

Bullying Essay

In my words bullying is a form of harassment, verbal and physical. Sometimes leading to self doubt, depression and suicide as the bullying continues. Bullies use hurtful words and actions on purpose to discourage others. Anyone can get bullied, even adults and anyone can be a bully. In some cases, the bullies are stressed or angry and don't know how to express it. Making someone else suffer with them. In my point of view, insults are considered bullying. Even the little things hurt a lot. It's hard to understand what the bully is going through, we all just assume that they are disrespectful. When most of the time, they were hurting too.

An example of bullying was when my friend got shamed because of her body size. I didn't know about it until later on. I know it has happened multiple times and I have witnessed it. I'm not proud of being a bystander, being honest I was scared of standing up and getting bullied myself. We don't always recognize bullying, sometimes it's unnoticeable and other times it's right in front of us. It's challenging to get over words that come out of anyone's mouth, frequently you go days with thinking about it. My friend was hurt, I could tell. It's hard fixing someone's thoughts about them self, once something is said to make them think it.

We can't stop all bullying, but we can prevent it from happening so often. Like I said, most of the time bullies just need someone to talk to. It's anger kept inside for so long they need someone to express that anger out on. I truly don't

know all the reasons why someone would bully, but I do know anger is something that is hard to keep in. We can always get a school counselor to monitor kids behavior. Try to make kids know its okay to talk to someone about bullying. It's challenging to tell adults about what's happening, kids feel like they'll always get in trouble. So when it comes to telling an adult, it's not in option. Instead of being a bystander, there is always the option of being an upstander. Reporting bullying is always a way to stop bullying.

In situations, I realize that for some people it is challenging, including me, to stand up but this is the one of the ways bullying will decrease. I will talk to people about how they are feeling, letting them take their anger and sadness out before they do in a negative way. I can't get to everyone, so it's important that we all ask and ask yourself if you are doing the best you could. Bullying is one of the world's issues, and everyone's support in it will help us all.

Bullying Essay

Bullying is to seek harm, intimidate, or coerce. A few synonyms are persecute, oppress, tyrannize, torment, browbeat, dominate, pressurize, constrain, press, harass, nag, and pester. One type of bullying besides traditional bullying is cyberbullying. Cyberbullying is the use of electronics to bully someone, usually by messaging. Cyberbullying and traditional bullying are quite alike, but there are some distinct differences. One difference is cyberbullying is online and traditional bullying is face to face. One similarity is both are quite hurtful to the victim.

Example of a time I was bullied: (true story)

One time I was playing a game and two girls were starting to call me a monster because of what I looked like in the game and not on how I acted. (which was kind, even towards them) They kept bullying me so I tried to ignore them, which worked for awhile. Until eventually we bumped into each other. One of them started to bully me again the other gave up on bullying me and befriended me. The one who befriended me tried to negotiate with the bully, but it didn't work. So to resolve the problem I left the game.

To put a stop to traditional bullying and cyberbullying here are a couple things you can do. You could be a upstander. You could always not bully. You could negotiate with the bully. You could try to ignore the bully. (I'm talking about if you are a victim) You could stay true to this quote "No one can truly harm you without you allowing them to get to you." You could tell a adult. These are just some ways you can cope with bullying and prevent bullying. These are some things I, personally can do to prevent bullying . I could do the things in the paragraph above. I can create a website or group to raise low-esteem, confidence, and self trust. I can become the victims friend. I could be nice to everyone as well.

BULLYING

I define bullying as harmful and hurtful. The reasons I think that is because, when you are getting bullied, it will make the person feel miserable and unwanted. Bullying can hurt a person even if it is with just words because, the words go to heart, and then makes it feel bad, especially if it goes on and on. I feel bad for people getting bullied because, the bully does not see the beauty of the person she or he is aiming at. Matter of fact bullies are like guns, aiming at the victim they choose to bully, with their bullets. When you are being bullied, it is like depression, especially if no one helps, even though they see you with a sad and lonely expression. Some people getting bullied, wants their life to end, because of those bullies who aren't smart enough to realize, what they've done. To be honest if you are a bully and you actually **know** what your doing and what you did, THEN WHY ARE YOU DOING IT AND WHY DID YOU DO IT? Think before you hurt someone.

My experience was with my cousin. My cousin was bullied before, and I am pretty sure she felt bad, but she said, she did not care. I knew she cared because, bullying is not something simple, it can be stressful. She told me, she didn't wanna tell the teacher because, she did not want to "snitch", I didn't like the fact she said that because, she needed to take care of her health too, and not just act like she was fine.

Things that can kinda stop bullying is, stand up for yourself. One other thing you can do is, ask the bully why they are bullying you, maybe have an important conversation. If you see someone bullying, then don't be afraid and tell the teacher, but don't lie. Lying is something, that will cause more trouble. If you are a bully, you can help yourself too, ask yourself ,” Why is the person i'm bullying **deserving** this?”,. If you are the person getting bullied, you should act smart. Fight them back? NO, If they are harming you, go to an adult nearby, and tell them what happened, don't be afraid because, it is for your own good. I know why they are afraid to tell though, because they think the bully is gonna hurt them more, by telling a teacher, they'll get angrier. But for your own good, you should really tell an adult you know, and is trusted. For people who see their friend getting bullied and just **ACT** like nothing is happening, or you just laugh at it. **WHAT ARE YOU? A FAKE OR A FRIEND?** For people who is always on the bullies side. **PICK THE RIGHT SIDE, NOT THE WRONG!** Can we just take power away from a bully instead of giving the bully more and more by being on their **SIDE!**

What I can do to help is, maybe make the person getting bullied feel better. I can become their friend, if they want. I am just one simple person, so I can't do much, I usually don't really see people getting bullied at our school. We all are humans, not animals, not aliens, not insects, not trees. If only bullies knew how the person, they are targeting felt. I can try to stand up to the bully, and maybe help out on some stuff. Also I can tell someone, and they might help, i can

also call teachers to tell their parents, because parents are people who loves you very much. They can call 911, or they can have different choices. I know the targets can tell their teachers, parents, and their friend, but please just make this bullying thing **end**. I hope that when it is like 2021 at least comes to a peaceful community.

Essay Contest

Fear. Malice. Hatred. Betrayal. Abhorrence. Repugnance. Revulsion.

These are words that can describe bullying, however, these words are not bullying.

Bullying is lack of friendship, longing or sadness, simply expressed with cruel intent or with physical eruption. But at its core, bullying is simply a sadness, a longing for a friend. Deep, deep within the soul of those who are so vile and repulsive, there is a part, no matter how small the fraction of a fraction may be, there is a part that wants a friend, a shoulder to cry on, a lifelong companion, a person that wants nothing more than care, and care can only be provided by those who are willing to look past the darkness, to find the light at the end of the tunnel. For those who are not afraid of the dark, will find light in one who was dark.

I, being someone who lives in a peaceful area with people who support one another, do not know the unfortunate circumstance of being bullied.

I will, however tell a story. One of many shapes and sizes.

There was a time when humans and creatures did not exist. Only shapes. These shapes were all that existed at the time, just shapes on a white background. There within the blank space were 6 clans. Circle, Triangle, Rhombus, Oval, Trapezoid and Square. These shapes were at war with one another, shouting “You’re too sharp!” and “You’re too round!”.

Eventually the shapes combined into 2 armies. The Circles, Triangles and Ovals. These were the shapes with less than 4 sides, while the Squares, Rhombi, and Trapezoids joined together as shapes with 4 sides. The war ended with a stalemate, with both sides making a society.

Then one day, a new shape arrived. This shape was nothing like the other shapes had ever seen before. The shape of was 3-Dimensional. It was a cube. Every other shape disgraced them, saying "Leave this place and never come back!" Eventually, the cube gave in. It turned itself 2-dimensional, and the cube was never heard of again. The cube was now a square.

The cube is gone.

The End.

I believe, that to truly stop bullying, you must see beyond one's malicious intent, the cruel and barbaric mannerism of the bully, and find out what they want. Whether that be attention, care, knowledge, a friend or anything of the sort. You must see yourself in the bully. You must see yourself as the bully.

For those who simply bully to see the suffering writhe and grow and expand in others, there is simply no way that outsiders can affect that, besides giving you the supplies to your trip through a mental journey, by making yourself think upon your actions, and so you change yourself, which is the deepest way you can affect

yourself. To look deep inside yourself and deeper into your soul, is to take a mental and spiritual journey, and whatever things that you see within yourself, only you can change. You are the God of your soul and mind, to change the way you see and feel, one must take that spiritual leap of faith into the Mind Lake, and deeper into to Ocean of the soul.

Some actions you can take to stop bullying is the usual things, not retaliating, telling an adult, etc.

However, some things like what I have just mentioned may not work, and only agress the bully. What I believe to be a more effective way of doing it, is to change their way of viewing the world around them. Instead of viewing a rather small child as a target, simply see them as a normal person. Or seeing a bully, as just another person. However, to take actions, you must know about the problem. We cannot address a question if we do not have an answer.

