

Is There Bullying In China?

Mandarin Corner
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Dàjiā hǎo, huānyíng láidào Mandarin Corner de bōkè jiémù!
大家好，欢迎来到 Mandarin Corner 的播客节目！
Hi everyone, welcome to Mandarin Corner's Audio Podcast!

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Wǒ shì Eileen.
我是 Eileen。
I'm Eileen.

3

Dàjiā hǎo, wǒ shì Sharon.
大家好，我是 Sharon。
Hello everyone, I'm Sharon.

4

Zuìjìn wǒ jiù gēn hěn duō péngyou liáotiān ma
最近我就跟很多朋友聊天嘛
Recently, I've been talking with a lot of friends

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Is There Bullying In China?

ránhòu qízhōng jiù yǒu jǐge shuō xiǎngyào zuò píndào,
然后其中就有几个说想要做频道,
and a few of them wanted to start a channel,

6

dànshì ne yòu fàngqì le
但是呢又放弃了
but then gave up on (the idea)

7

yīnwèi tāmen hěn dānxīn huì shōudào yīxiē
因为他们很担心会收到一些
because they were worried about receiving

8

bù yǒuhǎo de, èdú de pínglùn.
不友好的、恶毒的评论。
unfriendly and malicious comments.

9

Zhège qíshí zài wǎngluò shang yě mǎn chángjiàn de,
这个其实在网络上也蛮常见的,
This is quite common on the Internet

10

tā yǐjīng shǔyú yīzhǒng wǎngbào le.
它已经属于一种网暴了。
and it's a form of cyberbullying.

11

Bùguò qíshí shuōdào bàolíng zhège zì ne
不过其实说到霸凌这个字呢
But when it comes to "bullying,"

12

wǒ nǎohǎi lǐ shǒuxiān fúxiàn de bùshì wǎngluò bàolì,
我脑海里首先浮现的不是网络暴力,
what first comes to my mind is not cyberbullying,

13

gèng duō de shì yī qún xuésheng wéi zhe
更多的是一群学生围着
but rather a group of students surrounding

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14

yī gè hěn ruòxiǎo de xuésheng ōudǎ huòzhě shì rǔmà.

一个很弱小的学生殴打或者是辱骂。

another student and then, beating or insulting him/her.

15

Shènzhì wǒ kàndào jǐge shìpín,

甚至我看到几个视频，

I've even seen a few videos

16

jiùshì yǒu nǚháizi zhíjiē jiùshì yī bāzhang shān guòqu.

就是有女孩子直接就是一巴掌扇过去。

where girls slap another girl.

17

Zhèzhǒng nǐ yīnggāi kàndào guo ba?

这种你应该看到过吧？

You must have seen this before, right?

18

En, wǒ kàndào guo

嗯，我看到过

Yes, I have.

19

Jiùshì jǐge nǚháizi chězhù yī gè ruòxiǎo nǚháizi de tóufa

就是几个女孩子扯住一个弱小女孩的头发

(I saw) a group of girls grab a powerless girl by her hair,

20

jìnqù xǐshǒujiān zhīhòu jiù mìnglìng tā tuō yīfu

进去洗手间之后就命令她脱衣服

drag her into a toilet, and then undress her.

21

yībiān mà tā yībiān gěi tā pāi zhège èyì de bàolù shìpín.

一边骂她一边给她拍这个恶意的暴露视频。

While verbally insulting her, they videotaped her naked body.

22

Duì duì duì, chúle gānggang jiǎngdào de shēntǐ de,

对对对，除了刚刚讲到的身体的，

Right, in addition to the physical

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yányǔ de wǔrǔ zhīwài ne,

言语的侮辱之外呢，

and verbal insults we mentioned previously,

24

tāmen hái bǎ zhège túpiàn fàng dào wǎng shang qù

她们还把这个图片放到网上去

they also posted the photos (of the girl) online.

25

Wǒ juéde zhège jiùshì jíhé le shēntǐ, yányǔ

我觉得这个就是集合了身体、言语

I think this is a behavior that combines physical, verbal,

26

háiyǒu wǎngluò bàolì wéi yītǐ de yīzhǒng xíngwéi le

还有网络暴力为一体的一种行为了

and cyberbullying.

27

Shì de, xiàoyuán bàolì jiāshàng zhèzhǒng wǎngluò bàolíng

是的，校园暴力加上这种网络霸凌

Yes, school violence coupled with this kind of online bullying

28

shòuhàizhě zuìhòu jiùshì wǎngwǎng huì yǒu

受害者最后就是往往会有

can often cause victims to end up

29

yīshēng de nányǐ mǒqù de yīnyǐng.

一生的难以抹去的阴影。

with permanent trauma.

30

Nǐ zài xuéxiào de shíhou yǒuméiyǒu bèi bàolíng guo ne?

你在学校的时候有没有被霸凌过呢？

Have you ever been bullied at school?

31

Wǒ shì yǒu bèi bàolíng guo de jīnglì de,

我是有被霸凌过的经历的，

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I have been bullied,

32

bìngqiě zhìjīn huíxiǎng qilai hái ràng wǒ xīnyǒuyúji

并且至今回想起来还让我心有余悸

and it still haunts me when I think back on it.

33

Wǒ xiǎoshíhou yīzhí dāng bānzhǎng ma

我小时候一直当班长嘛

I had always been a class monitor in school

34

jiù xiāngdāngyú shì lǎoshī yǎn zhōng de hǎo xuésheng.

就相当于老师眼中的好学生。

and I was a good student in the teacher's eyes.

35

Zìrán wǒ zìjǐ de yánxíng jǔzhǐ

自然我自己的言行举止

Naturally, I exhibited an aura of superiority

36

yě yǒu yīzhǒng bùzìjué dài chūlai de yīzhǒng yōuyùè gǎn.

也有一种不自觉带出来的一种优越感。

in my words and actions without even realizing it.

37

Kěnéng zhèyàng jiù huì zhāorě lái

可能这样就会招惹来

This might have caused

38

hěn duō tóngbāntóngxué bùpínghéng de xīnlǐ.

很多同班同学不平衡的心理。

many of my classmates to feel annoyed with me.

39

Wǒ yǒu hěn cháng yī duàn shíjiān

我有很长一段时间

For a long time,

40

jiùshì xiàkè de shíhou bù gǎn qù shàngcèsuǒ.

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就是下课的时候不敢去上厕所。

I was afraid to go to the toilet between classes.

41

Dāngshí de xuéxiào cèsuǒ huánjìng yòu chòu,

当时的学校厕所环境又臭，

The toilet at school was smelly.

42

ránhòu zhè yī bāng rén kěnéng jiùshì zài wǒ shàngcèsuǒ de shíhou

然后这一帮人可能就是在在我上厕所的时候

(I remember) a group of (female classmates)

43

chōngjìn cèsuǒ lái wéiguān wǒ.

冲进厕所来围观我。

ran into the toilet to stare at me.

44

Ránhòu nánshēng ma dǔ zài cèsuǒ wàimiàn bù ràng wǒ chū cèsuǒ

然后男生嘛堵在厕所外面不让我出厕所

The guys blocked the toilet door to prevent me from going out.

45

Wéiguān nǐ? Wéiguān nǐ shàngcèsuǒ ma?

围观你？围观你上厕所吗？

Stared at you? They watched you using the toilet?

46

Tāmen huì jiùshì yīqǐ jiù zài nàlǐ bàobì kàn zhe

她们会就是一起就在那里抱臂看着

They would stand there with their arms folded, watching me.

47

yīnwèi nàshíhou de nàge cèsuǒ tā kěnéng jiùshì...

因为那时候的那个厕所它可能就是...

At that time, the toilet was...

48

Méiyǒu mén de, wǒ zhīdào

没有门的，我知道

No doors, I know.

49

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Yǒu yī gè āi de, duì

有一个矮的，对

There were short (doors).

50

Ránhòu tāmen jiù huì nà yàng zi

然后她们就会那样子

And they would just stand there like that.

51

Nà zhǒng qíngkuàng xià zěnme kěnéng gǎn qù cèsuǒ?

那种情况下怎么可能敢去厕所？

How could I dare go to the toilet in that situation?

52

Jiù yǒu yī gè bēishāng de jīnglì, tòngkǔ de jīnglì zhīhòu,

就有一个悲伤的经历，痛苦的经历之后，

After such a sad and painful experience,

53

yǐjīng xià dào cóngcǐ zhīhòu zàiyě bù gǎn qù cèsuǒ le.

已经吓到从此之后再也不敢去厕所了。

I was so scared that I never dared go to the toilet again.

54

Tāmen wèishénme yào qù cèsuǒ wéiguān nǐ shàngcèsuǒ,

她们为什么要去厕所围观你上厕所，

Why would they want to go to the toilet to watch you?

55

tāmen shì biàntài ma?

她们是变态吗？

Were they perverted?

56

Búshì zhè yàng zi, shì tāmen xiǎng qīfu wǒ.

不是这样子，是她们想欺负我。

No, it was not like that. They just wanted to bully me.

57

Wǒ dāngshí zìxíngchē chētāi bèi fàngqì

我当时自行车车胎被放气

At that time, they would also deflate my bike's tire

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58

yòu huòzhě tāmen shì huì zài xiàowài zhǎo yīxiē gēge jiějie
又或者他们是会在校外找一些哥哥姐姐
and get their older siblings

59

gāo niánjí de bāngshǒu lái jǐnggào wǒ
高年级的帮手来警告我
or senior students outside of school to intimidate me.

60

zài wǒ huíjiā de lùshang gàosù wǒ shuō,
在我回家的路上告诉我说,
They would tell me on my way home:

61

nǐ yǐhòu zài gǎn xiāozhāng dehuà, wǒ jiù yào lái dǎ nǐ a!
你以后再敢嚣张的话, 我就要来打你啊!
"If you dare to be arrogant again, we will beat you up!"

62

Suǒyǐ dǎozhì nà yī duàn shíjiān,
所以导致那一段时间,
As a result, during that period,

63

wǒ duìyú shàngxué zhè jiàn shìqíng shì yǒu yīzhǒng kǒngjù de.
我对于上学这件事情是有一种恐惧的。
I feared going to school.

64

Nǐ juéde xiàoyuán bàolíng dàoxiànzài dàodǐ shì yǒu duō pǔbiàn ne?
你觉得校园霸凌到现在到底是有多普遍呢?
How prevalent do you think school bullying is now?

65

Jiù zhème shuō ba, qiánduànshíjiān
就这么说吧, 前段时间
Let's put it this way, not long ago,

66

Héběi Hándān de yī gè chūzhōngshēng bèi sān gè tóngxué shāhài le ma
河北邯郸的一个初中生被三个同学杀害了嘛
a middle school student in Handan, Hebei, was killed by three of his classmates.

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67

Zài ànjiàn bàoguāng, jǐngfāng tōngbào zhīhòu ne,

在案件曝光、警方通报之后呢，

After the case was exposed and the police made a statement about it,

68

guānfāng méitǐ fāqǐ le yī gè tóupiào,

官方媒体发起了一个投票，

the official media launched a poll asking:

69

nǐ shìfǒu yǒu zāoyù guo xiàoyuán bàolíng?

你是否有遭遇过校园霸凌？

"Have you ever experienced bullying at school?"

70

Tóupiào de jiéguǒ xiǎnshì yǒu sān fēnzhī èr tóupiào de rén

投票的结果显示有三分之二投票的人

The result showed that two-thirds of the people who participated

71

dōu shì zāoyù guo xiàoyuán bàolíng de.

都是遭遇过校园霸凌的。

said that they had experienced bullying at school.

72

Nǐ juéde zhèzhǒng bàolíng xiànxàng

你觉得这种霸凌现象

Do you think bullying

73

shìbùshì gèng duō de fāshēng zài nóngcūn ne?

是不是更多地发生在农村呢？

is more likely to happen in rural areas?

74

Háishì shuō chéngshì yě hěn pǔbiàn?

还是说城市也很普遍？

Or is it also common in cities?

75

Wǒ huì rènwéi shì zhītǐ bàolíng

我会认为是肢体霸凌

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I think that bullying

76

ránhòu bǐjiào yǒu chōngtū de rénshēn shānghài gōngjī de

然后比较有冲突的人身伤害攻击的

that involves intense physical violence

77

huì pǔbiàn de fāshēng zài liúshǒu'értóng jùjí de nóngcūn dìdài,

会普遍地发生在留守儿童聚集的农村地带，

is more likely to occur in rural areas where left-behind children are concentrated

Note: "Left-behind children" refers to a social issue in China, where rural workers migrate to urban areas for work, leaving their children behind in their home villages with relatives or on their own.

78

ránhòu chéngshì biānyuándìqū.

然后城市边缘地区。

and in urban fringe areas.

79

Zài chéngshì lǐmiàn huìbùhuì wǎngluò bàolíng gèngjiā pǔbiàn?

在城市里面会不会网络霸凌更加普遍？

Is online bullying more common in cities?

80

Yīnwèi zài chéngshì lǐ jīhū měi yī gè xiǎohái dōu nénggòu ná de dào shǒujī,

因为在城市里几乎每一个小孩都能够拿得到手机，

Because in cities, almost every child has access to a mobile phone

81

ránhòu tāmen kěyǐ hěn qīngyì de zài shǒujī shàng qù fābiǎo yīxiē yánlùn.

然后他们可以很轻易地在手机上去发表一些言论。

and they can easily post comments on the Internet.

82

Kěnéng bùshì

可能不是

Probably not.

83

Fǎnér shì chéngshì de xiǎohái huì bèi xiànzhì dài shǒujī qù xuéxiào,

反而是城市的小孩会被限制带手机去学校，

Instead, kids in cities may be restricted from bringing mobile phones to school,

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84

chéngshì de xiǎohái zài jiālǐ shǐyòng shǒujī huì shòudào jiāzhǎng de jiānguǎn.

城市的小孩在家里使用手机会受到家长的监管。

and their use of phones at home is supervised by parents.

85

Zài liúshǒu'értóng zhè yī gè fànwéi nèi shǐyòng shǒujī de xiǎohái

在留守儿童这一个范围内使用手机的小孩

In terms of left-behind children using mobile phones,

86

tāmen huì gèngjiā sìwújìdàn de qù sànfā zhèzhǒng wǎngluò èyì,

他们会更加肆无忌惮地去散发这种网络恶意，

they are more likely to spread this kind of online malice without restraint,

87

yīnwèi tāmen de fǎlǜ yìshì hěn bórùo.

因为他们的法律意识很薄弱，

because their awareness of the law is weak,

88

Tāmen jiēchù shǒujī, jiùshì yéye nǎinai de shǒujī

他们接触手机，就是爷爷奶奶的手机

and since they have access to their grandparents' phones,

89

tāmen kěyǐ suíshǒu ná qilai yòng, bùhuì yǒu fùmǔ guǎn zhe tā.

他们可以随手拿起来用，不会有父母管着他。

they can use them at will, and without parental supervision.

90

Zài xuéxiào lǐ bùhuì yǒu nàme dà de xiànzhì dài shǒujī.

在学校里不会有那么大的限制带手机。

In (rural) schools, there are not as many restrictions on bringing mobile phones.

