**High school focus. Bullying**

Bullying is the use of force, coercion and threat to abuse or intimidate. Bullying is a typical belligerent behaviour aimed at harming its victims physically, emotionally or psychologically. The trigger behind bullies lies in their insecurities, challenges they face at home and in certain cases they find themselves unknowingly submerged in the murky waters of identity crisis. Bullies tend to portray a dominant personality in order to manipulate and control those they deem weak. In high school, we come across many students with different personalities, distinct upbringing and unalike backgrounds. This fortunate and paradoxically unfortunate reality exposes students to conducts that at some point are questionable. Bullies exist in high school, these are students who abuse other students making their life unbearable. In this piece, my center of attention will be drawn to the type of students that are prone to being tyrannized.

**Witty and Gifted**

Students who are high performers academically and in co-curricular activities are perfect magnets for bullies. These are students who attract a lot of positivity from fellow students and teachers. Basically, they will feel inferior since they will be trapped in the thought of being intimidating to other low performers by their ingenious potential. When in school, these students work effortlessly and become the best in what they do. Consequently, their bullies get consumed by jealousy and subject them to insults and to some extent antagonize them physically to disparage their effort.

**Defenseless and Secluded**

In high school, there are two categories of students, those who are reserved and acquiescent, others who are extroverted and asserted. The former are more likeable to be mistreated because they are weaker physically and lack self confidence to stand up for themselves. Mostly you realize that they are rejected by their classmates and end up questioning their self worth, as a result they will lack friends to support them and even run to after being bullied.

**Disabled and Physical Appearance**

Criticism of a student's physical being is a destructive kind of bullying that interferes with the self esteem of the victim. Height and weight are the common qualities that bullies use to downgrade their value. Learners with disabilities are also accustomed to facing the wrath of bullies. These are students who are visually impaired, students with mentally health conditions , hearing impairment, down syndrome amongst others. Essentially, since they are automatically weak and are not capable of defending themselves, they will be taken advantage of by being affronted and trolled. Reporting such cases only warrant more destructive treatment of the victims by the perpetrators. They end up being beaten, verbally abused, rumours spread about them and abandoned. A situation that leaves them exasperated and severely depressed.

We are living in a society that has oppressors, people whose main desire is to frustrate other people's lives intentionally in order to be viewed as powerful. Support groups that constitute teachers and other students should be formed that are able to talk about these issues and provide support to those affected. Our high schools need to come up with policies that protect victims of oppressors in high school. I recognize the contribution of the government in making our schools secure, nevertheless, more should be done to eradicate this vice that is decaying the very basic foundation of ideals that a school inculcates in us to possess and portray.