I believe that all schools and people in general must teach and instruct people and kids about bullying, and in this way, we can show people who may be a bully will learn how truly rude they are acting, and that someone who is a victim of bullying may learn a way to prevent it, to stand up. To rejoice in a jubilant shout, and shout from the highest of mountains “We are not unaware! We are not unknowing! We will not stand by idly! We are strong!” The End.

Contest Essay

Bullying is a bad way to get amusement or anything that you want. It is a terrible thing to do and it will sometimes get you in terrible trouble with yourself or others.

Bullying is having someone tell you something that hurts. It makes you not want to be there because you're afraid of that happening again. It can really bring you down to your deepest level of sadness and embarrassment. It might even make you not want to do skills or improve on them if the bully bullies you about that skill. Or if they are there with you at that place, you won't want to get bullied again so you will just quit.

Two years ago one of the people that was in my class in fourth grade was bullied. She was not bullied face to face, but still bullied. First she got weird notes like meet: me at the pool or meet me at the tetherball poles. Then one day, she got a huge wad of chewed gum in her book box where she keeps all her stuff. It eventually got so bad she had to leave our class for the rest of the day.

Ways to stop bullying include telling someone, not reacting or being very sensitive about it or telling yourself that whatever they say is not true. If they shove you around and use violence on you, tell an adult because that is not okay. A way to prevent bullying is to stand up for yourself. If you see someone being bullied, don't be a bystander. Be an upstander, stand up to the bully and if they bully you, then stand up for yourself because no bully likes hard targets. They just like easy pickings.

Actions you can take to stop bullying are to stand up for anyone getting bullied. Tell a grown up because if you don't it will just get worse. Well you also could ask the bully why they are doing this and maybe help them not bully people any more.

Contest Essay

I would define bullying as any negative way to make the bully feel superior than the person that is being bullied and make the target of the bullying feel hurt by the bully. Another form of bullying is cyberbullying where the bully sends mean messages about the target of the cyberbullying like you stink at playing this game ect. Bullying comes in many different forms but there is always a thing that the bully does repeatedly and on purpose to make the person being bullied feel hurt or feel negative emotions.

I know what bullying is like because my little sister was bullied by her own classmates who said stuff like that she was ugly and she only cared about herself, she was so sad and she didn't feel like she had any friends. So my mom signed her up for karate so she could protect herself if she ever needed to and we told her that "she should know that the mean things that the kids that were bullying her said where not true". Even if she knew that the mean things that they said where not true, she said that it "didn't hurt any less". She still felt like she didn't have any friends. Once people in her class stopped bullying her, it was still a long time before someone started playing with her at the playground. Sometimes someone starts bullying her again and I cannot believe that people are bullying her. She's my little sister and it makes me so angry and sad that she's getting bullied so often.

I think the best way to stop bullying is by alerting an adult that you know and you can trust. If you are getting weird messages or notes show them to a adult if they know what is happening then they can try to help you. One way we can try to prevent bullying is by talking frequently, talk about our feelings and the consequences of bullying.

Sometimes bullies bully other people because they don't want to be bullied. I think the best way to deal with that situation is to again tell an adult. If you're the one doing the bullying you should stop and think think about how the other person feels. You could find a hobby that makes you happy and calm so you can have better control of your emotions.

What you should do if you or your friends are being bullied. First, you should try to stand up for yourself or your friend. If that does not work, tell an adult. Most of the time they can do something about it. One thing you can do to feel better is talk about your feelings or find a hobby that you enjoy. If mean rumors are spread about you or a friend, try to talk to people and say they are not true. Also you should talk to a trusted adult about the situation.

Bullying Essay

I personally think that bullying is one of the most evil things that we human beings deal with, bullying is a terrible thing to deal with I don't even know how it exists but it does bullying hurts others. Bullying takes a affect on the victims of being bullied can change a person personality.

My own sister was bullied by one of her own classmates back when she was in first grade, the bully kept calling her names and making her feel bad. My parents had a talk with the principal and there was a meeting between her and the bully in the principal's office and then the bullying stopped. My sisters is currently in third grade but she does not usually want to talk about those dark days she is as bright and cheery as ever it was very unfortunate that she got bullied.

One of the way we can prevent and stop bullying is to have people stand with the victim not with the bully, example 1: if you see someone being bullied stand up no matter how big or small or mean the bully, you need to stand up against the bully this action may seem big but once you say no the bully other may join you in the standing up against the bully this way the bully sees that they are doing wrong and they stop what they are doing. Example 2: learn about how to recognize and learn about bullying that way if you are bullied you know what steps to take to stop bullying once and for all.

Some actions I can take to stop bullying is to know and recognize when someone is being bullied and stand up against the bully. Another action I can take is learn what to do when someone or even myself get bullied and what I can do to stop and prevent bullying to myself and others. The only way we can stop bullying is by working together against the bullies.



Stop Bullying!

1. I would define bullying as saying a bad word to someone that's hurtful to that person and saying like elephant or four eyes it make that person or the target. This can make someone feel like they don't want to go school anymore because it makes them think that it's an unsafe place to go to anymore. 2. Also another way that I would define bullying as is cyberbullying online. For example, saying that person on youtube "sucks at singing" or "they are never going to have talent," it makes that person feel like they're such a disgrace to this world or they just don't feel important to the world and don't feel special at all or they just feel like they always think of killing themselves. A cyber bully would not know how the other person behind that screen would feel or what their emotions are. Also, I would define bullying as someone putting something on the internet like a website called I hate that person and they send it to the whole school and then people will start writing mean comments about that person and that person who the bully would write so many mean comments would make that person who they're bullying feel useless, sad ,not important, unspecial and that bully would try to make that person so mad and annoyed about the comment.

An example of bullying is someone from my family been bullied before even for myself this person in my family always kept getting called elephant because there is a story about this elephant who was adopted from another family and that's why that

someone always kept getting called elephant. For myself, back in preschool nobody wanted to play with because I was colored and everyone else was white but I only had one friend in preschool and her name was Teddie but she didn't come often so I was very very lonely at preschool. Also, me and my friends got bullied and the bully would always call us name like cry baby, chicken, stupid and weak and the bully would sometimes always tell on us for no reason sometimes and once she bonked our heads together.

We can do stop it or prevent is tell somebody what is going on and what can they do to help and tell that person who is bullying them or what is that person trying to do is make them feel sad, little mad or unsafe to make that person not want us to go that place anymore and stand up for that person who getting bullied. Also, is cyberbullying we also still could tell an adult that a person is saying really hurtful words. Also, a way to stop that is to block them or unfriend that person that's doing it or report them to the game. Another thing we can do to stop bullying is write essay or you can be nice to that bully instead of say anything mean because sometimes they will be confused why that person is saying nice thing instead of fighting them or saying mean stuff to them because they will also think I am their bully like why is that person saying mean things also and maybe they will change. Also, they will think why am I bullying this person because they're not even to me there really nice to me and that bully well think, I feel so bad for I did to this wonderful person and maybe they will say sorry i did to you and right now I feel really bad for what i did because most bullies can change into a wonderful



person and some can just always be the same old person they always will be when they grow up.

Yes, I could say “what did I do or you can example what did I do that you made you what to bully or hurt me”. Also can try to ask the bully what did I do to make you upset. To persuade people to stop bullying and tell am why to stop the bullying and say why it’s bad for you or your education or even your future too and to tell other people from different grades why to stop bullying too and tell other kids too like in other different countries or in another place where there are kids. Also, what I could do is to instead of saying mean stuff about that bully even though it hurt when your getting bullied but it’s best to say nice compliments about the bully instead of saying mean stuff because you can get in more fight with that bully if say mean comment about that bully. What I could do for cyberbullying is block that person or report them to the game that I am playing but sometimes it really hard to know who that person is in real life because sometimes they can go to your school or they can be in your state that you live in but don’t the location where they live or what there name is or what they look like.

Contest essay

Bullying is when someone makes someone feel bad, hurts someone's feelings on purpose, saying mean things, saying bad words, making people furious. "Hey you are trash" or "you suck at this." Bullying is bad and there are multiple of ways to do it.

Once there was a two kingdoms one was the Ice king, and the other one was the Fire king. They fought about who is the strongest kingdom, the elders from the ice king wanted War, and the Fire king elders wanted peace, fighting between war and peace.

It all started with the Fire king saying that will give the people what they wanted, freedom, etc, and people from the the ice king started to go to the Fire king land. The Ice king just wanted riches, and that everyone obeyed what he said. The elders didn't like him but they needed to obey him.

The Ice king was jealous at The Fire king because he wanted to feel superior, he started to say mean things to the fire king, but the fire king stood still, and kinda felt bad about accusing him for nothing just because he had a weird face. The Ice king wanted to start a war, a war that will destroy the Fire king forever. The fire king heard him

"So he is starting a war" the fire king didn't what to start a war, he wanted Peace, but he had to choice he needed to be prepared, they both set the war.