91

Xiàng wǒ dìdi tā xiànzài shàng gāozhōng dehuà shì yángé guǎnkòng shǒujī,

像我弟弟他现在上高中的话是严格管控手机，

For example, my brother attends a high school (in the city), and the school strictly restricts the use of mobile phones.

92

jìn xuéxiào shì huì yǒu yī gè diànzǐ xīnxī de zhège shèbèi

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进学校是会有一个电子信息的这个设备

There is an electronic device at the entrance of their school

93

lái sǎomiáo nǐ shǒu shàng de shēnshàng de zhè yīxiē diànzǐ qìcái de.

来扫描你手上的身上的这一些电子器材的。

that scans students for electronic devices.

94

Suǒyǐ shuō xiàoyuán bàolíng shìbùshì zài chéngshì lǐmiàn

所以说校园霸凌是不是在城市里面

So do you think school bullying

95

fāshēng de jīlǜ bǐjiào xiǎo ne?

发生的几率比较小呢?

occurs less frequently in cities?

96

Fēn zhǒnglèi ba

分种类吧

It depends on the type (of bullying).

97

Rúguǒ shì zhītǐ bàolíng dehuà,

如果是肢体霸凌的话,

If it's physical bullying,

98

zài chéngshì lǐmiàn fāshēng de jīlǜ huì xiǎo yīdiǎn,

在城市里面发生的几率会小一点,

it may happen less in cities

99

yīnwèi chéngshì lǐ jiānkòng yě huì bǐjiào duō.

因为城市里监控也会比较多。

because there are more surveillance cameras.

100

Shàng yīcì wǒ kàn xīnwén shuō hěn duō chéngshì de xuéxiào

上一次我看新闻说很多城市的学校

I read a news report stating that many city schools

101

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kāishǐ zài xuéxiào lǐ de cèsuǒ zhuāng jǐngbàoqì.
开始在学校里的厕所装警报器。
are starting to install alarm systems in their toilets.

102

Zhǐyào nǐ zài cèsuǒ lǐmiàn dàhǎn yīshēng jiùmìng
只要你在厕所里面大喊一声救命
If you shout for help in the toilet,

103

jiù huì chùfā zhè yī gè ānquán jǐngbào.
就会触发这一个安全警报。
it will trigger the alarm.

104

Kěshì nǐ yě zhīdào bìxū yào jīngjì bǐjiào fādá de dìqū
可是你也知道必须要经济比较发达的地区
But you know, this kind of facility is only available

105

cái néng yǒu zhè yīxiē tiáojiàn shèshī.
才能有这一些条件设施。
in economically developed areas.

106

Jiù hái méiyǒu nàme kuài néng pǔjí dào quán guó ba
就还没有那么快能普及到全国吧
It hasn't been widely implemented across the country yet.

107

Āi, zhège xiǎngfǎ mǎn hǎo de!
哎，这个想法蛮好的！
Ah, this is a good idea!

108

Yīnwèi zài hěn duō dìfāng méiyǒu bànfǎ shíxíng bàolì,
因为在很多地方没有办法实行暴力，
In many places, violence cannot be committed,

109

dànshì tā zài cèsuǒ lǐmiàn shì kěyǐ de
但是它在厕所里面是可以的
but it can be done in the toilet,

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110

yīnwèi nàge dìfang nǐ bùkěnéng zhuāng shèxiàngtóu.

因为那个地方你不可能装摄像头。

since you can't install cameras there.

111

Wǒ xiǎoshíhou yě yǒu zhèzhǒng dehuà, wǒ jiù bùhuì pà shàngcèsuǒ le.

我小时候也有这种的话，我就不会怕上厕所了。

If there was something like this when I was a child, I wouldn't have been afraid to use the toilet.

112

Zhēnde hěn hǎo!

真的很好！

So it's really great!

113

Wǒ juéde nénggòu xiǎngchū zhè yī gè jǔcuò de zhíxíng rényuán

我觉得能够想出这一个举措的执行人员

I think the people who came up with this idea

114

tā yīdìng shì shèshēnchǔdì de wèi zhèzhǒng xiàoyuán bàolíng de shìjiàn

他一定是设身处地地为这种校园霸凌的事件

and suggested such a solution for school bullying

115

zuòchū yī gè jiějuébànfǎ fāng'àn de.

做出一个解决办法方案的。

must have been very considerate.

116

Dàn nàge háishi yǒuyīxiē lòudòng.

但那个还是有一些漏洞。

But there are still loopholes.

117

Jiù bǐrúshuō zhè yī qún qīfu zhège gètǐ de rén kěyǐ kǒnghè tā,

比如说这一群欺负这个个体的人可以恐吓他，

For example, the bullies could threaten the individual by saying that

118

nǐ rúguǒ gǎn hǎn jiùmìng dehuà,

你如果敢喊救命的话，

Is There Bullying In China?

if he/she dares to call for help,

119

wǒ huì ràng nǐ gèngjiā de shòudào shānghài. | Duì

我会让你更加地受到伤害。| 对

they will do more harm. | Right.

120

Nǐ suīrán yǒu bǎohù cuòshī, dànshì bàolíng de rén tā huì jì gāo yī chóu.

你虽然有保护措施，但是霸凌的人他会技高一筹。

Although there are protective measures in place, the bullies may have more tricks up their sleeves.

121

Duì, dào gāo yī chǐ mó gāo yī zhàng, shuō de jiùshì zhè yī gè

对，道高一尺魔高一丈，说的就是这个

Right, the devil operates at a higher level, that's how it is.

122

Suǒyǐ nǐ hěn nán qù zhēnzhèng de cóng gēnyuán shàng de

所以你很难去真正地从根本上

So it's really hard to truly

123

èzhì zhège xiàoyuán bàolíng shìjiàn,

遏制这个校园霸凌事件，

eradicate school bullying,

124

zhǐnéng shuō wǒmen yào bǎ zhèzhǒng chéngfá xiàoyuán bàolì shìjiàn de

只能说我们要把这种惩罚校园暴力事件的

we can only make the punishment

125

chéngfá shǒuduàn zài biànde gèngjiā yánzhòng yīdiǎn.

惩罚手段再变得更加严重一点。

for school violence even more severe.

126

Bǐrúshuō hěn duō zhōngxuéshēng,

比如说很多中学生，

For example, many middle school students

127

Is There Bullying In China?

tā yào kǎo gāozhōng shì yào yǒu míng'é de.
他要考高中是要有名额的。
must meet certain criteria to be admitted to high school,

128

Jiùshì lùqǔ míng'é shì yǒu gēnjù nǐ de fēnshù,
就是录取名额是有根据你的分数,
such as their scores

129

gēnjù nǐ de zàixiào biǎoxiàn lái páimíng de.
根据你的在校表现来排名的。
and performance in (middle) school.

130

Nǐ rúguǒ zàixiào biǎoxiàn bùhǎo,
你如果在校表现不好,
If their performance is bad,

131

nǐ jiù bùnéng shùnlì de shēngshàng gāozhōng.
你就不能顺利地升上高中。
they won't be able to advance to high school.

132

Jiù yīnwèi zhīqián de nà yī gè èxìng shìjiàn de fāshēng,
就因为之前的那一个恶性事件的发生,
Because of the malicious incident we mentioned earlier (where a boy was killed by his
three classmates),

133

yǒu shǎoshù jǐge xiàng Chéngdū dìqū de xuéxiào tā jiù guīdìng,
有少数几个像成都地区的学校它就规定,
a few schools in places like Chengdu have stipulated that

134

rúguǒ nǐ yǒu jìlù guo zài xuéxiào qījiān
如果你有记录过在学校期间
if students have a record of

135

shíshī guo xiàoyuán bàolíng de àndǐ dehuà,
实施过校园霸凌的案底的话,
bullying others during their (middle school years),

Is There Bullying In China?

136

nàme nǐ chūzhōng shēng gāozhōng de shēngxué lǚ huì páimíng kào hòu.

那么你初中升高中的升学率会排名靠后。

their chances for being able to attend a high school will be lower.

137

Wǒ yào tuīfān zhè yī gè fāngfǎ,

我要推翻这一个方法，

I want to argue against this method

138

yīnwèi wǒ juéde rúguǒshuō yī gè rén dōu kěyǐ

因为我觉得如果说一个人可以

because I think if someone can

139

duì lìngwài yī gè xuésheng shíshī bàolì dehuà,

对另外一个学生实施暴力的话，

be violent towards another student,

140

tā kěnéng bùhuì nàme zàihu zìjǐ de chéngjì ba?

他可能不会那么在乎自己的成绩吧？

they may not care so much about their grades, right?

141

Nǐ yǒu kàn guo yī bù diànyǐng jiàozuò Shàonián De Nǐ ma?

你有看过一部电影叫做《少年的你》吗？

Have you seen a movie called "Better Days"?

142

Zhōu dōngyǔ hé Yìyáng Qiānxǐ zhǔyǎn de

周冬雨和易烱千玺主演的

It starred Zhou Dongyu and Yiyang Qianxi.

143

Méiyǒu, zhègè shì zuìjìn de ma?

没有，这个是最远的吗？

No, is this a recent movie?

144

Bùshì, shì wǒ qián jǐnián zài diànyǐngyuàn kàn de.

不是，是我前几年在电影院看的。

Is There Bullying In China?

No, I watched it in the cinema a few years ago.

145

Tā zài Zhōngguó fànwéi de yǐngxiǎng lì hěn dà shì yīnwèi

它在中国范围的影响力很大是因为

Its impact in China was significant because

146

tā tāolùn de shì hěn duō shíhòu xiàoyuán bàolì de

它讨论的是很多时候校园暴力的

it showed how the perpetrators of school violence

147

nàge shībào zhě kěnéng shì hǎo xuésheng,

那个施暴者可能是好学生，

could be good students.

148

tāmen huì wèijù zhè yī gè cuòshī,

他们会畏惧这一个措施，

They would be deterred by this measure

149

tāmen huì xuǎnzé bǎozhàng zìjǐ de qiántú

他们会选择保障自己的前途

and choose to protect their future

150

ér qù bìmiǎn ràng zìjǐ de dǎng'àn xià liúxià bùhǎo de jìlù.

而去避免让自己的档案下留下不好的记录。

by avoiding having a bad record in their files.

151

Suǒyǐ duōduōshǎoshǎo yǒuyīdiǎn zuòyòng ba.

所以多多少少有一点作用吧。

So (this measure) will have some effect.

152

Yǒuyīdiǎn wēishè de zuòyòng.

有一点威慑的作用。

A deterrent effect.

153

Shìde, wēishè de zuòyòng jiù yǐjīng zúgòu le.

Is There Bullying In China?

是的，威慑的作用就已经足够了。

Yes, and that will be sufficient.

154

Tā xūyào wǒmen yǒu zhège yìshì

它需要我们有这个意识

We need to be aware of this issue,

155

jiù kěyǐ cùjìn zhè yī gè gèng duō de hǎo de jǔcuò bèi shíshī.

就可以促进这一个更多的好的举措被实施。

which in turn can encourage the implementation of more positive measures.

156

Háiyǒu qíshí wǒ juéde hěn duō fùmǔ duì xiǎoháizi de bǎohù shì tài shǎo le.

还有其实我觉得很多父母对小孩子的保护是太少了。

In addition, I think that parents provide too little protection for their children.

157

Wǒ zìjǐ de shēnbiān de yī gè hěn qīnjìn de péngyou

我自己的身边的一个很亲近的朋友

A close friend of mine

158

tā jiù céngjīng gēn wǒ shuō: Nǐ zhīdào ma?

他就曾经跟我说：你知道吗？

once told me: "You know,

159

Wǒ zài chū'èr de shíhou bèi xuéxiào lǐ de lǎoshī zhēnduì, tóngxué qīfu

我在初二的时候被学校里的老师针对，同学欺负

when I was in the second year of middle school, the teacher picked on me and my classmates bullied me.

160

huíjiā gēn wǒ mā sùkǔ de shíhou

回家跟我妈诉苦的时候

When I went home and complained to my mom,

161

wǒ mā shuō: Biéren zěnmē jiù zhǐ zhe nǐ qīfu, bù qīfu biéren ne?

我妈说：别人怎么就指着你欺负，不欺负别人呢？

she said: "Why do they pick on you and not others?"

Is There Bullying In China?

162

Nǐ zìjǐ fǎnxǐng yíxià nǐ zìjǐ!

你自己反省一下你自己！

Reflect on yourself!"

163

Tā zìjǐ de qīnmā duì tā shuōchū zhèzhǒng huà,

他自己的亲妈对他说出这种话

His own mother said this!

164

Wǒ péngyou shuō nà yīshùnjiān xīn dōu sǐ le.

我朋友说那一瞬间心都死了。

My friend said that at that moment, he felt hopeless.

165

Duì, érqiě yǒude jiāzhǎng hái huì bǎ zhèzhǒng shìqíng suōxiǎo huà.

对，而且有的家长还会把这种事情缩小化。

Right, some parents will downplay these things.

166

Jiùshì juéde tā bùshì hěn yánzhòng de shìqíng,

就是觉得它不是很严重的事情，

They think it's not a serious matter,

167

zhǐshì tóngxué zhījiān de dǎnào.

只是同学之间的打闹。

and it's just a fight among kids.

168

Shìde, hěn duō jiāzhǎng yīnggāi shì zuòwéi hái zi

是的，很多家长应该是作为孩子

Yes. Parents should be

169

chéngzhǎng de shíhou de dìyī bǎohùrén,

成长的时候的第一保护人，

the first protectors of their children during their upbringing,

170

tāmen bìng méiyǒu jìndào zhè yī gè zérèn,

他们并没有尽到这个责任，

but they have not fulfilled this responsibility.

Is There Bullying In China?

171

fǎnr ér shì tāmen zuòwéi jiāhài háizi de bāngxiōng.

反而是他们作为加害孩子的帮凶。

Instead, they have become accomplices to the harm done to their children.

172

Yǒu gè háizi, qiánduànshíjiān gāng kàndào zhège xīnwén,

有个孩子，前段时间刚看到这个新闻，

I read on a news report not long ago, a child

173

tā zài xuéxiào lǐ bèi lǎoshī shuō:

他在学校里被老师说：

was (punished) by his teacher

174

Nǐ zhè yī gè tí cuò le, yào chāo yī wàn biàn.

你这个问题错了，要抄一万遍。

to write a question that he had answered incorrectly 10,000 times.

175

Duì, nǐ néng xiǎngxiàng zhège tiānwén shùzì, yī wàn biàn

对，你能想象这个天文数字，一万遍

Can you imagine it? It's an astronomical number!

176

Zhège xiǎohái tā shì shǒuxiān zìjǐ méiyǒu bànfǎ

这个小孩他是首先自己没有办法

The child couldn't

177

fǎnkàng lǎoshī de zhǐlìng de.

反抗老师的指令的。

disobey the teacher.

178

Qícì tā huíjiā zhīhòu gēn jiāzhǎng shuō:

其次他回家之后跟家长说：

But when he told his parent that

179

Wǒ chāo bùliǎo, māma

我抄不了，妈妈

Is There Bullying In China?

he couldn't do it

180

nǐ néng bùnéng bāng wǒ chāo yīxià?

你能不能帮我抄一下?

and asked his mother to help,

181

Tā māma shuō, zěnmē jiù cuò le ne?

