

# Lucky Duck Publishing Ltd.

## Comments From A 'Victim'

From [www.luckyduck.co.uk](http://www.luckyduck.co.uk)



“Thank you for your interesting and helpful information. We have had an instance of bullying recently in our school boarding house and have decided to use this among other things as an opportunity to be proactive in our handling of the issues.

“I do have one comment to make as someone who has been on the receiving end of bullying for much of my life.

“I prefer to use the word 'target' rather than 'victim'. The trouble with being thought of as a victim is that it makes you think of yourself as one. Also it is very important to demystify bullying behaviour by helping the person being bullied to understand that they didn't 'deserve' it or 'ask for it'. One of the ways of liberating oneself from the bully psychologically is to understand that their behaviour is compulsive and largely arbitrary. Personally I don't feel at all comfortable with the idea of being labelled a victim. Even in the worst phase of bullying a person is always so much more than just a victim. And after the bullying has stopped it is important for self-esteem for that label to be removed.”

**- Clare Krojzl**

*We received this thoughtful comment:- we will start using the word target from now on. Let's hear your comments, and maybe we can find another word for bully.*