A war that will cost millions of people, but they still wanted war. After a couple of days, later the ice king was ready, the Fire king was ready". The war ended and almost everybody died, this war should not started because of the Fire king, and the Ice king. The Fire king didn't resist the Ice king bullying him for having a weird face and the Fire king rage.

The two were angry the Ice king wanted the Fire king to be death, the Fire king moved to a land far away of the Ice king, the Ice king won, and they never saw each other again.

A thing that can be done to stop bullying is that the person who's being bullied is to calm themselves down for example: Michael is playing when somebody is starting to say mean things, "hey Michael" said his trusted friend, calm down he is trying to persuade you to be angry he wants you to say something.

One action to stop bullying is to tell and teacher, parent, or trusted adult what's happening, Jaidan is writing when somebody is sending him notes, Jaidan tells his teacher and finally founds the person, is best you tell somebody what's happening because know one knows what's going to happen.

Contest Essay

I define bullying as when someone hurts you or someone else and it's horrible when someone is trying to hurt you in some way or form. There is a different type of bullying is cyberbullying when you or someone else bullies online and saying bad things about the person. Like in youtube, they say bad things about the video in the comments just don't listen just follow your heart. Cyberbullying is the same thing as bullying in real life and it hurts you in a lot of ways if someone says something bad and then you get mad or other feelings.

Someone I know got bullied online. He got bullied because he was bad in a game and then the person said bad things and bad words. Then told him to stop but he didn't then told my friend to leave them and never play with him ever again then my friend blocked him. He also was bullied in school by the same people who was bullied online, then he told his parents then he switched schools and then he felt safe.

We can stop bullying by telling students to be nice and be in control instead not being in control and hurting someone that did nothing to you. We have to do something, we have to take action and stop bullying now before someone else gets hurt and we are a community we have to work together never give up to stop bullying.

Yes, there are actions like help someone who's getting bullied like telling a teacher then stopping the fight or making a group to stop bullying. When someone is getting bullied don't stand there help them a he or she just help however it is just help is act of kindness is how you are.

Essay Contest

For me, bullying is hurting someone purposefully just because they think it's cool. They have to stop now.

Bullying is very bad I have experienced it myself. It was a couple years ago when I was at a summer camp and the students and i went to a nearby park with everyone and three people came up to me and pushed me and starting acting mean all I did was run to the teachers and told them. That was a very bad experience. I hope it never happens again.

We have stop bullying. We have to tell an adult if we witness it. If you see it happening tell them to stop or tell an adult. All bullies want is to get a reaction don't fight back or they will keep doing it to you. They just do it because they want you to counter them back so they have a reason to strike again

If you are the bully you have to think why are you doing this what did they do to you so that you can hurt them. Why did you choose that path of being bad. If you bully doesn't make you cool. So please help me stop bullying.

I would define bullying as when a person or group of people discriminates another or make them feel lesser. It can pop up in life or on the internet (cyber bullying). I feel bullying is hurtful and wrong. It is meant to be mean and hurt people.

I haven't ever been bullied because I go to a safe school. But I have been cyberbullied. On a website called animal jam me and another jammer were trading. They said it was a "beta plush" so I traded my rare sparkly boa and it turned out to be a normal plush. I was infuriated. They had robbed me of my favorite clothing item. They logged out but not before I blocked and reported them. I also unfriended them.

You can stop bullying by being an upstander. If you or someone you know is getting bullied, tell a teacher or a trusted adult. If you are being cyberbullied, copy the message and print it, then block and report the bully. Show the printed message to a trusted adult. You can learn about what bullying looks like, and then educate others. The best teacher ever, Luis estrada once said, "You must have the courage to stand up against indifference, injustice and oppression." It is important to stop bullying because it can physically and mentally harms people.

Contest Essay

Bullying to me is making fun of someone for no reason or making fun of someone online which is called Cyberbullying. Also, bullying is posting embarrassing photos of the person but not getting permission from them. Bullying is never a good idea, just because you're bored or something doesn't mean you have the right to make fun of somebody. But bullying doesn't make you a better person nor does it make you a better friend. Keep in mind that bullying is never a good thing. Bullying is also making fun of someone over and over again. Saying something like "You're ugly" "You're not important in this world" saying bad words, "You'll never make it anywhere" etc. Bullying could end up to self harm or even ending their life/suicidal thoughts.

I have never been bullied and hopefully I never will be. I also do not know anyone that has been bullied. Bullying is never the right answer because you think you're not doing any harm to them but words can be very powerful. But bullying is really a sad thing because you never know what that person is going through, and bully/cyber bullying could end up with self harm which is a very sad thing. Like in this movie I watched, this girl was getting bullied and cyberbullied. She was being told nasty things about her, later on she tries to end her life but her friend calls her mom and they get it all done with by going to get help. But she did not end up ending her life, but she does end up going to a hospital where they treat her there. Unfortunately bullying and cyberbullying is still a reality and I wish this was not a thing in the world.

Something to stop bullying is tell a trusted adult, Uncle, Aunt or whoever takes care of you. You could also tell one of your trusted friends. If this is cyberbullying take

screenshot or take a photo to have proof. Never answer or if they,he or her is really make you feel unsafe or not welcomed/uncomfortable block the number,email etc. Also never be a bystander you can really make that person feel welcomed and like they are important in this world. If this bullying gets too far you can report it to the police.

One way to take action in bullying is to talk to them and ask why they are bullying you and if they don't tell you then just forget about it except if they keep making fun of you then this is the time where you block the person (if it's online.) If it's in real life report it to the police (if it's really serious) if you are getting bullied or cyberbullied always make sure to tell a trusted adult or friend because it could get worse.

BULLYING IS MEAN NO BULLYING ALLOWED!

I would define bullying as making fun of kids or adults and being mean to them. Not stopping when they ask you to stop. Trying to get a negative reaction. Maybe having troubles at home, in their life, are jealous of you and hate that.

I was bullied for being small. Kids would want a reaction out of me people want me to chase them. One day, my mom told me, "being small is the best and I should enjoy it and stop reacting to it." So I stop letting it get to me and enjoy being small and it stopped.

You can tell a teacher a trastein adult a friend. Don't respa say yes I am and this has worked for me so maybe it can help you. Don't respond with a mean comment. Ask them to stop it and why are you bullying me?

Ask them to stop first. Don't react to them and say, "yes" I am when they say stuff about you.

Second, I would tell the teacher. And if you want you can ask them, "How can I help you and why are you bullying me, what did I do to start this." Another way to respond is 3 strikes

1. Tell them what they did and that hurt your feelings and you don't like it. Please stop by the way I like your shoes. Compliment them because they may be having a bad day and it could make them feel better.

2. Hey I told you before that I didn't like what you are doing because it's bullying. This is the 2nd time I'm asking you to stop and if you don't I will tell an adult /teacher.

3. Now I have asked you 3 times to stop and now I'm going to git a adult. It is about being yourself and how you are and that is all that matters.
Being comfortable in your own skin.

The End

I define bullying as treating someone different by hurting their feelings in a bad way and not safe. You are hurting them and for bullying them you could make them suffer from depression. Bullying can make someone try to kill themselves without anyone knowing until someone finds that they're dead. If you cyberbully it is bullying on the internet like saying mean comments to a video or if you are playing a video game and you lose and someone tells you that you are a bad gamer and keep talking mean thing to you then that's cyberbullying.

Someone who got bullied that my sister knows is her friend. She got bullied for a long time and she has got affected by it and tried to commit suicide without someone knowing.

I would prevent bullying by making a school rule that if you see or know you are getting bullied you would go teachers after school that help people who are getting bullied.

Actions to stop bullying are not to fight back or it will get worse and tell a trusted adult like a parent or a teacher to help you with what is going on. Actions to stop cyber bullying are to block and don't talk back and show a trusted adult like a teacher or a parent the message so it doesn't get worse.

It is good to stop bullying because then no one gets hurt or no one goes by depression and doesn't try to suicide themselves without someone knowing.

Essay Contest

I define bullying as somebody doing something that harms you or hurts you. That can be emotional or physical. It's funny because it happens every day but you can never completely stop it. It happens on media, text, email and games. It happens pretty much everywhere.

Everyone at some point has been bullied or cyberbullied. [Cyberbullying is when you bully someone on a electronic.]

Even I have been bullied. I was in fourth grade and this girl kept on being mean to me like teasing me even taking my pencils in class. Then one day, I talked to my parent and it got much better. After that I talked to the girl and now we are friends. If you are being bullied you should talk to a trusted adult that can help the most.

The best way to prevent bullying and or cyberbullying is to inform students about what bullying is. Some students just don't know what bullying is. We learned about bullying in the media center with the librarian, Ms. Burgoyne. And we now know how to prevent bullying.

One of the biggest reasons why people bully other people is because the bully wants to feel better about themselves. Either they have been bullied or something is happening to them.

Let's stop bullying once once and for all.