他妈妈说, 怎么就错了呢?

she said: "Why did you get it wrong?"

182

Lǎoshī fá nǐ bùshì yīnggāide ma?

老师罚你不是应该的吗?

Don't you deserved to be punished?"

183

Xiǎohái bànyè chāo bù wán le, tā suǒyǒu jiārén dōu shuìzháo le,

小孩半夜抄不完了, 他所有家人都睡着了,

At midnight, he still hadn't finished writing it 10,000 times and while his family members were asleep,

184

zhè xiǎohái zìjǐ páihuái, zài jiā lǐmiàn kètīng páihuái,

这小孩自己徘徊, 在家里面客厅徘徊,

he wandered around the living room...

185

yīnwèi jiā lǐmiàn yǒu jiānkòng lùxiàng ma

因为家里面有监控录像嘛

(It was videotaped) by the surveillance camera at his home.

186

zhīhòu jiùshì xiǎohái xiāoshī zài ménwài, zuìhòu shì tiàolóu zìshā le.

之后就是小孩消失在门外, 最后是跳楼自杀了。

Later, the child disappeared into the dark and committed suicide by jumping off a building.

187

Hǎo duō xiǎoxuéshēng zìshā huòzhě shì xiàoyuán zìshā de ànlì

好多小学生自杀或者是校园自杀的案例

Many cases of suicide among primary school students

188

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dōu shì yīnwèi lǎoshī, jiāzhǎng dōu mòshì le xiǎoháizi de tòngkǔ,
都是因为老师、家长都漠视了小孩子的痛苦，
were due to teachers and parents ignoring the pain

189

xiǎoháizi shòudào de zhège shānghài.
小孩子受到的这个伤害。
and the harm the children experienced.

190

Huòzhě jiāzhǎng lǎoshī tāmen jiùshì shānghài de zhíjiē shījiā zhě.
或者家长老师他们就是伤害的直接施加者。
Or, the parents and teachers themselves might be the direct perpetrators.

191

Qíshí xiǎoháizi huì rènwéi méiyǒu rén lǐjiě wǒ.
其实小孩子会认为没有人理解我。
The child felt that no one sympathized with him.

192

Lǎoshī ràng wǒ chāo, chéngfá wǒ | Duì
老师让我抄，惩罚我 | 对
The teacher punished him | Right.

193

Dāng wǒ gēn zìjǐ de fùmǔ qīngsù de shíhou,
当我跟自己的父母倾诉的时候，
and when he complained to his parents,

194

tāmen jìngrán shuō wǒ huógāi! | Duì
他们竟然说我活该！ | 对
he was told that he deserved it! | Right.

195

Érqiě wǒ yě zài zuìjìn de xīnwén bàodào shàng kàndào
而且我也在最近的新闻报道上看到
I've also seen a lot of news reports recently

196

hǎo duō zhège tǐfá xuésheng de.
好多这个体罚学生的。
about corporal punishment of students.

Is There Bullying In China?

197

Xiànzài háiyou ma? Xiànzài bùshì bù yǔnxǔ bèi tǐfá le ma?

现在还有吗？现在不是不允许被体罚了吗？

Still? Isn't it prohibited now?

198

Jiùshì nǐ zhìzhǐ bùliǎo rén de zuò'è de zhè yī gè xíngwéi.

就是你制止不了人的作恶的这个行为。

You can't stop people from doing evil.

199

Yīnwèi yǒuyīxiē chéngniánrén, tā suīrán dāng lǎoshī le,

因为有一些成年人，他虽然当老师了，

Some adults, who are teachers,

200

tā háishi yǒu shēnghuó zhōng de bù rúyì de dìfang de ma,

他还是有生活中的不如意的地方的嘛，

might be unhappy with their lives,

201

tā huì qù fāxiè dào gèng ruòxiǎo de zhège xiǎohái shēnshang.

他会去发泄到更弱小的这个小孩身上。

and they might vent their frustrations on powerless children.

202

Wǒ jiù kàn guo hǎojǐ zōng nàge yòu'éryuán de lǎoshī nùedài

我就看过好几宗那个幼儿园的老师虐待

I've seen several cases of kindergarten teachers

203

zhège méiyǒu fǎnkàng nénglì de sì wǔ suì de xiǎohái.

这个没有反抗能力的四五岁的小孩。

abusing helpless four or five-year-olds.

204

Jiùshì gèzhǒng shǒuduàn, wǒ dōu bù gǎn shuō chūlai,

就是各种手段，我都不敢说出来，

All kinds of abuses, which I don't feel comfortable saying aloud

205

yīnwèi wǒ zhēnde juéde tài chù mù jīng xīn le.

因为我真的觉得太触目惊心了。

because I really find it horrifying.

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206

Jiǎshè nǐ wèilái de hái zi zài xuéxiào lǐmiàn bèi bàoling le,
假设你未来的孩子在学校里面被霸凌了,
If your kids were bullied at school,

207

nǐ huì zěnmě zuò?
你会怎么做?
what would you do?

208

Wǒ huì yòng wǒ zài shàngwǎng kàn shìpín de shíhou
我会用我在上网看视频的时候
I would use a method

209

xué dào de yī gè fāngfǎ.
学到的一个方法。
I learned from an online video.

210

Yào gào sù zìjǐ de hái zi nǐ bèihòu shì yǒu rén zài zhīchí nǐ de,
要告诉自己的孩子你背后是有人在支持你的,
I would tell my kids that there are people who stand behind them.

211

bàba māma zhīchí nǐ,
爸爸妈妈支持你,
Their parents

212

ránhòu xuéxiào de dàren xiàozhǎng lǎoshī dōu huì zhīchí nǐ.
然后学校的大人校长老师都会支持你。
and teachers will support them.

213

Bùnéng ràng xiǎoháizi yǒu qiènuò, rěnràng, tuìràng de xīntài.
不能让小孩子有怯懦、忍让、退让的心态。
Don't let the kids develop a timid, tolerant, and yielding mentality.

214

Dì'èr bù shì yào jiāo gěi xiǎohái yīxiē zìbǎo de jǔdòng.
第二步是要教给小孩一些自保的举动。

Is There Bullying In China?

The second step is to teach the kids some self-defense measures.

215

Bǐrúshuō yǒu yī gè wǎngyǒu tí dào

比如说有一个网友提到

For example, a netizen mentioned

216

tā xiǎohái jīngcháng huì dài dòujiāng qù shàngxué ma.

他小孩经常会带豆浆去上学嘛。

that his child often brings soy milk to school.

217

Wǎngyǒu jiāo tā xiǎohái shuō,

网友教他小孩说，

He told his child:

218

rúguǒ nǐ zài xuéxiào yù dào yīzhí yīzhí yīzhí qīfu nǐ de rén,

如果你在学校遇到一直一直一直欺负你的人，

If someone constantly bullies you,

219

nǐ wúlùn zěnmē kǒutóu jǐnggào, tā dōu bù tíngzhǐ,

你无论怎么口头警告，他都不停止，

and won't stop after you repeatedly warn them not to,

220

rúguǒ nǐ gào le lǎoshī, tā yě yīzhí bùtíng de qù qīfu nǐ dehuà,

如果你告了老师，他也一直不停地去欺负你的话，

or after you report it to the teacher,

221

nǐ jiù bǎ zhège dòujiāng wǎng nàge qīfu nǐ de rén de tóushàng dào.

你就把这个豆浆往那个欺负你的人的头上倒。

then pour the soy milk on their head!

222

Yǒu shénme hòuguǒ, bàba gěi nǐ chéngdān.

有什么后果，爸爸给你承担。

Whatever the consequences, dad will take it for you."

223

Zhè yī gè fāngfǎ hěn zòuxiào.

Is There Bullying In China?

这一个方法很奏效。

This method is very effective.

224

Quèshí, yī gè yīzhí qīfu rén de rén tā yǒu yīzhǒng yōuyuè gǎn.

确实，一个一直欺负人的人他有一种优越感。

Actually, someone who constantly bullies others has a sense of superiority,

225

Kěshì nǐ bèi yī píng dòujiāng dào xiàlai zhīhòu,

可是你被一瓶豆浆倒下来之后，

but when soy milk is poured down their head,

226

nǐ de miànzi qíshí jiù suízhī luò xiàqù le, nǐ de zìzūn diàoluò le

你的面子其实就随之落下去了，你的自尊掉落了

their "face" will be lost and thus, their self-esteem will be destroyed.

227

Suǒyǐ shòudào le wǔrǔ, tā jiù zhīdào hàipà le,

所以受到了侮辱，他就知道害怕了，

So when they are humiliated, they will be afraid

228

tā yǐhòu jiù bùhuì zài quánbān miànqián

他以后就不会在全班面前

and will stop bullying

229

zài jìxù qù qīfu zhège wǎngyǒu de xiǎohái le.

再继续去欺负这个网友的小孩了。

this netizen's child in front of the whole class.

230

Duì duì duì, wǒ yě juéde zhège shì hěn yǒuxiào de yī gè fāngfǎ.

对对对，我也觉得这个是很有效的一个方法。

Right, I also think this is an effective method.

231

Wǒ dìdì yě bèi rén qīfu guo, bèi bǐ tā niánlíng dà yīdiǎn de rén dǎ guo.

我弟弟也被人欺负过，被比他年龄大一点的人打过。

My brother was bullied by someone older.

232

Is There Bullying In China?

Ránhòu hòumian wǒ mā jiù gàosu tā, nà nǐ jiù dǎ huí tā.

然后后面我妈就告诉他，那你就打回他。

Later, my mom told my brother to hit him back.

233

Wǒ dì tā suīrán niánjì bǐ nàge nánshēng xiǎo,

我弟他虽然年纪比那个男生小，

Although my brother was younger than that boy,

234

dànshì gèzi hái mán gāo de, kěnéng gēn tā chàbùduō

但是个子还蛮高的，可能跟他差不多

he was quite tall, probably about the same height as the bully.

235

tā jiù dǎ huíqu le,

他就打回去了，

So he fought back,

236

jiéguǒ nàge nánshēng zài yě bù gǎn qīfu wǒ dì le.

结果那个男生再也不敢欺负我弟了。

and as a result, that boy never dared to bully my brother again.

237

Kě wǒ yě huì pà zhèzhǒng fǎnkàng de guòchéng,

可我也会怕这种反抗的过程，

But I would also worry that the child

238

xiǎoháizi fāshēng shénme yìwài.

小孩子发生什么意外。

might get hurt during the process of fighting back.

239

Yīnwèi nǐ yě zhīdào, wǒ xiǎoshíhou quànjià,

因为你也知道，我小时候劝架，

You know, when I was young, I had tried to stop a fight,

240

ránhòu bèi nà yī gè wùshāng dào nǎozhèndàng ma.

然后被那一个误伤到脑震荡嘛。

and I was accidentally injured and suffered a concussion.

Is There Bullying In China?

241

Wǒ huì gèng qīngxiàngyú nà yī gè wǎngyǒu jiāo xiǎohái de bànfǎ,
我会更倾向于那一个网友教小孩的办法，
So I would prefer that netizen's method

242

jiùshì yǒuyīxiē fēi zhītǐ bàolì chōngtū,
就是有一些非肢体暴力冲突，
which is non-violent,

243

dàn yòu jí jù shāshānglì de zhège shǒuduàn.
但又极具杀伤力的这个手段。
yet highly impactful.

244

Wǒ zìjǐ xiànzài dìdì yě yīyàng, tā zài xuéxiào lǐ dehuà
我自己现在弟弟也一样，他在学校里的话
Same with my younger brother, I told him

245

wǒ shuō néng bù dòngshǒu zánmen jiù bié dòngshǒu, jiùshì xiān...
我说能不动手咱们就别动手，就是先...
that if possible, don't get into physical fights.

246

Shízài bùxíng zánmen xiān pǎo.
实在不行咱们先跑。
If worse comes to worst, just run.

247

Dòngshǒu zǒngshì huì zàochéng yìwài de.
动手总是会造成意外的。
Fights always lead to injuries.

248

Wǒ bù xīwàng zhèxiē yìwài
我不希望这些意外
I don't want these accidents

249

zài zánmen qīnjìn de wǎnbèi shēnshang fāshēng.
在咱们亲近的晚辈身上发生。
to happen to close family members.

Is There Bullying In China?

250

Dàn rúguǒ nǐ yǐjīng zài bèi rén dǎ le, nà nǐ bù huánshǒu ma?

但如果你已经在被人打了，那你不还手吗？

But if you're already being hit, don't you fight back?

251

Wǒ huì gào lǎoshī.

我会告老师。

I would report it to the teacher.

252

Wǒ xiǎoshíhou jiùshì zhème zuò de.

我小时候就是这么做的。

That's what I did when I was young.

253

Wǒ huì kū, wǒ huì fàn sǒng.

我会哭，我会犯怂。

I would cry and back down.

254

Nǐ láibují a, nǐ yǐjīng bèi dǎ le!

你来不及啊，你已经被打了！

You won't have time for all that, you've already been hit!

255

Wǒ hěn bìmiǎn zhèzhǒng zhíjiē de bàolì chōngtū,

我很避免这种直接的暴力冲突，

I try to avoid any direct violent confrontations,

256

kěnéng xiàng nǐ shuō de, wǒ zhǎngde bǐjiào āixiǎo.

可能像你说的，我长得比较矮小。

perhaps because, like you said, I'm relatively short.

257

Shēngcún de běnnéng gàosù nǐ, bù yào qù fǎnkàng

生存的本能告诉你，不要去反抗

The instinct for survival tells you not to fight back!

258

Duì, shēngcún de běnnéng gàosù wǒ, zán hái shì xiān sǒng, rèn sǒng.

对，生存的本能告诉我，咱还是先怂，认怂。

Is There Bullying In China?

Yes, the instinct for survival tells me to acknowledge that I am a coward.

259

Duì, wǒ de fāngfǎ jiùshì wǒ bù jièrù

对，我的方法就是我不介入

My approach is not to get into

260

zhèzhǒng yǒukěnéng huì fāshēng bàolì de dìfang.

这种有可能会发生暴力的地方。

places where violence might occur.

261

Duì, jiàn shì bùmiào wǒ mǎshàng yào pǎo

对，见势不妙我马上要跑

Right, if things look bad, I run immediately.

262

Sānshíliùjì, pǎo wéi shàng cè

三十六计，跑为上策

The best strategy is to run.

263

Háiyǒu yīzhǒng shōu bǎohù fèi de, nǐ yǒuméiyǒu pèngdào guo?

还有一种收保护费的，你有没有碰到过？

There's also the kind (of bully) that demands protection fee, have you encountered this kind?

264

Wǒ jìde wǒ xiǎoshíhou yǒu pèngdào guo

我记得我小时候有碰到过

I remember seeing it when I was a kid.

265

bùshì zhǎo wǒ shōu érsì yǒurén bèi shōu bǎohù fèi.

不是找我收而是有人被收保护费。

They didn't ask me, but other kids were asked to pay.

266

Jiùshì jiāzhǎnghuì gěi xiǎoháizi línghuāqián ma,

就是家长会给小孩子零花钱嘛，

Parents would give their children pocket money,

267

Is There Bullying In China?

ránhòu huì yǒu yīxiē huài xiǎohái

然后会有一些坏小孩

and some bad kids

268

qù zhǎo nàge bǐjiào ruòxiǎo de xiǎohái yào bǎohù fèi.

