make someone feel unsafe and think that something is wrong with them; this can also cause psychological problems that can affect you even into adulthood. Teenagers who are being bullied don't want to go to school anymore and they can get sick mentally and physically



Why do some people bully?

There are lots of reasons why people bully such as-

- ❖ People bully others in order to attract attention from others
- ❖ People bully others because it may seem as a way of being popular
- ❖ Some people bully in order to make themselves look tough and in charge of everything
- ❖ Other people might bully another person because they are jealous of the person they are bullying cause of one reason or the other
- ❖ People bully others because of different skin colours (racial differences)
- ❖ Some people bully others because maybe the person they are bullying is more intelligent.

So different bullies from all around the world bully people for any particular reason.



Are you a bully?

I would personally like you to take this moment to ask yourself these few questions.

1. Have you ever bullied someone else?
2. Think about why you bullied the person and how did you feel?
3. Do you think that bullying is ok with you?

Please just remember if you are a bully you should treat others the way you like to be treated just think about it.

Are you being bullied?

I would like to consider these few questions.

1. Has anyone ever forced you to do something you didn't want to do?
2. Has anyone ever forced you to give something of yours?



Here is a story I would like to share with you about cyber bullying. So in this article that I read in the internet the story is about an adult that made a 13 year old girl commit suicide. The adult was a lady who created on MySpace page and when she created that page she used the name "Josh Evans". She used this page to communicate with the 13 year old girl whose name was Megan Mieier; this girl had a history of depression and suicidal attempts. The adult then sent mean and nasty things to Megan in order to hurt her and she did enjoy doing so. However Megan died but the adult was sentenced to jail for 3 years.

Another story that I read recently in the internet was a story about a girl called Phoebe Prince who originally came from Ireland but just moved to America with her family. Phoebe was always bullied via text message and the internet (facebook) Phoebe was bullied for three months straight verbally and physically. Phoebe Prince hanged herself in her home in the stairwell

How depression and bullying are similar

You can say that depression and bullying are similar or even better you can say that depression and bullying are linked together , because people who get bullied can end up or experience depression and they commit suicide , so that's why they are linked together.

## How to overcome depression and bullying

If you are depressed you should

- ✚ Talk about it with someone because if keep all negative thoughts and feelings you can make them worse and grow even more. Remember family and friends are there to support you.
- ✚ Go outside , enjoy the environment and nature trust me it will make you feel better , just picture it fresh air , the sounds of the birds and trees has a positive effect on us , take a walk in the park.
- ✚ Be active, do some exercise or any activity that would keep your body active moving and not dull.
- ✚ Socialize. Socialize with people have a great time with your family on vacations and even go out to the cinemas, parks with your friends.
- ✚ Sleep. Get a good amount of sleep for a healthy body and mind
- ✚ Read a book, listen to music, watch a funny movie or TV show, take along hot bath, write in your journal etc.
- ✚ Practice relaxation techniques
- ✚ Eat healthy
- ✚ Don't let depression get to you!

If you are being bullied you should

Stay in a group. It's important to stay in a group because bullies mainly like to bully kids who are by themselves. So if you stay in a group of friends they would be there to help you if a bully tried to attack you

If you are being bullied online DONT REPLY.

Cyber bullying is really bad because it can become even worse. If it's possible to block any more communications from this person then you should block them immediately (it's a good idea to accept messages from people you know)

If it feels safe stand up to the person bullying you.

I say this because maybe the bully might think your weak and you can't do anything so the bully will keep on bullying you so you should prove them wrong by standing up for yourself.

Always tell an adult!

This might be really hard but adults can really help put an end to the bullying, however tell an adult that you trust and can talk to. (Your parents, your teachers, school counsellor and so forth) If you are afraid of talking to an adult as ask a friend, sister or brother to go with you and express yourself.

What not to do if you are being bullied

Don't.....

Think it's your fault; no one deserves to be bullied.

Fight back or bully a person back. This will make things much worse trust me.

Keep it to yourself and hope that bullying will stop or go away.

Skip school or avoid clubs or sport, missing out on fun activities isn't the solution, should go for it!?

Think that you're a snitch. Telling is not a bad thing it's the right thing no matter what others think.

Hurt yourself. Some kids get depressed when they are being bullied so they end up hurting themselves.

## Statistics

- Surveys show that 77% of students are bullied mentally, verbally and physically
- 8% of students miss 1 day of class per month for fear of bullies
- 282,000 students are physically attacked in secondary school each month
- 42% of kids have been bullied online
- 58% have not told their parents or an adult something mean or hurtful that happened to them online.
- 53% of kids admit having said something mean or hurtful to another person online



I would like to thank you once again for choosing to read this booklet I have put together for you. My word of encouragement for you is never ever give up on life, life isn't always an easy ride, but there is always light at the end of every tunnel, there is always sunshine at the end of a rainy day and there are greater things in store for you. Live your life care free, thank you

Naomi Sallu