Contest Essay

Bullying in my perspective is most of the time physical contact with one another. Could be with just two people or with a group. Bullying is supposed to be on purpose (to hurt someone) to hurt the victim on the inside on the outside or both. A bully does mean things to hurt someone else push, punch, kick, lie. Tell the victim things that are not true get in their heads just for the sake of hurting someone else.

Linda was a nice girl she loved fairies. One day Linda brought her dolls to school, she had decided to play with them at recess. Once the time came to go to recess she grabbed her dolls and headed outside. "I love playing with my dolls"

"Your dolls look ugly" then Tom the bully pushed Linda to the ground... Linda had started to cry. When Linda had gotten home she told her dad that Tom was bullying her and Linda's dad said " well why don't we go to the school tomorrow and talk to the principal and Tom".

Have at least one therapist in every school to help and talk to kids with trouble at school or at home. Tell a teacher if the victim has trouble with bullying. Kids should be having fun at school or wherever they are without having to worry about bullying and people around them. School districts should have more recess monitors outside to make sure that kids should be all playing and having fun with one another. Have everyone have a class were you learn how to get along a yoga class every day before school is over to have everyone relax and get along.

I probably can't do much to stop or help someone getting bullied. The only thing I could do without getting in trouble is tell a teacher they will be and are the authority all the time at school so I could not do anything without getting in trouble. I could maybe talk to the bully but I would feel like I would be asking for trouble so therefore the safest option in situations like this would be to tell the authority(the trusted adult) before anything so I don't get in trouble or cause trouble.

Bullying is making fun of someone else and making them feel bad about themselves. Making them look bad is also bullying there are so many people who bully. Bullies can also bully on the internet this is called cyberbullying. Cyberbullying is like bullying but the bully is on the technology that can be a phone, computer, ipad or anything that can access social media.

Once I got bullied. When I was five years old I went to the swings at recess and there was a boy, I think he was a fifth grader. He saw me and for some reason he called me "grandma" which makes no sense because I was five and he was a fifth grader he was closer to a grandpa than me a grandma and I'm not related to him.

We can stop bullying if we give a bigger punishment stand up to the bullies be the bigger people, if we don't bullies will become criminals people will die there will be more wars we can't let that happen some one or everyone needs to do something about bullying the world needs peace. To stop bullying 1. The bullies could just stop bullying 2. the people that got bullied could not react and stand up for themselves.

Bullying

Bullying: an act that harms others, verbally, physically, and mentally, but there are more ways to bully someone. Physically bullying someone is like hitting or pushing, anything that has to do with touching someone in an abusive way. Verbally bullying someone is saying mean things out your mouth like "You're FAT!" or "You're not important!" Mentally bullying someone might be like one of the worst ways possible to bully someone. It's like verbally bullying but it messes with your head, it can be very harmful as it can cause depression, anxiety, self harm, probably some suicidal thoughts it's pretty sad, to be honest.

I myself have been a little bullied, it was basically cyber bullying. Cyber bullying is a way to bully someone through a screen, it's just as bad as regular bullying. I was made fun of because our family was going through a rough situation. They talked about one of my family members. They also talked bad about me, like how they didn't like me and that I was weird and ugly fat and more. The bad part was that these people once were really close to me but I told my mom and dad about it they told the school.

What can we do to stop and prevent bullying? We could stop bullying by making a law that makes bullying illegal but..... Sadly, bullying is hard to stop. We could prevent bullying if parents, guardians, or family members talk to children if they don't feel safe or they need a little more attention. They need to be more cautious about their actions or even the things they see on tv, kids who are victims or are getting bullied need to take action as well! It can go to extremes where eventually a person could commit suicide. A thing I heard about bullying if someone is getting bullied they have to tell a police officer. Bullying has gotten even worse throughout the years, it's even worse now than back then. If I could do something, I would but it takes more than one person I believe one day we can stop bullying.

Actions, some actions we could take to stop bullying, protest against bullying, children can take action like I said before. They can report if they see or are a victim of bullying they need to report the actions to an adult. Taking action is important before something bad happens. Bullying honestly needs to stop. People like us can do that but it takes more than twenty people, bullying wasn't a really big problem for me growing up. I've heard really bad stories about bullying and it's never fun knowing that a family has suffered because their child has been through something like this, or even lost them because of bullying hope one day bullying isn't a big problem it needs to STOP!.



BULLYING

I would define bullying as when someone else would try to make the other person feel bad for themselves. A bully can try to fight the target, they can say rude things about the target, they could try to take things away from the target.

One time when I was in 2nd grade, my friends and I were bullying these 4th graders and the 4th graders were bullying us back, but nobody got hurt we were just doing it to have fun because there was nothing for us to do that we liked. We weren't hurting each other we were just saying random things like “What are those? Did you get them shoes from Goodwill”. But at the end we were all friends [kind of, not really].

To stop and prevent bullying you can welcome others and be friends and be nice, but I mean like you can still be friends with your best friends, but watch out who you hang with because you never know they can be teaming up to do something bad to you.

If you're getting bullied, you should tell a trusted adult. You could tell your parents or guardians, the principal of your school, your Grandparents or your neighbor about what happened.

My definition of bullying is that the bullier themselves may be in a state of depression or hurt. The bully may feel the need to force the pain off of themselves by inflicting their pain onto someone else.

I witnessed bullying happen when my sister and I have our cousin over. My cousin may feel like she is being fair, but she is actually not. By not allowing my sister to have certain toys, she is stopping my sister from playing with us. Just to have one on one attention from me.

We can stop or prevent bullying by noticing when it is occurring. In the media center at school, we do a test every year about cyberbullying and bullying. We talk about how we can work and help prevent bullying from happening. I think it is helping people to stand up to bullying other than standing by it.

We can take action by pulling the bully aside to talk about what is happening with a trusted adult like a teacher, principal, parent, or guardian. Another thing we can do is talk to the people that are involved to make what we can make sure it doesn't happen again.

Words will never hurt me?

I can't imagine the feeling that boy's mom had when she opened the door to his room. Peyton James was only getting his start on life. As a mere teenager, this funny, kind, and quirky boy had hung himself. The cause? Bullying. The reason? Something as trivial as the color of his teeth. Things like this aren't supposed to happen. A life could have been spared. Why wasn't it? Again, bullying. Bullying to me is when an individual, almost always having lots power or strength, repeatedly cuts down or picks on someone, verbally or physically. Bullying can occur in any setting, including social media. It can be because of peer pressure, or because the bully feels insecure about themselves. Now let's come back to Peyton. Peyton was born very early, and because of that and a lack of oxygen, his teeth were extremely discolored. Kids would pick on him and call him names, and ask him things like "Why don't you brush your teeth?" Things like this violate the Universal Declaration of Human Rights. It states that everyone is entitled to have a full and happy life, just because they're human. But this didn't happen. Eventually the bullying got worse and worse, and one day his mom found him in his room, dead. There was nothing she could do.

What could I have done? I wish that I could have just had a chance to ask Peyton some questions. We don't know when he made the choice to hang himself, or who put this idea in his mind. If I had just gotten a chance to know what was going through his mind at that time, there would have been so many ways to save that boy's life.

This story about Peyton is one of many. Bullying leading to suicide is the highest cause of death in Peyton's age group. There was nothing anybody could have done but Peyton. The worst decision that he made was to keep to himself. If he had just told someone he trusted, anyone he trusted, he might have been alive and well today. So what can we do to prevent bullying in the first place? I think the best way to prevent bullying is to stop it before it comes. Always remember to be kind to

everyone around you, and keep the Golden Rule in mind. You don't know what might be going on at home that causes someone to act a certain way. You don't know if someone is suffering inside.

So why bully? Think of one good reason. To get back at someone? To prove something to your friends? Is that how you would want to be remembered? The person who caused someone to commit suicide just because you were being ignorant and selfish. I'll ask just one thing: Think before you act. Save a life before you save your reputation. Kids are dying. In fact, 65 thousand kids a year. Is that how you would want to end your life? Of course not! So take a stand. Stop bullying.

“Words Will Never Hurt Me...”


Only 1 in 10 teens tells a parent if they have been a cyber bully victim. That's why we must stop bullying, because otherwise 1/10 of people might never have their problem solved. Bullying is when someone is picking on someone constantly and never leaving them alone. When the person is bullying someone they won't stop by just asking please. Human rights are needed for so many things like fairness in votes and just doing everyday things. There's also the UHDR which means the Universal Declaration of Human Rights. We need them because otherwise we couldn't do most of the things we can do today.

This is my story of when I witnessed bullying. Once I was in the hallway because, I had just got back from a doctor's appointment and I saw this kid tripping this shorter kid and I was like 'they are probably playing around then the next day I looked in the hallway and I saw it happening again but this time the little kid had started crying, and I didn't know what to do so I never told anyone.

The kid could still be being bullied because I never told anybody. I feel bad because I never told anybody that it was happening and it happened almost every day, I just wish I had done something more because, the kid that was being bullied could have just stopped showing up to school because of the bullying. And I just realized that nobody did

anything about it because it happened for like 2 years. Then one day the bully just never showed up to school again.