去找那个比较弱小的小孩要保护费。

would demand this money as protection fees.

269

Shuō nǐ nàge língqián gěi wǒ, bù gěi dehuà nǐ jiù áidǎ.

说你那个零钱给我，不给的话你就挨打。

If they didn't pay, they would get beaten.

270

Nǐ zhège gùshì ràng wǒ xiǎngqǐ le wǒ zhīqián kàndào de yī tiáo xīnwén,

你这个故事让我想起了我之前看到的一条新闻，

Your story reminds me of a news report I read before.

271

shì shuō yǒu yī gè shībào de xuésheng

是说有一个施暴的学生

A student

272

tā shì zài xiǎoxué shíhòu bèi shōu bǎohù fèi de rén.

他是在小学时候被收保护费的人。

was asked for protection fee during his primary school years.

273

Tā mànman de jīyā le hěn duō fènnù de qíngxù zhīhòu,

他慢慢地积压了很多愤怒的情绪之后，

Gradually, he built up a lot of anger

274

dào le tā zìjǐ shēng shàng gāo niánjí fǎn guò tóu lái

到了他自己升上高年级反过头来

and when he got to a higher grade, he turned around

275

tā qù qīfu qítā bǐ tā ruòxiǎo de.

他去欺负其他比他弱小的。

and bullied others who were weaker than him.

Is There Bullying In China?

276

Shòuhàizhě yě huì chéngwéi bàolíng zhě.

受害者也会成为霸凌者。

Victims can also become bullies.

277

Duì, tā xuéhuì le zhè yītào bàolíng tā rén de móshì.

对，他学会了这一套霸凌他人的模式。

Right, they learned how to bully people (from those who bullied them).

278

Tā yǒu yīzhǒng yuànghèn, tā yǒu yīzhǒng bù mǎn,

他有一种怨恨，他有一种不满，

He harbored resentment and dissatisfaction,

279

tā huì fǎnguólái qù bàofù.

他会反过来去报复。

and then turned around to take it out on others.

280

Suǒyǐ hěn duō bàolíng zhě, qíshí tāmen xīnlǐ shì bù jiànkāng de.

所以很多霸凌者，其实他们心理是不健康的。

So, many bullies are actually psychologically damaged.

281

Tāmen bù yīdìng shì zài xuéxiào lǐ bèi bàolíng,

他们不一定是在学校里被霸凌，

They may not necessarily have been bullied in school,

282

tāmen... xiàng wǒmen zhīqián zuò guo de jiābào de nàzhǒng,

他们... 像我们之前做过的家暴的那种，

but like the domestic violence cases we discussed before,

283

tāmen kěnéng cóngxiǎo dà kàndào jiālǐ de fùmǔ zhījiān

他们可能从小到大看到家里的父母之间

they may have grown up witnessing their parents

284

zǒngshì yǐ bàolì lái chǔlǐ rénjìguānxì.

总是以暴力来处理人际关系。

resorting to violence when handling things.

Is There Bullying In China?

285

Suǒyǐ tāmen cóngxiǎo ěrrúmùrǎn, xuéhuì le zhè yīzhǒng

所以他们从小耳濡目染，学会了这一种

So they have been influenced since childhood, and learned

286

néng dòngshǒu jiù bù chāochao de zhè yīzhǒng xíngwéi.

能动手就不吵吵的这一种行为。

to use violence instead of talking.

287

Ài, suǒyǐ ràng wǒ xiǎng dào le yī gè jiějuébànfǎ.

哎，所以让我想到了一个解决办法。

Ah, this reminds me of something that can be a solution to this.

288

Wǒ juéde pǔbiàn láishuō xiǎoháizi yào xuéhuì biǎodá zìjǐ.

我觉得普遍来说小孩子要学会表达自己。

I think generally, children should learn to express themselves.

289

Jiùshì rúguǒ nǐ néng bǎ zìjǐ de yīxiē fènnù yěhǎo, bù kāixīn yěhǎo,

就是如果你能把自己的一些愤怒也好，不开心也好，

If (bullies) can express their anger or unhappiness

290

zhèxiē qíngxù yòng yǔyán biǎodá chūlai de shíhòu,

这些情绪用语言表达出来的时候，

and other negative emotions with words,

291

nǐ de fùmǔ huòzhě shì lǎoshī huòzhě shì tóngxué,

你的父母或者是老师或者是同学，

and they have parents, teachers or classmates

292

tāmen néng gēn nǐ gōutōng zhèxiē dehuà,

他们能跟你沟通这些话，

who can communicate with them about these feelings,

293

zhèxiē qíngxù jiù yǒu yī gè fāxiè kǒu le.

这些情绪就有一个发泄口了。

Is There Bullying In China?

it will be a way for them to release their (frustration).

294

Dàn rúguǒshuō zàijiā lǐmiàn méiyǒu bànfǎ qù biǎodá zhèxiē qíngxù,
但如果说在家里面没有办法去表达这些情绪,
But if at home, there is no way to express these emotions,

295

méiyǒu yī gè dìfang qù qīngsù,
没有一个地方去倾诉,
and there is no other places to talk,

296

tā zhèxiē fènnù huòzhě shì bù kāixīn huì jīyā dào yīdìng de chéngdù,
他这些愤怒或者是不开心会积压到一定的程度,
their anger or unhappiness will accumulate

297

ránhòu jiù yīcìxìng bàofā,
然后就一次性爆发, 结果就会发生这种悲剧事件。
and eventually erupt all at once,

298

jiéguǒ jiù huì fāshēng zhèzhǒng bēijù shìjiàn.
结果就会发生这种悲剧事件。
resulting in tragedies.

299

En, duì duì duì
嗯, 对对对
Right.

300

Zài zǎngluò shang, hěn duō nèiróng chuàngzuòzhě
在网络上, 很多内容创作者
On the internet, many content creators

301

huì shōudào hěn duō bù yǒuhǎo de pínglùn.
会收到很多不友好的评论。
receive a lot of unfriendly comments.

302

Zhèyàng de wǎngluòhuánjìng huì ràng wǎngbào biànde gèngjiā de pǔbiàn.

Is There Bullying In China?

这样的网络环境会让网暴变得更加地普遍。

Such an online environment can make cyberbullying very common.

303

Nà bāokuò wǒ zìjǐ dehuà, qíshí suīrán...

那包括我自己的话，其实虽然...

Myself included, although...

304

Fēichángǎnxiè dàjiā gěi wǒ de pínglùn dōu shì bǐjiào jījí zhèngmiàn de,
非常感谢大家给我的评论都是比较积极正面的，

I'm very grateful that most of the comments I receive are positive,

305

dànshì ǒu'ěr de shíhou yě huì shōudào

但是偶尔的时候也会收到

but occasionally, we receive

306

nàme yī liǎng gè bùshì tài yǒuhǎo de pínglùn.

那么一两个不是太友好的评论。

one or two that are not very friendly.

307

Gāng kāishǐ kàndào de shíhou kěndìng xīnlǐ huì shòu diǎn yǐngxiǎng,
刚开始看到的时候肯定心里会受点影响，

In the beginning, the comments definitely affected my mood,

308

kěnéng yī tiān dōu zài xiǎng zhège pínglùn, huì yǒudiǎn bù kāixīn,
可能一天都在想这个评论，会有点不开心，

I might think about them all day and be upset.

309

dànshì dào xiànzài dehuà yǐjīng mànman xíguàn le.

但是到现在的话已经慢慢习惯了。

But gradually, I've gotten used to it.

310

Suǒyǐ wǒ hěn nénggòu lǐjiě nàzhǒng shōudào hěn duō

所以我很能够理解那种收到很多

So I can very much relate to people who receive a great deal of

311

Is There Bullying In China?

bù yǒuhǎo pínglùn de rén de zhèzhǒng gǎnshòu.

不友好评论的人的这种感受。

malicious comments.

312

Wǒ zài xiǎng zhèxiē fābiǎo èdú pínglùn de rén shì shénmeyàng de yī gè xīnlǐ?

我在想这些发表恶毒评论的人是什么样的一个心理？

I was thinking, what kind of mentality do people who post these vicious comments have?

313

Tā juéde wǒ shì zhèngyì de, wǒ zài jiàodǎo nǐ biànde gèng hǎo.

他觉得我是正义的，我在教导你变得更好。

They feel that they're on the side of justice and that they're teaching you to be better.

314

Nǐ yào tīngcóng wǒ de quàngào,

你要听从我的劝告，

You should listen to their advice

315

nǐ de shēnghuó, nǐ de shìpín jiù huì zuò de gèng hǎo.

你的生活、你的视频就会做得更好。

and then, your life and videos will be better.

316

Háiyǒu yī gè jiùshì dāng yī gè rén kěyǐ duì tā rén zuòchū pīpíng de shíhou,

还有一个就是当一个人可以对他人做出批评的时候，

Also, when a person criticizes others,

317

tā qíshí tā de dìwèi jiù yǐjīng zài yī gè gāowèi shàngmiàn le.

他其实他的地位就已经在一个高位上面了。

they put themselves in a higher position.

318

Wǒ juéde nǐ shuō de hěn duì.

我觉得你说得很对。

You're right.

319

Xiàng wǒ shǒujī lǐ jiùshì qiánduànshíjiān jì de yī duàn bèiwànglù,

像我手机里就是前段时间记的一段备忘录，

I put down a note in my phone a while ago

Is There Bullying In China?

320

jiùshì wǒ shíshí gàojiè zìjǐ de yī duàn huà.

就是我时时告诫自己的一段话。

and it's a passage that constantly reminds me

321

Dāng nǐ yōngyǒu pínglùn yī gè rén de quánlì de shíhou,

当你拥有评论一个人的权利的时候，

that when I have the right to comment on someone,

322

nǐ cǐshícǐkè duìyú duìfāng láishuō, nǐ jiùshì quánlì de shàngwèi zhě.

你此时此刻对于对方来说，你就是权利的上位者。

for the person on the receiving end, I am the one in a position of power.

323

Wǒ yǐqián huì suíyì de duì tā rén de xíngwéi tíchū pínglùn,

我以前会随意地对他人的行为提出评论，

I used to casually comment on others' behavior

324

tíchū zìjǐ de kànfǎ.

提出自己的看法。

and express my opinion about them.

325

Wǒ méiyǒu yìshì dào wǒ zhè yī gè pínglùn shǐfǒu shì duìfāng xūyào de.

我没有意识到我这一个评论是否是对方需要的。

But I didn't stop to think whether my comments were what the other person needed to hear.

326

Wǒ zài mǒu yī gè shíkè kàndào zhè jù huà,

我在某一个时刻看到这句话，

This (note) is like

327

wǒ huì tūrán xiàng jǐngzhōng qiāo le yīyàng.

我会突然像警钟敲了一样。

a wake-up call for me

328

Wǒ huì jǐngxǐng, zìwǒ jǐngxǐng

我会警醒，自我警醒

Is There Bullying In China?

that makes me more alert and conscious (about commenting on others).

329

wǒ yǒu shénme lìchǎng qù pínglùn biéren?

我有什么立场去评论别人？

What right do I have to comment on others?

330

Biéren yào bù yào gǎi shì tāmen zìjǐ de shìqing.

别人要不要改是他们自己的事情。

It's their own business whether they want to change or not.

331

Wǒ yòu zuò de yǒu duō hǎo?

我又做得有多好？

How good am I?

332

Wǒmen liǎng gè rén, wǒmen nénggòu zuò xiàlai liáotiān

我们两个人，我们能够坐下来聊天

The two of us can sit down and chat about this

333

dōu shì yīnwèi wǒmen qù sīkǎo guo hěn duō wǒmen de suǒzuòsuǒwéi

都是因为我们去思考过很多我们的所作所为

because we have thought a lot about

334

shìfǒu huì duì tāren zàochéng shānghài.

是否会对他人造成伤害。

whether our actions will cause harm to others.

335

Hěn duō shíhou pǔtōng rén tā de shēnghuó kěnéng méiyǒu nàme duō shíjiān,

很多时候普通人他的生活可能没有那么多时间，

Many people may not have so much time

336

kōngjiān ràng tā qù zìwǒ fǎnsī,

空间让他去自我反思，

and space to reflect on themselves

337

tā de hěn duō xíngwéi jiùshì gěi shēnbiān de rén,

Is There Bullying In China?

他的很多行为就是给身边的人，
and so, they may do things that hurt people around them

338

gěi mòshēngrén dàilái shānghài ér bù zì zhī.
给陌生人带来伤害而不自知。
or strangers, without even realizing it.

339

Duì, jiù xiàng nǐ shuō de hěn duō zhèzhǒng bàolíng xíngwéi tā shì wúyìshí de.
对，就像你说的很多这种霸凌行为它是无意识的，
Right, as you said, a lot of bullying might be unconscious,

340

Suǒyǐ kěnéng tā jiùshì nàme dāngxià de yī gè chōngdòng de xíngwéi.
所以可能它就是那么当下的一个冲动的行为。
and it might be an impulsive act at that moment.

341

Yīnwèi zài wǎngluò shàng fābiǎo pínglùn de shíhòu,
因为在网络上发表评论的时候，
When they post comments online,

342

qíshí nǐ méiyǒu tài duō de shénme hòuguǒ,
其实你没有太多的什么后果，
they don't really suffer any consequences,

343

suǒyǐ tā bùhuì kǎolǜ nàme duō.
所以他不会考虑那么多。
so they don't think about it that much.

344

Dàn jiǎshè duìfāng... Duìmiàn zuò zhe shì yī gè huóshēngshēng de rén,
但假设对方... 对面坐着是一个活生生的人，
But if the person sits right in front of them,

345

tā kěnéng jiù huì zài nǎozǐ lǐ xiān dǎ gè cǎogǎo,
他可能就会在脑子里先打个草稿，
they might think it through

346

Is There Bullying In China?

zài bǎ nà jù huà xiǎng xiǎng zěnmē shuō chūlai
再把那句话想想怎么说出来
before they say it

347

cái bùhuì shānghài dào duìfāng de zìzūnxīn.
才不会伤害到对方的自尊心。
so that they avoid hurting that person.

348

Wǒ kàn guo hěn duō xīnwén dōu bàodào guo, yǒuyīxiē zìshā de rén,
我看过很多新闻都报道过，有一些自杀的人，
I've seen a lot of news reports about people who committed suicide.

349

tāmen jiùshì yīnwèi zāoshòu le
他们就是因为遭受了
They suffered from

350

nǐ gānggang shuō de zhè yīxiē wǎngluò bàolì
你刚刚说的这一些网络暴力
the kind of cyberbullying you just mentioned,

351

ér huànshàng le yìyùzhèng, ránhòu xuǎnzé jiùshì xúnsǐ de.
而患上了抑郁症，然后选择就是寻死的。
became depressed, and chose to end their lives.

352

Qiánduànshíjiān, yǒu yī gè nǚhái tā kǎoshàng le yánjiūshēng.
前段时间，有一个女孩她考上了研究生。
Not long ago, there was a girl who just got admitted to graduate school.

353

Tā de nàge yéye háishi wàigōng, tǎng zài bìngchuáng shàng de shíhòu,
她的那个爷爷还是外公，躺在病床上的时候，
Her grandfather was in the hospital

354

nǚhái xiǎng gēn wàigōng fēnxiǎng zhè yī gè hǎo xiāoxi.
女孩想跟外公分享这一个小消息。
and the girl wanted to share this good news with him.

Is There Bullying In China?

355

Yúshì jiù pāi le yī gè shìpín

于是就拍了一个视频

So she made a video

356

jìlù tā qù yīyuàn kànwàng wàigōng de shíhou,

记录她去医院看望外公的时候，

of herself visiting her grandfather in the hospital,

357

dàishàng le nàge lùqǔtōngzhīshū.

带上了那个录取通知书。

with the acceptance letter with her.

358

Běnlái shì yī jiàn ràng rén gāoxìng de shìqing, duì ba?

本来是一件让人高兴的事情，对吧？

It was meant to be a joyful moment, right?

359

Kěshì ne pínglùn xiàmiàn quánbù dōu shì wǎngyǒu zài zhǐzé tā

可是呢评论下面全部都是网友在指责她

But the comments she received online were all criticizing the fact

360

nǐ zěnmē rǎn chéng fěnhóngsè de tóufa?

你怎么染成粉红色的头发？

that she dyed her hair pink.

361

Jiù yīnwèi rǎn le fěnhóngsè de tóufa zhè yī jiàn shìqing,

就因为染了粉红色的头发这一件事情，

Just because of her pink hair,

362

tāmen zài pínglùn qū lǐmiàn yīzhí zhǐzé nǚhái bù jiǎndiǎn,

他们在评论区里面一直指责女孩不检点，

online users kept criticizing her in the comments, accusing her of being inappropriate

363

zhǐzé nǚhái tài tiàotuō, xìnggé bù chénwěn.

指责女孩太跳脱，性格不沉稳。

and saying that she was too frivolous and immature.

Is There Bullying In China?

364

Fǎnzhèng jiù gèzhǒng nántīng de yánlùn, nǐ néng xiǎngxiàng dào de
反正就各种难听的言论，你能想象到的

In any case, they made all kinds of nasty comments and used all the (bad words) you can think of

365

dōu shì zài mà zhège nǚháizi de wàimào,
都是在骂这个女孩子的外貌，
to criticize the girl's appearance,

366

ér bùshì zài gǎnshòu zhè yī gè xǐyuè de shìqíng.
而不是在感受这一个喜悦的事情。
instead of celebrating the joyful moment (she meant to share).

367

Wǒ huì juéde zhěnggè pínglùn qū de zǒuxiàng
我会觉得整个评论区的走向
The direction that the comments took

368

shì ràng rén yìxiǎngbùdào de.
是让人意想不到的。
was unexpected.

369

Hěn bēijù de shì,
很悲剧的是，
Tragically,

370

zhège nǚhái yīnwèi kàndào le zhè yīxiē bùhǎo de pínglùn
这个女孩因为看到了这一些不好的评论
after seeing these negative comments

371

ér dǎozhì qíngxù xiànrù yìyù,
而导致情绪陷入抑郁，
the girl fell into a deep depression

372

zuìhòu zǒu shàng le yī tiáo xiǎngbukāi de dàolù.

Is There Bullying In China?

最后走上了一条想不开的道路。
and ended up taking her own life.

373

Wa, zhème xiàrén a?

哇，这么吓人啊？

Wow! How horrific!

374

Rénjiā bù jiùshì rǎn le yī gè hóngsè tóufa ma? Zhiyú ma?

人家不就是染了一个红色头发吗？至于吗？

She just dyed her hair red. Is that such a bad thing?

375

Duì, yīnwèi zhè yī jiàn shìqíng bèi bàodào le

对，因为这一件事情被报道了

Right, after this incident was reported,

376

yīncǐ jiù hěn duō nǚháizi shàngwǎng

因此就很多女孩子上网

many girls went online

377

fā le zìjǐ dàishang fěnhóngsè de jiǎfà de shìpín,

发了自己戴上粉红色的假发的视频，

and posted videos of themselves wearing pink wigs,

378

huòzhě tāmen zhíjiē qù rǎn le fěnhóngsè de tóufa

或者她们直接去染了粉红色的头发

some even dyed their hair pink

379

lái biǎoshì duì zhège zìshā de nǚháizi de zhīchí.

来表示对这个自杀的女孩子的支持。

to show their support for the girl who committed suicide.

380

Zhè shì yī gè bùxìng de gùshi.

这是一个不幸的故事。

This is an unfortunate story.

381

Is There Bullying In China?

Háiyǒu língwài yī gè shì wǔhàn nàbian yǒu yī gè xiǎohái,
还有另外一个 是武汉那边有一个小孩，
There's another story where a child from Wuhan

382

tā jiùshì zài xuéxiào shīqù le shēngmìng.
他就是在学校失去了生命。
lost his life at school.

383

Jìzhě shìpín pāi dào tā de mǔqīn, dìyīshíjiān gǎnlái xuéxiào,
记者视频拍到他的母亲，第一时间赶来学校，
A reporter's video captured his mother coming to the school immediately.

384

kěnéng shì yīnwèi māma shì xiāoshòu xìngzhì de rén,
可能是因为妈妈是销售性质的人，
Perhaps the mother worked in sales,

385

dǎban de huì bǐjiào guāngxiān liàngli yīdiǎn.
打扮得会比较光鲜亮丽一点。
so she dressed in more stylish clothing.

386

Zài nàzhǒng qíngkuàng xià, wǎngyǒu de guānzhù diǎn
在那种情况下，网友的关注点
In that situation, people online were not focusing on

387

bùshì zài yī gè shāngxīn de mǔqīn zhèyàng de yī gè shìjiǎo,
不是在一个伤心的母亲这样的一个视角，
the mother who was heartbroken.

388

érshì bǎ jiāodiǎn fàng zài
而是把焦点放在
Instead, they focused on

389

zhè yī gè dǎban guāngxiān liàngli de nǚxìng de zhège shìjiǎo shàngmiàn.
这一个打扮光鲜亮丽的女性的这个视角上面。
how well-dressed this woman was.

Is There Bullying In China?

390

Hǎoxiàng tīng guò zhège shìqíng

好像听过这个事情

I think I've heard about this incident.

391

Zuìhòu nàge mǔqīn yīnwèi rěnrěnbùrěnwǎngluò de zhèzhǒng yánlùn,

最后那个母亲因为忍受不了网络的这种言论，

In the end, the mother couldn't bear the online comments

392

ránhòu tā zìshā le, duìbùduì?

然后她自杀了，对不对？

and committed suicide, right?

393

Duì, tā tiàolóu zìshā le

对，她跳楼自杀了

Right, she jumped off a building.

394

Shòuhàizhě de jiātíng, zhège shì yī huán jiē yī huán de tòngkǔ.

受害者的家庭，这个是一环接一环的痛苦。

To the family, it was one tragedy after another.

395

Wǒ xiǎng xiǎng wǒ jiù, tài kǔ le! Wǒ shuōbude zhèzhǒng

我想想我就，太苦了！我说不得这种

I can't imagine the pain. I cannot talk about this because it's so sad!

396

Wǒ juéde láizì wǎngluò shàng de èyì huì gèngjiā pǔbiàn.

我觉得来自网络上的恶意会更加普遍，

I think this degree of malice is more common online (than offline),

397

yīnwèi nǐ yǒuméiyǒu fāxiàn, dāng liǎng gè rén zuò zài yìqǐ de shíhòu,

因为你有没有发现，当两个人坐在一起的时候，

because have you noticed, when two people sit together,

398

qíshí bù tài huì shuōchū nàme nántīng de huà.

其实不太会说那么难听的话。

they might not be able to use such harsh words.

Is There Bullying In China?

399

Dànshì zài wǎngluò shàng tāmen kěyǐ hěn qīngyì de

但是在网络上他们可以很轻易地

However on the internet, they can easily

400

yòng jiàn pán dǎ chū zhèxiē zì,

用键盘打出这些字，

type these words on a keyboard

401

yīnwèi tāmen bù rènwéi duìfāng nà shì yī gè rén,

因为他们不认为对方那是一个人，

because they don't feel that the other person

402

shì yī gè huóshēngshēng de rén,

是一个活生生的人，

is a real human being

403

tāmen kěnéng rěnshòu bùliǎo zhèzhǒng yánlùn.

他们可能忍受不了这种言论。

who might not be able to endure such comments.

404

Háiyǒu jiùshì wǎngluò de nìmíng xìng

还有就是网络的匿名性

Moreover, the anonymity of the Internet

405

yě huì ràng dàjiā gèng sìwújìdàn de qù shuō zìjǐ...

也会让大家更肆无忌惮地去说自己...

also makes people more unrestrained in expressing (themselves).

406

Xiǎng shuō shénme jiù shuō shénme, jiù wánquán méiyǒu lǜjìng de.

想说什么就说什么，就完全没有滤镜的。

They say whatever they want, without any restraints.

407

Wǒ quèshí hěn rèntóng nǐ shuō de zhè yīdiǎn, rénxìng de bìduān

我确实很认同你说的这一点，人性的弊端

Is There Bullying In China?

I agree with what you said. This is a flaw in humanity.

408

Yǒu yī gè B zhàn de up zhǔ,
有一个 B 站的 up 主,
There was a Bilibili content creator,

409

tā yīnwèi chángqī bèi tóngyī míng wǎngyǒu
他因为长期被同一名网友
who was verbally attacked

410

jiùshì nàzhǒng yǔyán mànmà qù gōngjī.
就是那种语言谩骂去攻击。
by the same netizen for a long time.

411

Zhīhòu ne tā zhēnde shì tōngguò gèzhǒng shǒuduàn
之后呢他真的是通过各种手段
Later, he went to great lengths

412

qù zhǎodào zhè yī míng wǎngyǒu de xiànxia de zhè yī gè dìfang.
去找到这一名网友的线下的这一个地方。
to look for where this netizen lived.

413

Ránhòu zhège B zhàn de up zhǔ, tā shì bǎ zìjǐ de zhège guòchéng
然后这个 b 站的 up 主，他是把自己的这个过程
This Bilibili creator recorded this process

414

quánchéng de yòng shìpín vlog de xíngshì jìlù xiàlai de,
全程的用视频 vlog 的形式记录下来的，
as a vlog.

415

ràng wǒmen kàndào zhè míng chángqī wǎngbào tā de rén,
让我们看到这名长期网暴他的人，
He revealed that the person who had been bullying him online

416

qíshí shì gè shēnghuó zhōng tèbié bù rúyì de

Is There Bullying In China?

其实是个生活中特别不如意的
was in fact an ordinary worker in a small city

417

xiǎo chéngshì lǐmiàn de dǎgōngzǎi.
小城市里面的打工仔。
and who had an unhappy life.

418

Up zhǔ jiùshì quánchéng gēn tā zài xiànshí shēnghuó zhōng,
up 主就是全程跟他在现实生活中,
This creator gradually

419

shì yī bù yī bù chéngwéi tā de péngyou ma
是一步一步成为他的朋友嘛
became friends with him offline.

420

Suǒyǐ zài yīcì biànchéng péngyou zhīhòu de chīfàn xiánliáo zhīhòu de,
所以在一次变成朋友之后的吃饭闲聊之后的,
So after becoming friends, during a casual dinner chat,

421

up zhǔ fǎnwèn tā, nǐ zhīdào nǐ zìjǐ yǒushíhou
up 主反问他, 你知道你自己有时候
the creator asked him: "Do you know

422

huì zài wǎngluò shàng mà rén, mà de hěn nántīng ma?
会在网络上骂人, 骂得很难听吗?
that you're cursing people online, and sometimes it's very harsh?"

423

Nàge rén shuō, nà zěnméile?
那个人说, 那怎么了?
That person said: "So what?"

424

Tāmen kào wǎngluò zhuànqián de,
他们靠网络赚钱的,
They make money online,

425

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tāmen bù jiùshì yào chéngshòu zhè yīxiē ma?

他们不就是要承受这一些吗？

aren't they supposed to take this?

426

Wǒ yòu méiyǒu gē tāmen de xuè, méiyǒu chī tāmen de ròu.

我又没有割他们的血，没有吃他们的肉。

It's not like I cut their flesh and ate their meat!"

427

Wǒ juéde zhège xīntài yǒudiǎn niǔqū ai!

我觉得这个心态有点扭曲哎！

I think this guy's mind is a bit twisted!

428

Jiùshì tā kěnéng huì juéde wǒ mà le rén,

就是他可能会觉得我骂了人，

He might feel that by cursing people,

429

wǒ nénggòu cóngzhōng huòdé kuàigǎn.

我能够从中获得快感。

he gets pleasure from it.

430

Érqiě nǐ chū le míng, nǐ jiù zhíde bèi mà, nǐ zhíde yōngyǒu.

而且你出了名，你就值得被骂，你值得拥有。

Also, famous people deserve this. They deserve to get it.

431

Duì, nǐ chī le liúliàng zhè yī bō hónglì,

对，你吃了流量这一波红利，

Right, (he felt that) since the celebrities have enjoyed the benefits of attention,

432

nándào nǐ bù yīnggāi chéngshòu yīxiē suízhi ér lái de wǎngluò mànmà ma?

难道你不应该承受一些随之而来的网络谩骂吗？

why shouldn't they take nasty comments that come with the attention?

433

Jiù hěn duō wǎngbào zhě tā de zhěnggè sīwéi shì zhè yīyàng de,

就很多网暴者他的整个思维是这同样的，

Many cyberbullies have this kind of thinking,

Is There Bullying In China?

434

tāmen de luóji jiùshì yīzhí zhème yùnxíng de.

他们的逻辑就是一直这么运行的。

and that's how their logic is.

435

Nǐ zhēnde hěn guānzhù zhèzhǒng wǎngluò shàng fāshēng de yīxiē shìqíng,

你真的很关注这种网络上发生的一些事情，

You really follow things that are going on in the internet.

436

wǒ guānzhù de bǐjiào shǎo.

我关注得比较少。

I am following less.

437

Rèdiǎn xīnwén dōu shì wǒ shíshí huì qù guānzhù de.

热点新闻都是我时时会去关注的。

Hot news is something I always follow.

438

Wǒ de kòngxián shíjiān bǐjiào duō,

我的空闲时间比较多，

I have more free time,

439

nǎpà shì wǒ zài máng,

哪怕是我再忙，

and even if I'm busy,

440

wǒ yī tiān yě yào huā diǎn shíjiān shàngwǎng chōnglàng yīxià.

我一天也要花点时间上网冲浪一下。

I still find some time to surf the internet every day.

441

Zhè shì wǒ de gèrén xíguàn.

这是我的个人习惯。

It's a personal habit of mine.

442

Wǒ hái xiǎng shuō jiùshì zhíchǎng bàolíng,

我还想说就是职场霸凌，

I also want to talk about workplace bullying,

Is There Bullying In China?

443

xiàng nǐ zhīqián chá dào de nà yīxiē ālǐ de xìngsāorǎo ànjiàn.

像你之前查到的那一些阿里的性骚扰案件。

like the Alibaba sexual harassment cases you read about before.