Here are some things we can do to stop bullying. We could just in general treat kids better and, raise them with more respect and raise them more discipline. We could create better programs for people who are bullied or are the bullies. We could raise our children with more manners and, empathy towards others. Bullying needs to stop because it is causing young children and teens to commit suicide. And we need rights because otherwise the world would be a lot different because human rights give us the RIGHT to do stuff.



What do you know about bullying?

“When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you.”

-Dr. Seuss

I like this quote by Dr. Seuss because there's many things you can compare it to, for example, like when something at home happens, you can let it destroy you or learn from those mistakes.

If I were to define bullying, it would mean something that hurts a person mentally and physically. When people ask others if they have been bullied, some would say no because the first things they think about is the physical action, or stuff people said to them. I used to think like that too. I had a friend that said something that hurt my feelings, but I didn't think that it was bullying because we were friends. Now that I think about it, it did hurt my feelings and was bullying.

To me there's two ways a friend can bully you. First, they can accidentally hurt you without knowing or second, they can say or do it on purpose. Because of this, sometimes a friend might not know that they are bullying. Sometimes, you might not know that you are bullying your friend.

We need human rights because we are all important. We should all be equal and do what we want to do without being made fun and to not be judged by our gender,

race, or color. Even though some people think bullying is just a part of growing up, it can be taken too far and causes problems for the one who being bullied. Lot of time bullying can hurt the victim so bad that they can be mentally scarred.

What nobody deserves

"Everybody is their own genius. If you judge a fish by its ability to climb a tree it will live its life believing it is stupid." This was said by the genius Albert Einstein. It's the same with bullying. If you mock someone about something they can't do then they'll feel they can never do it. That's not the only way bullying happens. Bullying is anything that is done that is hurtful to another person. Anyone can be a bully and anyone can be a victim. Bullying can be saying something mean to someone, physically harming them, or cyber bullying which is bullying done on the internet. Bullying is something that goes against human rights. Human rights are the rights that everybody deserves. The Declaration of Human Rights is a document that states human rights as people of political power agreed upon on December 10, 1948, led by Eleanor Roosevelt. This essay will talk about how to stand up against bullying.

When I was in first grade I was walking out of school with one of my friends and I said something to her when some older kid came up and started mocking me, telling me what I was saying was wrong, and just making me feel bad. I'd been the victim.

When she'd said that it made me feel kind of bad, like I didn't know anything. I'd said that no, I knew I was right, that my teacher had said it earlier during the day. We kept going back and forth and the girl said, "you *can't* know." Like because I was younger I couldn't know what day it was. (Yes the whole thing was just about what day it was.) I argued back, saying that I *did* know, and the girl started mocking me again like she'd been doing pretty much the entire time. My friend didn't say anything. This

continued until we got out of the school. Being a first grader I thought it was just a normal thing, even though I felt bad about it, so I didn't say anything. I think she did it one other time, but I don't really remember it.

Something we can do to help stop bullying is stand up to bullying. If you see it, step in and HELP. One other thing we can do to help those who are being bullied or have been bullied is to be understanding and kind to, well, *everyone*. If everyone decides to stand against bullying then there won't be any bullying because there *are* no more bullies. Or, if you see bullying but are to afraid to step in, tell an adult who can do something about it.

Bullying is wrong, harmful, and can leave a mark on someone for the rest of their life. It goes against human rights. *Nobody* deserves to be bullied. *Nobody*. No matter who they are, or what they wear, or where they're from, or anything else that makes them them. **Bullying** is what nobody deserves.

He Wondered Why

He wondered why. Google dictionary defines bullying as "to seek to harm, intimidate, or coerce (someone perceived as vulnerable)", but to me bullying is when someone who can't handle the thought of not being in power or having attention, manipulate and embarrass you in front of as many people as possible. To me human rights are very important because there are certain things that every person should have the right to certain things.

He wondered why. Many lives have been changed majorly because of bullying. The story of this eighth grade boy will change your view of bullying for ever. In second grade the bullying and teasing started. First because of his teeth and then because of his hair, glasses and size. As Peyton got older the reality of bullying started to really sink in. He would he wondered why "can't people just be nice". In 2013 Peyton had his first suicidal thoughts and events. He started telling his parents he thought they would be better without him and that he didn't know why he was even alive. His mother didn't think much about it. They brought him to the ER, but they sent him to a therapist. He started going to therapy sessions weekly and he seemed like he was feeling better. Eventually his mom switched school districts and he was forced to switch schools. At this new school he made a new friend and seemed happy. But the the bullying started again. This time they would call him a loser and a geek. His mom tried to help but he told her there was nothing she could do about it. After school one day he ran up to his room. He was up there for about twenty minutes when she went to check on him. When she came in she was shocked. He had hung himself from his ceiling fan. They rushed him to the hospital where he was flown to a

children's hospital in Austin, Texas. They tried everything to heal him but the brain damage was to severe. On October 13, 2014, at 12:02am, Peyton was pronounced brain dead.

He wondered why. I believe that there was a lot that could have been done. They school should have gotten involved and the bully's should have been punished. I wonder if his friend tried to help him. That would have helped him get through this tough stage. Also did he tell his therapist how he felt? There are a lot of questions that could have been asked. This makes me very sad that someone about our age committed suicide because of bullying.

He wondered why. I think schools should start interacting more when it comes to bullying. Also the students in school should try to stop and kinds of bullying the see. And finally we should all try to stop. If we all stopped bullying and tried to become our best selves, there would be no problem. There would be no bullying to stop and no bullying to worry about. Bullying is a big problem that I feel is not stressed enough. It's too common and to horrible that this happens hundreds of times a day.

Find Peyton's story at <https://www.rd.com/true-stories/inspiring/bullying-in-school/>

America's Epidemic

Almost 21% of students report being bullied per year. This just goes to show that bullying has become an epidemic- and not the kind that will magically go away with some miracle cure, either. Bullying is aggressive behavior towards someone who finds it hurtful. It could be a demeaning nickname, a shove in the hallway, or an angry post on social media spreading an untrue rumor. Bullying is repetitive, or has the potential to be repeated, and its source comes from an imbalance of power- even if that power is just imagined. In most bullying situations, there are three main roles: the aggressor, the victim, and the bystander- someone who sees the situation, but does nothing about it. For the problem of bullying to be solved, bystanders can't be apathetic- they need to do something! Whether they inform a teacher, stand up to the bully, or even better, *both*- it will dramatically help the dilemma. Another way to prevent bullying is to give children leaders to look up to. Lately, the political system of the United States has been packed with lies, insults, and deprecation. This is the opposite of the message that should be spread through the population of impressionable students in our country. For bullying to be stopped, the leaders in our country need to have a positive outlook on others. Otherwise, children will only try to follow in the footsteps of people they're told to respect- and end up with the wrong idea.

Bullying is linked to human rights because the act of bullying is violating one's human rights in many ways. The right to fairness, freedom of thought, freedom from torture and degrading treatment, all are violated when someone decides to bully a peer. Additionally, the Universal Declaration of Human Rights' 30th rule is that no-one can take away any of your rights. So, bullying can even be considered a crime.

When I was in 1st and 2nd grade, many of the girls in my class hung out in a group during recess. They were constantly together and played games like “house” and “ponies”. If any one of them decided one day that they wanted to do something else one day, the next day they wouldn’t be allowed back in the group. Newcomers were rejected as well. I myself wanted nothing to do with this gang of girls, but at the same time I felt bad for some of my friends who would wander about the playground, dejected, convinced that no other group of kids on that playground would be as fun to play with as the one they were once in. Sometimes, I’d engage with them, but other times, I’d just watch as they made their lonely rounds. There were days where there would be fights and teachers would have to intervene. Words would be exchanged that could never be taken back. In the classroom, our teacher would have serious talks with us about friendship and kindness- but they never classified it as bullying. Looking back on it, though, I believe it definitely was.

Whenever I saw the incidents happen, I’d feel like I had seen something I shouldn’t have and quickly leave the scene. Then, I’d hear about it later and feel bad that I hadn’t done something. I could have told a teacher about the things that I heard so less damage could be done. When I saw girls without playmates, I could have invited them to play with me. Sometimes I would, but there were many instances where I would just sit and watch. I was a bystander in the situation, and it makes me guilty. Lots of feelings were hurt in those days, and I know that I could have made things a lot better if I had stood up, even if it was just one time.

There are multiple things that could be done to stop bullying. One is to drastically limit the amount of bullying, physical, verbal, or cyber, that is shown on television. When movies have instances of bullying done by protagonists, especially when it is a movie targeted towards younger audiences, viewers may find it as an acceptable thing to do. Perhaps, in movies and other programs, it should be made note of how many instances there are of bullying that may not be looked at as bad, and change that view on it. Another thing that could be done to prevent bullying is to report it right away. Just 20 to 30% of victims of bullying report it immediately. For bullying numbers to decrease, students need to not be afraid to speak up for themselves. They could be assisted by being able to fill out anonymous forms and having an adult they are comfortable talking to to consult in. One other way to prevent bullying is to have positive role models leading our country. The political campaigns as of late have been hateful and insulting, which is the wrong message if we are trying to stop bullying. In order for bullying to be stopped, we can't have our youth getting the idea that if our country's leaders say something hurtful, they can too.