444

Háiyǒu yīxiē shì tāmen yǒuyīxiē nèibù de gōngkāi de qúdào,

还有一些是他们有一些内部的公开的渠道，

There are some internal public platforms (in a company)

445

bǐrúshuō jiào nèibù de liáotiānshì,

比如说叫内部的聊天室，

such as online chat groups,

446

zài liáotiānshì lǐmiàn jìnxíng yīxiē gōngkāi bàolíng de xīnwén,

在聊天室里面进行一些公开霸凌的新闻，

where bullying occurs

447

wǒ yě yǒu tīng guo.

我也有听过。

which I've heard about on the news.

448

Háiyǒu yī gè zài wǎngluò shàng dāngshí hěn huǒ de,

还有一个在网络上当时很火的，

There was a very well-known incident on the internet

449

jiùshì zhèxiē yuángōng tāmen hǎoxiàng dōu shì xiāoshòu yuán,

就是这些员工他们好像都是销售员，

where some salespeople

450

méiyǒu dá dào yèjì.

没有达到业绩。

who didn't meet their sales targets,

451

Tāmen qízhōng de yī gè chéng fá

他们其中的一个惩罚

Is There Bullying In China?

were punished

452

shì ràng tāmen qù cèsuǒ hē cèsuǒ de shuǐ.

是让他们去厕所喝厕所的水。

by having them drink water from the toilet.

453

Háiyǒu shénme jiùshì hěn bùkěsīyì de yīxiē chéngfá fāngshì.

还有什么就是很不可思议的一些惩罚方式,

There were other ridiculous punishments,

454

Ránhòu zhèxiē yuángōng jìngrán hái jiēshòu chéngfá.

然后这些员工竟然还接受惩罚。

and these employees actually accepted them.

455

Wǒ yǒu kàn guo hěn duō lèisì de xīnwén.

我有看过很多类似的新闻。

I've seen a lot of similar news.

456

Jiùshì hěn cháng yī duàn shíjiān,

就是很长一段时间,

For a long time,

457

wǒmen Zhōngguó de zhíchǎng dōu zài xuānyáng zhèzhǒng láng xìng wénhuà.

我们中国的职场都在宣扬这种狼性文化。

the Chinese workplace has been promoting "wolf spirit".

Note: "Wolf spirit" refers to a work culture in China that emphasizes aggressiveness, competitiveness, and a survival-of-the-fittest mentality.

458

Suǒyǐ jiùshì yào wèi gōngsī chuàngzào xiàoyì

所以就是要为公司创造效益

So the motivation for many employees

459

shì hěn duō zhíyuán tāmen xīnli de yī gè dònglì.

是很多职员他们心里的一个动力。

is to create profits for the company.

Is There Bullying In China?

460

Yīncǐ tāmen, jiù xiàng nǐ shuō de huì qù jiēshòu zhè yīxiē

因此他们，就像你说的会去接受这一些

As a result, they as you said, will accept these

461

dá bùchéng yèjì mùbiāo de shíhou de yīxiē rénshēn wǔrǔ hé chéngfá.

达不成业绩目标的时候的一些人身侮辱和惩罚。

personal insults and punishments when they fail to achieve their assigned goals.

462

Huòzhě nǐ yī gè gūdān de rén,

或者你一个孤单的人，

If you're alone (the only one that disagrees with such a culture),

463

nǐ zài zhěnggè huánjìng dōu mòrèn yào qù zhuīqiú KPI de zhè yī gè shíhou,

你在整个环境都默认要去追求 KPI 的这一个时候，

being in an environment where everyone pursues KPI,

Note: KPI in English stands for "Key Performance Indicator." It refers to a measurable value that demonstrates how effectively a company or individual is achieving their objectives.

464

nǐ méiyǒu bànfǎ qù tuōlí zhèzhǒng sīwéi kuàngjià.

你没有办法去脱离这种思维框架。

you can't escape this mindset.

465

Suǒyǐ nǐ jiù huì kàndào hěn duō fěiyísuǒsī de wǔrǔ rén de nàge xíngwéi,

所以你就会看到很多匪夷所思的侮辱人的那个行为，

So you see a lot of bizarre humiliating behaviors,

466

háishi huì yǒurén qù chángqī de rěnshòu.

还是会有人去长期地忍受。

and there will still be people who are willing to take it.

467

Wǒ zài xiǎng huìbùhuì yǒu zhèzhǒng kěnéng,

我在想会不会有这种可能，

I was wondering if it's possible

468

Is There Bullying In China?

bǐjiào róngyì bèi bàolíng de huì shì nàzhǒng tuōjiādàikǒu de rén?

比较容易被霸凌的会是那种拖家带口的人？

that the type of person who might be susceptible to bullying is someone with a lot of family responsibilities.

469

Tā bù nénggòu mào shīqù zhè fèn gōngzī de fēngxiǎn lái wéikàng lǎobǎn.

他不能够冒失去这份工资的风险来违抗老板。

They can't afford to lose their salary to defy the boss.

470

Duì, wǒ cóng nǐ shuō de zhè yī gè xiànxàng zhōng

对，我从你说的这一个现象中

Right, what you said

471

jiù lián xiǎngdào qiánduànshíjiān de yī tiáo xīnwén.

就联想到前段时间的一条新闻。

reminds me of a news story I read not long ago.

472

Yǒu yī gè liùshí jǐ suì háishi qīshí jǐ suì de

有一个六十岁还是七十岁的

There was a 60 to 70-year-old sanitation worker

473

shòuguò zhíchǎng shàngsī xìngqīnfàn de yī gè huánwèigōngrén.

受过职场上司性侵犯的一个环卫工人，

who was sexually assaulted by her supervisor

474

Tā jiùshì zìshā le.

她就是自杀了。

and then, committed suicide.

475

Tā zìshā shì yīnwèi tā shízài shì yī sī fǎnkàng de nénglì,

她自杀是因为她实在是一丝反抗的能力，

She did so because she had no power

476

yī sī fǎnkàng de kěnéngxìng dōu méiyǒu le.

一丝反抗的可能性都没有了。

or hope to resist.

Is There Bullying In China?

477

Tā shì yǐjīng niánlǎo dào yào yǐcǐ...

她是已经年老到要以此...

She was so old that she had to rely

478

yǐ zhè yī fèn huánwèi gōng de gōngzuò lái... | shēngcún

以这一份环卫工的工作来... | 生存

on this job to... | To survive.

479

Duì, suǒyǐ yīqiè duì tā de nà yī gè shījiā de yāpò

对，所以一切对她的那一个施加的压迫

Right, so all the oppression she faced,

480

tā dōu huì nǐláishùnshòu

她都会逆来顺受

she had to quietly accept

481

zhídào zìjǐ zài yě rěnshòu bùliǎo, tā jiù huì xuǎnzé liǎoduàn.

直到自己再也忍受不了，她就会选择了断。

until she could no longer take it and she chose to end her life.

482

Wǒ zhēnde huì... Kàndào zhèzhǒng gùshi,

我真的会... 看到这种故事，

I really... when I see these stories

483

kàndào zhèzhǒng xīnwén ànlì, wǒ zhēnde huì zhènjīng dào wúyǔ.

看到这种新闻案例，我真的会震惊到无语。

and news reports, I feel so shocked that I have no words for it.

484

Nǐ juéde tōngcháng bèi bàolíng de rén shì shénmeyàng de?

你觉得通常被霸凌的人是什么样的？

What do you think are the characteristics of these bullies?

485

Tāmen yǒu shénmeyàng de tèdiǎn?

他们有什么样的特点？

Is There Bullying In China?

What kind of people are they?

486

Wǒmen huì tiāo ruǎnshìzi qù niē.

我们会挑软柿子去捏。

They pick on someone who's weaker.

487

Wǒ yǒu zìjǐ qīnshēn jīnglì guo de gùshì,

我有自己亲身经历过的事，

I have a personal experience to share.

488

jiùshì lǎoshī huì zài kāixué de shíhou

就是老师会在开学的时候

My (former) teacher would collect students' family background information

489

shōují xuésheng de jiāting bèijǐng zīliào.

收集学生的家庭背景资料。

at the beginning of every school year.

490

Lǎoshī shōují le zhīhòu,

老师收集了之后，

After collecting it,

491

jiù cóngcǐ duìdài xuésheng de zhè yī gè sān liù jiǔ děng de xíngwéi móshì,

就从此对待学生的这一个三六九等的行为模式，

the way the teacher treated the students

492

tā jiù chūlái le

它就出来了

would depend on the their family backgrounds.

493

Jiāting bèijǐng bǐjiào rěbuqǐ de,

家庭背景比较惹不起的，

To students who had powerful family backgrounds,

494

zhègè lǎoshī shuōhuà dōu qīngshēngxiǔ de ne

Is There Bullying In China?

这个老师说话都轻声细语地呢
the teacher would speak softly.

495

Á? Zhèyàngzi de ma?

啊? 这样子的吗?

Ah? Really?

496

Duì ya | Tiān na

对呀 | 天呐

Right! | My God!

497

Ránhòu dāng zhè yī gè xuésheng jiāting bǐjiào pǔtōng

然后当这一个学生家庭比较普通

Toward students with ordinary backgrounds,

498

bàba māma shì huánwèigōngrén nàzhǒng shíhou,

爸爸妈妈是环卫工人那种时候,

for example, children whose parents were sanitation workers,

499

lǎoshī jiù huì zhèzhǒng... Tā yě bùshì nàzhǒng biǎoqíng hěn yánlì de mà nǐ,

老师就会这种...他也不是那种表情很严厉地骂你,

the teacher wouldn't necessarily scold them or use harsh language,

500

tā jiùshì lěnglěng de zhèyàng duì nǐ.

他就是冷冷地这样对你,

but instead, would simply treat them with indifference.

501

Gēn nǐ shuōhuà yě shì yǎnjiǎo xiàngxià qù xié zhe kàn nǐ.

跟你说话也是眼角向下去斜着看你。

When speaking to them, the teacher would look at them with eyes cast down.

502

Lìngwài wǒ hái xiǎngdào yī gè shì wǒ yǒu yī gè péngyou,

另外我还想到一个是我有一个朋友,

In addition, I remember a friend of mine

503

Is There Bullying In China?

tā shì yī gè nǚháizi, ránhòu tā yīzhí jiǎn duǎn tóufa,
她是一个女孩子，然后她一直剪短发，
who is a girl, but always kept her hair short.

504

tā cónglábù chuān qúnzi, tā shì gēn nánshēng chēng xiōng dào dì de.
她从来不穿裙子，她是跟男生称兄道弟的。
She never wore skirts and always hung out with guys.

505

Tā zǒngshì bèi biéren dāngmiàn wèn,
她总是被别人当面问，
(Classmates) always asked her

506

hēi nǐ shìbùshì xǐhuan nǚshēng na?
嘿你是不是喜欢女生哪？
whether she liked girls

507

Nǐ shìbùshì tóngxìngliàn na?
你是不是同性恋哪？
and whether or not she was a lesbian.

508

Tā zìjǐ de gǎnshòu shì hěn nánshòu de,
她自己的感受是很难受的，
She felt very uncomfortable

509

yīnwèi tāmen biéren de xúnwèn shì yīzhǒng cháoxiào de yǎnguāng.
因为他们别人的询问是一种嘲笑的眼光。
because they had a mocking look on their face when asking her.

510

Hēihēi, wǒ jiù zhīdào nǐ zhèzhǒng dǎban, chuānzhuódǎban,
嘿嘿，我就知道你这种打扮，穿着打扮，
(The kids might be thinking): "Dressing like this, I knew that

511

nǐ kěndìng xìngqǔxiàng bùzhèngcháng.
你肯定性取向不正常。
you were not normal!"

Is There Bullying In China?

512

Wǒ de péngyou hěn gāng a,
我的朋友很刚啊,
My friend was quite tough,

513

tā yī gè cǎiqǔ de shǒuduàn jiùshì zhíjiē gēn rén zhèyàng duìzhègàn.
她一个采取的手段就是直接跟人这样对着干。
so her approach was to go head to head with them.

514

Jiùshì biǎoqíng shàng tā shǒuxiān shì bù shìruò de,
就是表情上她首先是不示弱的,
First, she would not show any weakness in her facial expressions,

515

qíci biéren mà tā le, tā zhíjiē yī fù xiǎng dòngshǒu dǎ rén de yàngzi.
其次别人骂她了，她直接一副想动手打人的样子。
and secondly, when others insulted her, she would act as if she was ready for a fight.

516

Suǒyǐ wǒ zhège péngyou zài chúle yǔyán shàng bèi màofàn zhīwài,
所以我这个朋友在除了语言上被冒犯之外，
So my friend, apart from being verbally offended,

517

tā zhītǐ shàng shì méiyǒu shòuguò shénme nàge bàolì qīnhài de.
她肢体上是没有受过什么那个暴力侵害的。
never suffered any physical harm.

518

Kěshì hěn tòngkǔ, tā gēn wǒ fēnxiǎng gùshi de shíhou,
可是很痛苦，她跟我分享故事的时候，
But it was a painful experience for her and when she was sharing this with me,

519

wǒ hái néng shì gǎnshòu dào tā de qíngxù de dīluò de.
我还能是感受到她的情绪的低落的。
I could see that she was upset.

520

Nǐ juéde shībào zhě tā shì chūyú shénmeyàng de xīnlǐ qù qīfu biéren ne?
你觉得施暴者他是出于什么样的心理去欺负别人呢？
What do you think is the psychology of the bully?

Is There Bullying In China?

521

Shì cóngzhōng huòdé kuàigǎn ma? Tā nénggòu huòdé shénme ne?

是从中获得快感吗？他能够获得什么呢？

Do they derive pleasure from this? What do they gain from it?

522

Wǒmen zhège shèhuì de céngcéng yāli,

我们这个社会的层层压力，

In our society, the pressure is being passed down

523

cóng shàng zhì xià ma, tā yīcéng yīcéng shījiā ma.

从上至下嘛，它一层一层施加嘛。

from top to bottom.

524

Bǐrúshuō jiǎrú wǒ shì zhège shèhuì dǐcéng de,

比如说假如我是这个社会底层的，

For example, if I am in the lowest echelon of society,

525

wǒ shàngmiàn de rén, tā hái zài chéngshòu

我上面的人，他还在承受

since the people above me will be pressured

526

tā shàngmiàn gèng shàng yīcéng de zhège yāli.

他上面更上的一层的这个压力，

by their bosses,

527

Suǒyǐ tā yào fāxiè zhè yī gè yāli, tā huì duì wǒ shījiā yāli.

所以他要发泄这一个压力，他会对我施加压力。

these people, in order to release their stress, will take it out on me.

528

Suǒyǐ zài gègè shèhuì yuè dǐcéng de rénshì,

所以在各个社会越底层的人士，

So, those at the lowest echelon of society,

529

tā jiù huì chéng shòudào gèng duō de zhè yī gè yāli, zhè shì yīfāngmiàn.

他就会承受到更多的这一个压力，这是一方面。

Is There Bullying In China?

will bear the most pressure. This is one aspect.

530

Dì'èr fāngmiàn jiùshì wǒ zhège shòuhàirén,

第二方面就是我这个受害人，

The second aspect is that victims,

531

tā shì méiyǒu fǎnkàng de nénglì de,

他是没有反抗的能力的，

have no power to fight back,

532

suǒyǐ shòuliè zhě huì yī kāishǐ jiù zài zhǎo wǒ zhèzhǒng rén.

所以狩猎者会一开始就在找我这种人。

and the predators usually seek preys of this kind.

533

Wǒ shībào zhě qíshí jiùshì... wǒ de èyì xūyào yǒu yī gè fāxiè kǒu.

我施暴者其实就是... 我的恶意需要有一个发泄口。

The bullies, in fact, need an outlet for their evil intent.

534

Zhè shì dì'èr fāngmiàn de yuányīn.

这是第二方面的原因。

This is the second reason.

535

Gǔ huà bùshì yǒu yījù shuō rén zhī chū, xìng běn shàn ma?

古话不是有一句说人之初，性本善吗？

There's an old saying, "man's nature is inherently good",

536

Dànshì yě yǒurén shuō, rén zhī chū, shì xìng běn è de.

但是有人说，人之初，是性本恶的。

but some people say, "man's nature is inherently evil".

537

Jiùshì měi yī gè rén tā dōu yǒu è de yīmiàn de,

就是每一个人他都有恶的一面的，

Every person has an evil side,

538

dànshì wèishénme yǒuxiē rén méiyǒu bǎ zhège è fùzhū xíngdòng,

Is There Bullying In China?

但是为什么有些人没有把这个恶付诸行动，
but why is it that some people don't act on their malicious thoughts

539

ér yǒuxiē rén què fùzhū le xíngdòng ne?
而有些人却付诸了行动呢？
while others do?

540

Shì yīnwèi shìjiè shàng... zhège shèhuì shì yǒu yītào fǎlǜ
是因为世界上... 这个社会是有一套法律
It's because the world... Society has a set of laws

541

huòzhě shì guīzé dàjiā xūyào qù zūnxún de.
或者是规则大家需要去遵循的。
or rules that everyone needs to follow.

542

Háiyǒu yī gè shì zìwǒ de dàodé yuēshù,
还有一个是自我的道德约束，
And there's also self-imposed moral restraint,

543

wǒmen kěnéng dàbùfen rén dōu huì yǒu yītào zhèyàng de biāozhǔn.
我们可能大部分人都会有有一套这样的标准。
and most of us have our own set of moral standards.

544

Dàgài zhīdào, shā rén shì bùduì de, suǒyǐ wǒ bùhuì qù shā rén.
大概知道，杀人是错误的，所以我不会去杀人。
We generally know that killing someone is wrong, so we don't kill,

545

Dǎ rén yě shì bùduì de, wǒ bùhuì qù dǎ rén, duì ba?
打人也是错误的，我不会去打人，对吧？
hitting someone is also wrong, so we don't hit people, right?

546

Dànshì kěnéng yǒuxiē rén, tā jiùshì zhège dàodé gǎn bù qiáng,
但是可能有一些人，他就是这个道德感不强，
But some people may have a weaker sense of morality

547

Is There Bullying In China?

tā gānghǎo jiù kěyǐ bǎ zhège è gěi fùzhū xíngdòng,
他刚好就可以把这个恶付诸行动,
and so, they act on these evil thoughts

548

qù shíshī zhège bàolì.
去实施这个暴力。
which results in violence.

549

Nǐ huì xiāngxìn kělián zhī rén bì yǒu kěhèn zhī chù, zhè jù huà ma?
你会相信可怜之人必有可恨之处，这句话吗？
Do you believe in the saying, "there must be something detestable about a pitiable person"?

550

Yǒudeshíhòu háishi mǎn hélǐ de, nǐ rènwéi ne?
有的时候还是蛮合理的，你认为呢？
Sometimes it's quite reasonable, don't you think?

551

Suǒyǐ hěn duō bàolíng de rén tā shì zìwǒ zhèngyì huà de.
所以很多霸凌的人他是自我正义化的。
So, many bullies justify themselves

552

Tā huì juéde wǒ qīfu nǐ shì yīnwèi nǐ kěhèn,
他会觉得我欺负你是因为你可恨，
by saying that they are bullying you because you are detestable,

553

bùshì yīnwèi wǒ kàn nǐ kělián cái qīfu nǐ.
不是因为我看你可怜才欺负你。
not because you're pitiful.

554

Zhège ràng wǒ xiǎngdào yī gè lìzi
这个让我想到一个例子
This reminds me of something.

555

Nǐ zhīdào zhīqián bùshì wǎngluò shang
你知道之前不是网络上
You know, you can often see

Is There Bullying In China?

556

jīngcháng huì chūxiàn zhèzhǒng dǎ xiǎosān de shìpín ma?

经常会出现这种打小三的视频吗?

videos online of people beating up a "mistress."

557

Dǎ xiǎosān de zhège guòchéng zhōng ne

打小三的这个过程中呢

While the wife is beating up the mistress,

558

huì yǒuyīxiē qúnzhòng yě kànbuguòqu,

会有一些群众也看不过去,

some onlookers may feel sympathetic with the wife

559

juéde xiǎosān zhēnde hěn kěhèn,

觉得小三真的很可恨,

and feel that the mistress is despicable,

560

ránhòu tāmen huì yīqǐ lái bāngzhù zhège yuánpèi fūren,

然后他们会一起来帮助这个原配夫人,

thus they will help the wife beat the mistress.

561

huòzhě shì zhège yuánpèi fūren dài le yī qún hǎopéngyou

或者是这个原配夫人带了一群好朋友

Or, the wife might bring a group of friends

562

lái duì zhège xiǎosān jìnxíng bàodǎ,

来对这个小三进行暴打,

to beat up the mistress,

563

tuōdiào tā de yīfu, pāi tā de zhàopiàn.

脱掉她的衣服, 拍她的照片。

strip her clothes off, and take pictures of her.

564

Duì, zhège xiǎosān nǐ shuō tā kěhèn ma?

对, 这个小三你说她可恨吗?

Is There Bullying In China?

Is the mistress despicable?

565

Pòhuài biéren jiāting, tǐng kěhèn de.

破坏别人家庭，挺可恨的。

She is, since she broke up someone's family.

566

Cóng dàodé fāngmiàn láishuō, pòhuài biéren de jiāting shì kěhèn de.

从道德方面来说，破坏别人的家庭是可恨的。

Morally speaking, breaking up someone's family is quite detestable.

567

Dànshì tā yīnggāi bèi zhèyàngzi wǔrǔ, dāngzhòng ōudǎ ma?

但是她应该被这样子侮辱，当众殴打吗？

But does she deserve to be humiliated and beaten like this in public?

568

Wǒ yòu juéde tā nàge xíngwéi hǎoxiàng yòu bùzhìyú.

我又觉得她那个行为好像又不至于。

I feel that her actions might not warrant that.

569

Nǐ rúguǒ ràng dàjiā qù pínglùn dehuà,

你如果让大家去评论的话，

If we ask people about their opinions on this,

570

kěnéng hěn duō rén huì juéde, nà xiǎosān jiùshì hěn kěhèn de,

可能很多人会觉得，那小三就是很可恨的，

many of them might say that the mistress is very detestable,

571

jiùshì yīnggāi bèi dǎ, bèi zhèyàngzi xiūrǔ.

就是应该被打，被这样子羞辱。

and she should be beaten and humiliated like this.

572

Suǒyǐ shībào zhě zhèxiē tāmen huì juéde zìjǐ shì duì de,

所以施暴者这些他们会觉得自己是对的，

So, the perpetrators feel that they are right,

573

juéde wǒ zuò de zhège shì zài hànwèi zhèngyì.

Is There Bullying In China?

觉得我做的这个是在捍卫正义。

and that they are defending justice.

574

Tóngyàng yī jiàn shìqíng de fāshēng,

同样一件事情的发生，

The same thing might be viewed differently

575

tā kěnéng zhǐshì gèfāng de lìchǎng bùtóng,

它可能只是各方的立场不同，

based on people's point of view.

576

suǒyǐ shì shì fēi fēi huì gè yǒu píngpàn.

所以是是非非会各有评判。

So there will be different judgments of what's right and wrong.

577

Nǐ juéde yī gè rén zài miànduì bù gōngzhèng de qíngkuàng shí,

你觉得一个人在面对不公正的情况时，

In your opinion, when someone encounters injustice,

578

bǎochí chénmò shìbùshì yīzhǒng è?

保持沉默是不是一种恶？

and they remain silent, is that wrong?

579

Wǒ yǐqián dú yī běn xiǎoshuō de shíhou,

我以前读一本小说的时候，

I read a novel in the past

580

wǒ jìlù guo yī duàn zuòzhě shuō de huà, tā shuō

我记录过一段作者说的话，他说

and I noted down a passage by the author. He said,...

581

dàgài yìsi ha, dāng nǐ yùjiàn bùgōng de shíhou, nǐ yīcì chénmò,

大概意思哈，当你遇见不公的时候，你一次沉默，

I am paraphrasing. "When you encounter injustice, you remain silent

582

Is There Bullying In China?

ránhòu yùjiàn lìngyī jiàn bùgōng, nǐ yòuyīcì chénmò,
然后遇见另一件不公，你又一次沉默，
and when you encounter another injustice, you still remain silent,

583

nà xiàyīcì zhègè bùgōng jiù huì láidào nǐ de shēnshang.
那下一次这个不公就会来到你的身上。
the next time, that injustice will happen to you."

584

Kěshì ne wǒ zìjǐ zài zuò zhè yī gè gùshi shōují de shíhou,
可是呢我自己在做这一个故事收集的时候，
However, when I was doing research on this topic,

585

wǒ wèn guo wǒ liǎng gè xiànzài shì gāo èr gāo yī de liǎng gè xuésheng.
我问过我两个现在是高二高二的两个学生。
I asked two of my students who are now in high school:

586

Wǒ shuō nǐmen xuéxiào shēnghuó lǐ yǒu yù guo bàoling ma?
我说你们学校生活里有遇过霸凌吗？
"Have you ever been bullied in school?"

587

Tāmen shuō méiyǒu, kěshì wǒmen xuéxiào dào chù dōu shì zhèzhǒng bàoling.
他们说没有，可是我们学校到处都是这种霸凌。
They said no, but that there is bullying everywhere in their school.

588

Wǒ shuō nǐmen méiyǒu shàngqù bāng tā shuō liǎngjù ma?
我说你们没有上去帮他说两句吗？
I asked, if they tried to help those who were being bullied.

589

Tā shuō zěnméi kěnéng? Wǒ shàngqù shuōhuà wǒ yě bèi bàoling le.
他说怎么可能？我上去说话我也被霸凌了。
They answered: "How could we? If we did, we would be bullied!"

590

Rén dōu shì yǒu wèi qiáng de xīnlǐ de, hěn duō rén tā bǎochí chénmò
人都是有畏强的心理的，很多人他保持沉默
We all fear people who hold power and so, many people remain silent

Is There Bullying In China?

591

shì yīnwèi tā zìjǐ yě dānxīn, yě huì kǒngjù.

是因为他自己也担心，也会恐惧。

because they're worried or scared.

592

Rén yǒu kǒngjù zhī xīn hěn zhèngcháng, duìbùduì?

人有恐惧之心很正常，对不对？

It's normal for people to have fear, right?

593

Wǒ tídào zhège shì yīnwèi wǒ xiǎng dào le yī gè

我提到这个是因为我想到了一个

I mentioned this because it reminds me of a way

594

kěyǐ jiǎnshǎo wǎngluò bàolíng de yī gè fāngfǎ.

可以减少网络霸凌的一个方法。

to reduce cyberbullying.

595

Jiùshì dàjiā rúguǒ bù bǎochí chénmò dehuà,

就是大家如果不保持沉默的话，

If everyone stops being silent,

596

yěxǔ zhège wǎngluò bàolíng huì yuèláiyuè shǎo.

也许这个网络霸凌会越来越少。

perhaps cyberbullying will decrease.

597

Wǒ gěi nǐ jǔ yī gè lìzi, jiùshì wǒmen ǒu'ěr dehuà,

我给你举一个例子，就是我们偶尔的话，

I'll give you an example. We occasionally

598

yě huì shōudào yīxiē fùmiàn pínglùn ma.

也会收到一些负面评论嘛。

receive negative comments.

599

Dànshì tóngshí ne, wǒmen yě huì shōudào lìngwài yīxiē rén

但是同时呢，我们也会收到另外一些人

But at the same time, we also receive responses

Is There Bullying In China?

600

qù huíyìng zhège gōngjī wǒmen de rén.

去回应这个攻击我们的人。

to these comments that were attacking us.

601

Nà zhège shíhou, wǒ zài kàn le zhè yī tiáo fùmiàn pínglùn zhīhòu,

那这个时候，我在看了这一条负面评论之后，

At that moment, after I read the negative comments,

602

wǒ zài yòu kàn le língwài yī ge rén

我再又看了另外一个人

and then read the responses

603

lái bāngzhù wǒ qù huíjī zhège gōngjī wǒ de rén,

来帮助我去回击这个攻击我的人，

to the attackers,

604

wǒ de xīnlǐ huì juéde hěn fàngsōng, jiù bùhuì nàme shòu tā kùnrǎo.

我的心里会觉得很放松，就不会那么受它困扰。

I felt relieved and not troubled by it.

605

Suǒyǐ wǒ juéde zài wǎngluò shang,

所以我觉得在网络上，

So I think on the internet,

606

jiǎshè nǐ pèngdào yī tiáo bù gōngzhèng de yánlùn de shíhou,

假设你碰到一条不公正的言论的时候，

if you come across an unjust comment,

607

nǐ kěyǐ biǎodá nǐ de yìjiàn de shíhou,

你可以表达你的意见的时候，

you should express your opinion.

608

nà qiānqiānwànwàn de rén kàndào zhīhòu,

那千千万万的人看到之后，

Is There Bullying In China?

Thousands of people may see it,

609

tā huì zhīdào o, yuánlái hái yǒu lìngwài yī gè shēngyīn.

他会知道哦，原来还有另外一个声音。

and they will know that there's actually another way (of viewing this)

610

Wǒmen bù yīnggāi jiārù dào zhègè gōngjī biéren de tuántǐ lǐmiàn.

我们不应该加入到这个攻击别人的团体里面。

and that perhaps, they shouldn't join the attack.

611

Zhè shì yī gè ǒu fā xìng de jǔdòng ba,

这是一个偶发性的举动吧，

It's a spontaneous act.

612

wǒ hé nǐ dōu kěnéng huì jiàndào bùgōng de shíhou,

我和你都可能会见到不公的时候，

You and I might see injustice

613

wǒmen qù zìfā de qù wéihù tā.

我们去自发地去维护它。

and voluntarily help.

614

Kěshì zhè yī gè zhǐshì bēishuǐchēxīn, zhǐshì cānghǎiyīsù.

可是这一个只是杯水车薪，只是沧海一粟。

But this is just a drop in the bucket, a tiny part of the vast ocean.

615

Tā tài shǎo le, ér xiǎnde tā wú zú qīngzhòng.

它太少了，而显得它无足轻重。

It's so little that it seems insignificant.