Bullying is getting worse and worse. About 160,000 teens skip school each day because they don't want to face bullying. This unfortunate statistic just proves the point that bullying is a serious problem for students everywhere- and it needs to be stopped.

Bullying

“CARES - Cooperation, Assertion, Responsibility, Empathy, and Self-Control,” we chanted in elementary school at every assembly. From Kindergarten through now, I feel my schools have prevented a lot of bullying by us learning about others’ differences, empathizing with others, and being respectful to all. Without these measures, I feel bullying would increase at my schools. Bullying for any reason is wrong and should be stopped. It is the act of unwanted teasing, harassment, or humiliation on a frequent basis. The act of bullying emphasizes inequality: teasing because of differences to joking about culture to making someone feel scared and frustrated. We all need human rights, why you may ask, because we are all humans and deserve to be treated equally.

Even with the anti bullying tools my school gave us, bullying still happened, most frequently on the bus. In 3rd grade, my friend and I were sitting together on the bus. An older student started calling us names, teasing us, and exhibiting other bullying behaviors. This went on for several weeks.

The name calling, teasing, and behaviors were embarrassing and frustrating. I didn’t want to ride the bus anymore and would ask my mom to drive me into school. Once I explained what was happening to my parents, they wrote my teacher an email to talk with both me and my friend about the happenings on the bus. With the school’s help, the student stopped bullying.

If we all follow the concepts in the Universal Declaration of Human Rights, I believe, like my school's approach of CARES, bullying will be limited not just at schools but all over. Three thoughts on how to continue to decrease bullying are: learning about differences, having empathy, and being respectful to human rights.

First learning about differences in religion, culture, and background will help highlight the similarities between all humans. I believe all humans want a safe, happy life no matter the differences. Second having empathy is helpful because we learn to try to understand another person's feelings. Nobody wants to feel bad about themselves. A person who can empathize would not bully because they can understand how the other person feels. Finally having respect for all human rights would help prevent bullying because, by natural law (what human rights were once called), people know what to do and what not to do. Respect is thoughtfulness and civility towards another person. When a person is thoughtful, bullying isn't present.

As a final thought bullying is bad and violates natural law because it is unwanted and hurtful. In my life, what I learned in elementary school through CARES is that we all want to live a good, safe, happy life. We all deserve each other's respect.



BULLYING

The war of the 21st century

By:



“There can be no positive result through negative attitude. Think positive. Live positive.”

-Albert Einstein

It's funny how millions of innocent people live by this quote and get shamed for it everyday.

I've always wondered why this problem keeps happening. It's not hard to be nice to someone and accept their views, and who they are. I've seen so many people get bullied throughout my life and I don't stand alone. Over 70% of young people in America say they have seen bullying happen in their schools, which is so messed up to me because school is a community and no one should ever feel afraid of their own people. But I'm not surprised. Who would be really? Over **90 school shootings** happened in 2018 **alone**. Imagine how much worse it will be in the future if we don't solve the main problem of it all? 40% of school shooters have been bullied before. Those kids are human as you and I. Not all of them had mental problems either. Just normal problems that could've been prevented. They have hearts that were ignored and **broken** by many fellow students, teachers, and even family.

This is not the society we have to live in anymore, I simply refuse to sit here and accept because bullies such a big issue I can't do anything to help. It's unreal. The only reason people don't stand up for these things is because they're too afraid to.

Although school shootings are a huge deal from bullying, it's not the only thing that is. Suicide rates have skyrocketed throughout the last decade. Between ages from 5 to 24, 4,400 people kill themselves from bullying every year. That means every 100 minutes a teen takes their own life. It's the 2nd leading cause of death against young people. That's truly

sickening to me to live knowing that a close friend or family member could be next to feel worthless. It's scary to think that I could feel worthless. These rates also prove that anyone could do this to themselves, no matter their race, sex, ethnicity, or what they seem like on the outside.

Depression rates have gone up too. About 20% of our youth experience depression before they reach adulthood. If 20% still doesn't seem that much to you, let's put it in context from how many people live on earth. More than 7 billion people live on our planet. Around **1.9 billion** children live on earth which is around 27% of earth's population. That means **475 million** out of **1.9 billion** kids experience depression. Let that sink in for a bit. Depression is caused by lots of different things, but bullying is definitely one of several things that get kids depressed. When the depression and loneliness gets too overbearing, that's when we see kids ending their own lives. The whole thing is a total hate crime. And the saddest part is that we as people are all completely capable of preventing it.

This is something I would've never thought of until writing this, but have you ever thought kids have had more anxiety over seeing unarmed individuals getting killed by our police, the people we trust to protect us everyday? I know a little girl that used to live in my neighborhood and one day when she was at my house she said to me "I'm scared Ari..." I had a fairly normal reaction and said "By what? Why are you scared?" She came over to me in tears hugging me in my room saying "I don't want to be next. I saw Philando was killed and I don't want to die like him." I was in shock. I didn't know what to say to her. I just sat there and held

her only saying "It will be ok."

That was the last time I ever saw her. By far that was the quickest, but most scary thing I've ever heard someone so young and innocent say to me. "I don't want want to be next." How low of a society are we today where young kids are afraid to be shot by our police? Children crying from family they know or people in general innocently shot, wondering if they will be next. I don't care what race, sexuality, ethnicity, religion, and so forth, no child should feel afraid of being shot by police. The fear in her voice and eyes still makes me shake today. The reason why I bring this up is because situations like this really remind me of how a lot of kids get anxiety from bullying. All across the world over 3 million people get bullied Everyday. People that are affected by bullying are at a bigger risks of adjusting at school, sleep difficulties, anxiety, and depression. Over 25% of U.S. students in 6-12 grade get bullied every year following with 20% of U.S. students in 9-12 grade as well. We need to educate more people, especially adults on these ratings because not enough really know how big of a risk these things are to our youth.

There are several ways to prevent bullying, but the main thing is that we need to stop projecting hate speech, and just hate in general towards are own people. Hate speech comes in many different forms, but mainly in

- . Race
- . Religion

- . Sexual Orientation
- . Transgender Identity
- . Disability

I think bullying is a form of hate speech because it's another person shaming someone else for being themselves. I believe we can start off this new year thinking more about this and taking action not just for ourselves, but for our community. Together you and I can make a change and a positive impact in our world.

Thank you

Tell me why!

Sometimes people do things. To specify, do things to hurt other people. I don't know why they do it and maybe they don't know either. Maybe they do it because they just feel like it. Maybe they don't feel like enough. Maybe they think that if they do it they'll be "cool." I sometimes think to myself, why, can someone just tell me why? For whatever reason they do it, it's not right. It's bullying, well to me it is. To me bullying is when someone no matter how old hurts someone is some way emotionally or physically, face to face, or behind someone's back. Human rights exists, but we often forget what they're really about. People have the right to express themselves, but sometimes others don't like the way some people choose to do so. We need to remember the human rights so everyone can be themselves without others judging them.

We often miss use the word bully. Bullying is something that's repeated, not a just a person being mean. I hear the word bully a lot, usually as just a joke. I think that when people joke about being bullied, it makes what's really happening less serious. Bullying used to be called a right of passage. I agree that people should be able to say what they want, as long as what they said wasn't anything that could hurt another person in any way.

I've never really been bullied. For me it has never been a real bad thing, people have been mean to me, but it wasn't bullying. I have been a bystander. In fifth grade we had table groups, I thought that my group was fun. Until one boy, who I thought was my

friend started changing. Josh wasn't nice anymore. He would mess with my other friends stuff. Then Abe would kick him for touching his stuff. I was confused. I had come from a very sheltered family and school. Nobody ever teased anyone or physically hurt anyone else. Both of my friends were being bullied, and maybe I was a bully too. I would occasionally mess around and encourage the bullying. I just liked getting a reaction out of Abe. Compared to other cases of bullying some people might describe this case as nothing.

At the time it didn't seem like that big of a deal. Now that I look back at what had happened I feel terrible. I was a bully. I didn't know what Abe had been going through at home. I know now that he still gets teased and bullied. Later I learned he has been through so much. He probably thought that school could be an escape from home, but I don't know if it was much better. It must have been hard for him, I sometimes saw him cry the year before. At the time I thought it was funny and to be honest I was trying to impress Josh. I should have told both of them to stop. I don't think they understood that they were both the victims and the bullies. I can't remember who else sat by us, probably because they didn't do anything about it. If I were them I probably wouldn't have done anything either.

Everyone tells us to be unique. But unfortunately uniqueness is something we don't find normal. But what is normal anyways? There's a connection between the word normal and bullying, usually if you're normal you don't get bullied. That shouldn't be the way our society is, I think that our world needs to change.