616

Hěn duō rén shì yīnwèi gǎnshòu dào zìjǐ de bāngzhù de nàzhǒng wēiruò

很多人是因为感受到自己的帮助的那种微弱

Many people choose not to help because they feel their help

617

ér xuǎnzé qù bù bāngzhù.

Is There Bullying In China?

而选择去不帮助。
is too insignificant.

618

Nǐ míngbai wǒ de yìsi ma?
你明白我的意思吗?
You know what I mean?

619

Dàn qíshí wǒ juéde tā nàge xiǎoxiǎo de jǔdòng
但其实我觉得他那个小小的举动
But I actually think that small acts

620

qíshí shì huì yǒu hěn dà de yǐngxiǎng de.
其实是会有很大的影响的。
can have big impacts.

621

Jiù yóuqíshì zài wǎngluò shang,
就尤其是在网络上,
Especially on the internet,

622

yīnwèi kàndào de rén bùjǐn shì nàge bèi píngpàn de rén,
因为看到的人不仅是那个被评判的人,
because not only the person being judged

623

háiyǒu qítā de wǎngyǒu yě huì kàndào zhèyàng de yī gè zhèngyì.
还有其他的网友也会看到这样的一个正义。
but other netizens will also see the comments that are more fair.

624

Kěnéng tā huì bèi nǐ de zhè yī tiáo chōngmǎn zhèngyì de pínglùn suǒ jīlì
可能他会被你的这一条充满正义的评论所激励
Perhaps they will be inspired by these comments

625

tā juéde āi, zhège rén shuō de yě hěn duì.
他觉得哎，这个人说得也很对。
and think to themselves that this person is right.

626

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Tā jiù bùhuì bèi dìyī gè rén dài pǎo piān.

他就不会被第一个人带跑偏。

Thus, they won't be swayed by the negative comments.

627

Jiù hǎoxiàng zài dà jiēshang pèngdào ruòxiǎo de rén bèi qīfu de shíhou,

就好像在大街上碰到弱小的人被欺负的时候，

It's like on the street, when you see someone weak being bullied,

628

rúguǒ pángbiān yǒu yī gè rén zhàn chūlai, zhǐyào yǒu yī gè rén zhàn chūlai

如果旁边有一个人站出来，只要有一个人站出来

if one person stands up,

629

shēnbiān kěnéng huì yǒu qítā de rén yě zhàn chūlai.

身边可能会有其他的人也站出来。

there might be more people who might do the same

630

Yīnwèi nǐ zhègè rén gěi le qítā rén yǒngqì zhàn chūlai.

因为你这个人给了其他人勇气站出来。

because the first person encourages them.

631

Fánshì yǒu liǎngmiàn xìng ba

凡事有两面性吧

There are two sides to everything.

632

Nǐ zhè yī jiàn shì wǒ yào shuō de yī gè fǎnmiàn

你这一件事我要说的一个反面

I'd like to address the downside

633

jiùshì nǚháizi, dānshēn nǚxìng

就是女孩子，单身女性

which is that for a single woman,

634

nǐmen zài nàgè lùshang kànjiàn yǒu bùgōng de

你们在那个路上看见有不公的

if she sees something unjust being done on the street,

Is There Bullying In China?

635

nǐ zài yào qù zhěngjiù de shíhou,
你在要去拯救的时候，
and wants to help,

636

nǐ yīdìngyào quèbǎo zhōubiān yǒu hěn duō rén de shíhou,
你一定要确保周边有很多人的时候，
she should make sure that there are many others around

637

nǐ cái néng qù shī jiù.
你才能去施救。
before intervening.

638

Yàobùrán nǐ kěnéng jiùshì bèihàizhě.
要不然你可能就是被害者。
Otherwise, she could become the next victim.

639

Nǐ shuō de shíhou wǒ nǎodai lǐ jiù hēidēngxiāhuǒ,
你说的时候我脑袋里就黑灯瞎火，
When you were talking about this, I couldn't help but imagine a dark place

640

yǒu yī gè nǚshēng bèi tuō jìnqù cǎocóng lǐ le,
有一个女生被拖进去草丛里了，
and a girl being dragged into the bushes.

641

wǒ zhège rén gǎn gūshēn shàngqián qù jiù tā ma?
我这个人敢孤身上前去救她吗？
Would I dare to go up and save her on my own?

642

Wǒ yào xiān pǎo dào rén duō de dìfang wǒ zài qiújiù,
我要先跑到人多的地方我再求救，
I would first run to a place with more people and ask for their help.

643

wǒ bùkěnéng zìjǐ dānqiāngpǐmǎ, wǒ jiù shàngqù gàn de.
我不可能自己单枪匹马,我就上去干的。
There's no way I would go alone to rescue her.

Is There Bullying In China?

644

Wǒ hái méiyǒu qiángdà dào nà yīzhǒng dìbù.

我还没有强大到那一种地步。

I'm not strong enough for that.

645

Nà dāngrán, dāngrán! Suǒyǐ wǒ qiánmiàn yě jiǎng ma,

那当然，当然！所以我前面也讲嘛，

Of course! As I said before,

646

nǐ yīdìngyào zài rén duō de shíhou zài qù shuō ma,

你一定要在人多的时候再去说嘛，

you must speak up when there are many people around,

647

yīnwèi yī gè rén zhàn chūlái huì yǒu hěn duō rén zhàn chūlai bāngmáng,

因为一个人站出来会有很多人站出来帮忙，

because one person standing up can lead to many others helping.

648

nà qiántí shì yào yǒu hěn duō rén zài pángbiān cái xíng a

那前提是要有很多人在旁边才行啊

But the premise is that there must be many people around.

649

Wǒ xiǎoshíhou gāozhōng de shíhou, yǒu yī gè wǒ de tóngzhuō.

我小时候高中的时候，有一个我的同桌。

When I was in high school, I had a deskmate

650

Tā gēn wǒ tùcáo guo, tā zài xué... nàge xuéxiào de sùshè lǐ

她跟我吐槽过，她在学... 那个学校的宿舍里

who complained to me that in her dormitory,

651

tāmen shì bā rén sùshè ma, bèi qítā qī gè nǚshēng páijī qīfu.

她们是八人宿舍嘛，被其他七个女生排挤欺负。

they were eight students, and she was bullied and ostracized by the other seven girls.

652

Yīnwèi wǒ bù zhùsù ma, suǒyǐ wǒ shì nàge...

因为我不住宿嘛，所以我是那个...

Is There Bullying In China?

Since I didn't live in the dorm, I was an...

653

Júwài rén | Duì, júwài rén

局外人 | 对，局外人

Outsider. | Right, an outsider.

654

Ránhòu wǒ jiù huì zài shàng xià kè de shíhòu,

然后我就会在上下课的时候，

So after classes,

655

wǒ gēn tā tóng chū tóng zhù, wǒ jiù huì hàn wèi tā.

我跟她同出同住，我就会捍卫她。

I would stay with her to protect her.

656

Jiùshì zài qítā nǚshēng xiǎng guò lái jiùshì shuō tā huàihuà,

就是在其他女生想过来就是说她坏话，

When other girls came around and said bad things about her,

657

jiùshìshuō huíqu sùshè lǐ bāng wǒ dǎ gè fàn,

就是说回去宿舍里帮我打个饭，

when they ordered her to buy meals for them,

658

jiùshì zhèyàng qīfu de shíhòu,

就是这样欺负的时候，

or bullied her in other ways,

659

wǒ jiù shuō píngshénme ya?

我就说凭什么呀？

I would tell them: "Why should she?!"

660

Tā yào gēn wǒ yīqǐ qù nàge chīfàn ne, tā méi kòng gěi nǐ dǎfàn.

她要跟我一起去那个吃饭呢，她没空给你打饭。

She is going to eat with me and she doesn't have time for this!"

661

Wǒ jiù huì hěn xīn'ānlǐde de qù hàn wèi tā, wǒ jiù huì hěn yǒnggǎn.

Is There Bullying In China?

我就会很心安理得地去捍卫她，我就会很勇敢。

I would feel comfortable defending her, and I felt brave.

662

Rén de yǒngqì hé yǒnggǎn shì chūyú nǐ zìjǐ zài nénggòu zìbǎo de qiántí xià.

人的勇气和勇敢是出于你自己在能够自保的前提下。

A person's courage and bravery comes from the premise that they, themselves are safe.

663

Suǒyǐ shànláng yě shì yào yǒu dǐqì.

所以善良也是要有底气。

So being kind also requires confidence.

664

Nǐ juéde zài wèilái zhèzhǒng bàolíng xíngwéi shì yuèláiyuè duō?

你觉得在未来这种霸凌行为是越来越多？

Do you think that in the future, bullying will increase

665

Háishi kěnéng huì jiǎnshǎo?

还是可能会减少？

or decrease?

666

Wǒmen xiān tàn xún bà líng de gēn yuán ma.

我们先探寻霸凌的根源嘛。

Let's first explore the root causes of bullying.

667

Xiàng nǐ yī kāishǐ shuō guo de shì yīzhǒng chángqī de yāpò de xíngwéi.

像你一开始说过的是一种长期的压迫的行为。

As you mentioned earlier, it's a long-term oppressive behavior.

668

Tā shì láizì yú rén yǒu yī gè jìngzhēng guānxi,

它是来自于人有一个竞争关系，

It comes from a competitive relationship,

669

yǒu yī gè shàngxià jí de shǔxìng,

有一个上下级的属性，

a hierarchy.

670

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quánlì bù duìděng de dìwèi zhīhòu jiù zìrán'érrán
权利不对等的地位之后就自然而然
When there is an unequal status or power, naturally

671

huì chǎnshēng zhè yīzhǒng zìshàng'érxià de yāpò,
会产生这一种自上而下的压迫,
there will be oppression from top to bottom

672

zì wài ér nèi de cuīhuǐ.
自外而内的摧毁。
and destruction from outside to inside.

673

Suǒyǐ zhǐyào rénlèi cúnzài de yī tiān,
所以只要人类存在的一天,
So as long as humans exist,

674

zhèxiē èyì, yāpò, bàolíng, qīfu rén de jǔdòng shì bùhuì xiāoshī de.
这些恶意、压迫、霸凌、欺负人的举动是不会消失的。
these malicious, oppressive, and bullying behaviors will not disappear.

675

Nǐ zhīdào bàolíng zhège cí, yī kāishǐ shì láizì yú yīngwén lǐmiàn de bully
你知道霸凌这个词，一开始是来自于英文里面的 bully
You know, the word "bàlíng (bully)" originally comes from the English word "bully."

676

O! Tā shì yī gè loanword, wǒ dōu méiyǒu zhùyì dào zhège
哦！它是一个 loanword，我都没有注意到这个
Oh! It's (based on) an English word! I didn't realize that.

677

Ránhòu zhè yī gè cí wǒmen Zhōngguó rén jiùshì jiào tā, qīfu rén
然后这个词我们中国人就是叫它，欺负人
And in Chinese, we call it "qīfu rén."

678

Cóng lìshǐ shū shàng nǐ yě nénggòu liǎojiě dào
从历史书上你也能够了解到
From history books, you can see that

Is There Bullying In China?

679

yǒurén bì yǒu yù, yǒu yù bì yǒu zhēng, yǒu zhēng bì yǒu zhàng.

有人必有欲，有欲必有争，有争必有仗。

where there are people, there is desire; where there is desire, there is competition; where there is competition, there is conflict.

680

Suǒyǐ rénlèi zìgǔyǐlái jiù méiyǒu tíngzhǐ guo zhèzhǒng yùwàng,

所以人类自古以来就没有停止过这种欲望，

So since ancient times, humans have never stopped their desires,

681

zhēngduó ránhòu yǐnfā de zhànzhēng.

争夺然后引发的战争。

competing and as a result, war.

682

Suǒyǐ zěnmé kěnéng suízhē shíjiān de biànhuà dào wèilái huì jiǎnshǎo ne?

所以怎么可能随着时间的变化到未来会减少呢？

So how can we expect it to decrease over time?

683

Zhǐnéng shuō yuèláiyuè tòumíng,

只能说越来越透明

Perhaps, when (information about this) is more and more transparent

684

yǐqián de yīxiē xìnxī píngzhàng bèi dǎpò le de qíngkuàng xià,

以前的一些信息屏障被打破的情况下，

and the barriers of information are broken,

685

shòuhàizhě yuèláiyuè rènshi dào

受害者越来越认识到

victims will become more aware

686

o, yuánlái wǒ yǒu kěyǐ fǎnkàng de yìshì,

哦，原来我有可以反抗的意识，

that they can resist,

687

wǒ yǒu kěyǐ fǎnkàng de nénglì hé shǒuduàn,

我有可以反抗的能力和手段，

Is There Bullying In China?

that they have the ability

688

yǒu kěyǐ fǎnkàng de qúdào,
有可以反抗的渠道，
and means to resist,

689

yǒu lái bāngzhù wǒ de zhè yī gè gèjiè de lìliang.
有来帮助我的这一个各界的力量。
and that there are forces from all walks of life to help them.

690

Zhè shì yī gè jìnbù.
这是一个进步。
This is progress.

691

Zhǐnéng shuō yǐ jiǎnshǎo wéi mùdì, xiāochú shì bùkěnéng de.
只能说以减少为目的，消除是不可能的。
We can only aim to reduce. Elimination is impossible.

692

Nàme zuò zài shìpín miànrán de nǐmen,
那么坐在视频面前的你们，
So, those of you watching the video,

693

yǒuméiyǒu zài xuésheng shídài zāoshòu guo xiàoyuán bàolíng?
有没有在学生时代遭受过校园霸凌？
have you ever suffered from school bullying during your student years?

694

Zài zhíchǎng shàng yǒuméiyǒu zāoshòu guo zhíchǎng bàolíng?
在职场上有没有遭受过职场霸凌？
Or have you experienced workplace bullying?

695

Zuìhòu ne wǎngluò bàolíng dehuà,
最后呢网络霸凌的话，
Lastly, cyberbullying

696

wǒ xiǎng gèngjiā shì yuèláiyuè pǔbiàn le.

Is There Bullying In China?

我想更加是越来越普遍了。

is becoming more and more common.

697

Nà nǐmen yǒuméiyǒu shòudào guo

那你们有没有受到过

Have you

698

huòzhě shēnbiān de rén yǒuméiyǒu shòudào guo?

或者身边的人有没有受到过?

or those around you ever been bullied online?

699

Dōu kěyǐ zàixiàmiàn liúyán gēn wǒmen fēnxiǎng.

都可以在下面留言跟我们分享。

Please share your experiences in the comments below.

700

Nà jīntiān de bōkè dào zhèlǐ jiù jiéshù le.

那今天的播客到这里就结束了。

That's it for today.

701

Rúguǒ xǐhuan zhège shìpín dehuà ne,

如果喜欢这个视频的话呢,

If you like this video,

702

jiù qǐng diǎnzàn, zhuǎnfā bìng dìngyuè wǒmen de píndào!

就请点赞、转发并订阅我们的频道!

please "like", share, and subscribe to our channel!

703

Wǒmen jiù xiàqī zàijiàn ba!

我们就下期再见吧!

See you next time!

704

Báibái | Zàijiàn báibái

拜拜 | 再见拜拜

Goodbye. | Bye, goodbye!