People need to learn that bullying isn't ok, and needs to stop. It might seem like it goes on forever, but there is a way to stop it. I think that we should take the time to explain how serious bullying can be to people, young and old. This could help affect the next generation by making sure they don't continue the bullying we left for them. Also young people look up to older people, but when adults are the bullies it affects everyone else relying on them. Another thing we could do to help prevent bullying in the future is to make sure most to all apps have a way to report mean comments, posts and messages. We could also prevent bullying by teaching kids to become an advocate. It could help prevent bullying because they can help develop an anti-bullying program. Bullying violates the UDHR (Universal Declaration of Human Rights). I think that bullying is just not right because it punishes people who have decided to express themselves or their feelings.

The sticks and stones that are bullying

There's a quote that says "sticks and stones may break my bones but words will never hurt me." That's not true. Words can always hurt. Bullying is when someone tries to harm or hurt on other person. Everyone has human rights because without them we would all be treated unfairly for the smallest of things. The Universal Declaration Of Human Rights is a list of universal rights that everyone should have. It is the most widely accepted list of human rights and it is one of the most important, without it many people would be denied certain rights that should never even be thought about as something you have to earn. In this essay i will explain the negative effects of bullying and why we should work to stop bullying.

Bullying happens all the time even if we don't recognise it. In third grade there was a new girl at my school. She had a different way of making friends, and two other girls in our grade said that she was bullying them, and started a "war" with her. Soon it was most of the girls in our grade against her. It later subsided and she moved away, but I realized that by accusing her of bullying and starting a war they were actually bullying her.

Many people don't care enough to do anything to stop bullying when it doesn't immediately affect them. Not many people cared enough or had enough courage to stand up for her and even though she tried to stand up for herself it didn't help very much. I wish I had helped her tell them the stop and that what they are doing is wrong but I didn't. I mostly tried to stay out of the way and not make it a big issue of mine.

Some things we can do to stop bullying or at least help prevent, it are making it easier for students to report, or talk about bullying, make more of an effort to notice when its happening and help,

and to make it so that people are more aware of the negative effects of bullying. This would help by letting people know that many people are willing and able to help and because it will raise awareness about how bullying is affects everything and if we don't do more to prevent it it can cause serious damage to our entire world. Bullying is wrong and can cause serious issues in many people's everyday lives.

“Blowing out someone’s candle doesn't make yours any brighter.”

Human rights essay

“Blowing out someone’s candle doesn’t make yours any brighter.”

Bullying to me is when someone constantly physically or verbally hurts someone. The bullies make fun of people purposely to hurt them to most likely make themselves feel better. But that’s not always the case. I was bullied in second grade. It wasn’t about a big thing but my second grade self thought it was. I was best friends with a girl and then a new girl came to school. My friend and the new girl became friends and I didn’t care that she had a new friend. Her new friend thought that I was taking our friend away from her and hated me. She would give me dirty looks, call me names and I would never be able to hangout with her. I didn’t react that much because I just didn’t really care. We told a teacher later on and got help and now we are all friends.

Some things that we could do to help prevent bullying is to make a change in social media. For example, the company could detect if someone was commenting or texting someone mean things. We could also get more help at schools. Getting to sit down one on one with a trusted teacher each week about what was going on. This could help by letting kids trust adults that are around them all time. That way adults could really see what was going on in the kids life at school and at home. Bullying is never okay. There are no excuses to do it or to watch it happen.

When I was bullied or if anyone tried to bully me, I wouldn’t let them. I was not about to deal with that because it’s not okay. I did something about it right away. I confronted them about it and contacted a teacher. I know that some people can’t always do what I did. They get scared that if they tell someone they will get bullied even more or if they confront them they will also get bullied more verbally and physically. Nobody

deserves to get bullied and when I was I knew that. I was better than to get bullied and so is everyone else. Adults should do whatever they can to help us, and in my experience they helped pretty well because that girl never bullied me again.

There are so many things we have tried to stop bullies but they never work out. Bullies just don't understand it. We can always try to stop them but will it work? One idea to prevent bullies are to have a talk with a trusted adult at school once a week like I said before so that can build trust in you. Another idea is to set up an app for reporting bullies anonymously so kids don't have to be scared that they "tattled" on someone. One more idea is to have cameras in the classrooms and actually watch over them so you can truly see what is going on inside each room. There are three different types of bullying verbal, physical and cyber bullying, and none of them are okay to do. No one will ever have a good enough reason to bully someone or be a bystander. No one deserves any of that. Everyone deserves to live life to its fullest.



“Blowing out someone else’s candle doesn’t make yours shine any brighter” -

Unknown.

Bullying is a very serious problem here in America, from cyberbullying to physical bullying to emotional bullying it’s all around us. One of our main problems is that it’s not just kids bullying other kids, it’s adults using words to hurt others. Although this form of bullying is much harder to detect it still affects how people treat each other. I would define bullying as someone in a position of power hurting someone multiple times. Bullying could be online or in person, it could even be spreading rumors. Bullying can have extreme consequences, it can cause depression and in worst cases, suicide. Bullying also infringes upon people’s human rights, as the Universal Declaration of Human Rights proclaims, “All human beings are born free and equal in dignity and rights.” In this paper I will be talking about the effects of bullying and how it violates people’s Human Rights.

For a seventh grader I feel like I have been in far fewer situations that involve bullying than my peers but I have had a few negative experiences where I’ve seen others bullied. When I was in the fourth grade I witnessed one of my classmates getting bullied. She was wearing a sweater that other kids were teasing her for. I was watching and was able to tell a teacher but I realized that it could’ve ended much worse. It’s from experiences like this that I have learned how much of an impact bullying can have on

people. If this case of bullying had been taken further terrible things could've happened to the girl and everyone associated with her.

My bullying story is one of many, some of which can have tragic results. One of our main problems is that it's not just children bullying other children it's adults bullying other adults. As an article about from Newsela stated, "Ryan Lysek rose to become vice president of his fifth-grade class at Lorraine Academy in Buffalo, New York. The sitting veep got bounced for saying things that went against the school's anti-bullying rules. So the 10-year-old is a little puzzled that candidates running to lead the country can get away with name-calling and foul language." This just goes to show how even the students in school are seeing these people running for positions in power and when they name call it reinforces the idea that these actions are ok. The same article also quoted Donald Trump calling Ted Cruz a "loser," and a, "liar," while also criticizing Muslims and Mexicans. If we didn't have people doing things like this our country would probably be happier and healthier.

As I stated earlier in my essay not only does bullying hurt people it also violates our human rights. The Universal Declaration of Human Rights Article 1 proclaims, "All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood." Bullying violates this Human Right by not treating everyone with equal dignity and rights. The Human Rights were written to make sure the same awful things that happened in World War II would never happen again. It is very concerning that a quite common problem violates our Human Rights. I hope that this paper can shed some light

on the very real and troubling problem of bullying in America and help fix it so the future generations won't have to deal with it.

Cyber Bullying

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Alright the question is what is bullying? The top 1 million answers are on the board. This is what troubled me there are so many definitions that which one is true which is right? seek to harm, intimidate, or coerce (someone perceived as vulnerable) is googles answer and Webster's dictionary : abuse and mistreatment of someone vulnerable by someone stronger, more powerful, etc. : the actions and behavior of a bully.

These are good but are they true with all the new forms of bullying it's hard to tell.

In 2013 a teenager named Rebeca Norman committed suicide after being cyber bullied by 15 girls over multiple months. This is just one of many cases like this and most end in tragedy.

This is very disturbing and personally I could not live with the feeling and knowledge knowing I am the reason someone killed the self sadly I could not do very much in this situation because first I was way out of reach and was 7 at the time and second this is usually something people don't like to talk about.

Some things we could do to prevent bullying especially cyber bullying is 1. Some websites already have this but some words or phrases you can't send through to someone 2. Is be more understanding and take action because a lot of the time when it is reported it's just glossed over 3. Just be there for each other 1:15 ratio is a bad thing the bully's have all advantages but if people see it's wrong and stand up that 1:15 ratio could become 100:15 and most likely the bullying will stop bullying is fueled by power in physical

bullying usually the bully is big or strong or popular in cyber bullying a bully needs none of that it could be any one anywhere but there is one factor to stop a cyber bully, quantity. All in all just be there for each other

Bullying Essay:

Are you sick of people being bullied? I can tell you that I am. According to IAN research report, it says that 63 percent of people have been bullied. That is a big percent. But first, let's know what bullying is. Bullying is a person using a use of force or knowledge to make someone feel bad. The abuser can do this to the victim on a regular basis. Bullying can happen to a certain group of people. This is called discrimination. Discrimination is not giving people fair or equal treatment. This falls under a big umbrella called human rights. Human rights are the basic things that humans are entitled to. We need human rights because everyone deserves the same treatment as everyone else.

Some examples of bullying are spreading rumors about someone, making threats, attacking someone physically or verbally, and excluding someone from a group (according to NIDA). A real life example is where a football jockey goes up to a nerd and says "hey nerd, do my homework or I will mess your face up". He comes back to the nerd on a regular basis and says the same thing to him. This is an example of bullying because the jockey uses force and power to get the nerd to do his homework. This was an example I thought of, but here is a real life example. It was this school year at Roseville area middle school. I was in Ms. Sieleni's star class. There is this kid named Jose, and every day he hits the person I sit next to, Ariannah. She tells Jose to stop, but he doesn't. Each day he does the same thing. I don't say anything because it doesn't concern me.

I feel like I could have done something to stop it happening. My feelings at the time were like, "what is going on" and when I saw what was happening, I didn't really care because it was not my problem. I could have gone and defended arianna, but I didn't because I didn't want to. I just sat there and did nothing. There was one other person at the table, Mia, but she didn't say anything either. Me and her were like Mr. Chamberlain during his leadership as prime minister of Great Britain (he did nothing to stop nazi Germany taking over Europe).

I know 3 reasons how we can stop bullying. The first reason is we can confront the bully and tell him or her that what they are doing is wrong. Don't tell them in a nice voice, assert yourself. This would help because if we speak out about bullying, we can stop the rise of new bully's. The second reason is we could sit down with the bully and talk things over and ^{ask} why they are doing what they are doing. This would help because we can understand what is happening to the bully and try to help them better people. The last and final reason is we could talk about bullying as a school community, building a safe school environment, and creating a school wide bullying prevention strategy. This would help because we could get everyone on the same page about bullying and help people being bullied feel that when they go to school, they will be in a safe environment. Bullying is bad and violates my rights because I want to live in a world where I feel that I can go places feeling safe.

"It's okay to dislike someone, or even dislike someone for no reason. But it's not okay to disrespect, degrade, and humiliate that person." - Anonymous. What is bullying you ask?

Bullying: to feel the need to be mean, harmful, disrespectful, to someone for no reason. A lot of people don't relive that they are even bullying someone. They just think it's funny and they are trying to make that person laugh with them. But it's not always just saying something like "Small hands" or "Weak boy" It can also be physically, mentally, socially, and also cyber. We need to stop bullying. I know you might hear people say that a lot and not do anything but everyone in this world needs to help.

Everyone in this world should have the right to have Human Rights as well. What is Human Rights you ask? "a right that is believed to belong justifiably to every person." As Google says. This is Human Rights and everyone should follow it.

I read an article once about a girl who had just moved to America at the age of six. She didn't know how to speak English, and during that everyone gave her very mean looks like no one cared about her. Soon enough she was learning a bit of English and made a couple guy friends, but not any girls. She felt like every girl hated her. A couple months later she had to say goodbye to her only friends and was moving to a new house. She was excited because she would have the chance to start over a bit more and maybe even make new friends. By the age of nine she was starting third grade and was really excited. She went to school and saw one of her friends and waved to her. The girl said she pretended to not know who she was, but she looked directly into her eyes and she was really confused. She wasn't too concerned though. She went to her next class and sat down when another girl came over and smiled at her. They started talking together and eventually became really good friends. The girl even considered best friends. One day the girl's friend got her in trouble for something she did. The girl was really upset and started crying. A few days later the friend came to her telling her she was worthless and should go kill herself. She said she was ugly and even her parents didn't love her. The friend constantly bullied her because she wore the same sweater everyday and her parents didn't have much money at the time, so the girl believed her. As the girl once said "To this day, I have anxiety on how I look, and I never trusted people. She gave me depression for a long time, and many people thought that I might need mental help. I always get a wave of fear whenever I remember her cornering up to me, and slapping me, telling me that I'm

worthless, but to all the people out there, never believe this, you are important, and you matter in this world, and whoever thinks that you don't, are not important, love yourself, and understand that you matter."

Bullying is a big problem in the world. Whenever you see bullying, try to stop it. If I was in her situation I would be telling her that I do matter, and if she thinks that then she needs to figure what she has done wrong. If I were a bystander I would stand up for the girl. I would tell her she's being really mean and rude. She offending her so much she can't even speak and that she is actually changing her mind about herself. It makes me so upset and mad and also sad all at the same time that someone in the world is so mean that they would actually say that to someone, and to their face.

Bullying need to be prevented. I know that it happens a lot and is a huge problem, and that's why we need much help to stop it. So here are three things that everyone can do to stop bullying:

1. Encourage/support kids and everyone to do what they love doing. Do not let anyone tell you otherwise except yourself.
2. Treat people with respect and love. Everyone in the world needs love and respect. They need more than that too, but love and respect is very important. It make people understand more that they do matter and should keep going in life because of what they love.
3. Stand up for others. Standing up for others is extremely important and it doesn't always have to be in bullying situations. It can be as simple as just sitting next to them and just telling them something encouraging. It can be as simple as just telling someone "Hey! That's mean, and you should really stop."

Like I said before, bullying is a huge problem in the world and everyone can help prevent it. It's as simple as helping someone carry their groceries, and it could be as simple as just telling someone to stop. Bullying is easy to prevent if you really just try.

Making A Change



“Strong people stand up for themselves. But the strongest people stand up for others.” -unknown. Bullying is not something we are taught, it’s something you learn from others. A bully is a person who uses their own strength to physically or emotionally hurt those who are weaker than them. It could be online, posting mean threats. Face to face. Or over email. These are all ways you could bully someone. And human rights are the rights we get for being human. So we have the right to stand up for what we want and what we believe. We have the right to stand up for ourselves. That is why we need human rights. The Universal Declaration of Human Rights states everyone is equal and gets human rights. In this paper I will talk about bullying and human rights. A story of bullying, and how to prevent bullying.

My experience of bullying was... When I was in fourth grade I was bullied because of my height. I was not that tall. One of the shortest in the class. A kid a grade above of me was very tall. So he would make fun of my height. Call me a munchkin. Other people would catch on in my grade. They made fun of me for a couple of days. They would teasingly say the name at me. It got to me. I told them to stop. I Told teachers. My parents. But they never fully stopped until a week later.

It made me rethink about how I looked. I was more self conscious about my height. I have always have been now. When I look back, I wish I would have stood up for myself more. Not just saying stop. Or getting mad at them. I should have told them that I don't like what there doing. Or just walked away and ignored them. What they did was not right. And I did nothing wrong to make them do it. It was them. Sometimes I wish it never had happened. But I'm glad it did. I learned more about bullying than most people do. I was the victim. I was on a different side to the story then most. And I will stand up to those who are bullied. I known what it's like now. And I will not forget it.

Things we could do to prevent bullying from happening. One thing we could do is we could listen to people if their having a hard time. Because sometimes people take out their problems on others. All there anger, sadness, and hurt. If we would pay attention and listen to others problems maybe we could help them work through it easier. Take stress away from them before they take it out on others. Another thing we could do is stand up to those who are being bullied. Because if we don't stand up for others, others won't stand up for us. And people will be happy that you took the time and effort to stand up for you. They would know that we care and appreciate them. One last thing we could do about bullying is making a stand. Talking to others, public speeches, speaking to groups. Any way to get the word out. Making a stand against bullying. Going to schools just to speak about this cause. Making people well aware of this cause, and the problems we face.

We talked about bullying and human rights, and why we need them. Ways to stand out and speak your own opinions about this subject. We are the ones who will make the stand. And change the world.

So, something funny happened recently. A boy was being bullied, so his father hired a martial arts teacher to help him. A few weeks later, they were ready. Next time the bully came, the kid knocked him out with one punch. The father and son sat on the side and laughed. But enough with the jokes. This is going to be an essay about bullying, some effects and ways to stop it.

Getting serious, bullying has been a big issue in the past few years. But what is it? Bullying is taking away any one right from a person, by another person or group, against their will, repeatedly. (Or has the potential to be repeated.) It could be anything from the right of speech, via shushing or verbally harassing someone, right of religion, talking trash about their beliefs, or freedom of expression, by defacing or destroying their property or possessions, cyber bullying, and plain physical bullying.

Human rights are the rights that were universally granted to every human being, regardless of age, sex, race, and religion. Made by 17th-century philosopher John Locke, the idea was made official in the English Bill of rights in 1869. The Universal Declaration of Human Rights is the document that states all of the official rights. It was ratified on December 10th, 1948.

Now let's hear an example of bullying that I witnessed, but I was too scared to intervene. So, in about fourth grade, there was this kid who was being bullied by another kid. At first it was just name calling, but then the kid got pushed in the hallway a lot. Then after a month at recess, the kid threw a small piece of ice at the victim, which hit him in the head. He fell down, and a bunch of people came to see if he was okay, including the bully. It turns out he just wanted to hit him in the back, not the head.

Afterward, the bully went to the office, the kid went to the nurse, and both were absent the next day. They were back the next day, and thankfully, the bullying stopped, probably due to guilt. My guess is that the bully got suspended, and the victim needed a day to heal. The victim actually forgave the bully, so it had a happy ending! The entire experience lasted about three months.

Now we're going to analyze what I felt and what I could've done. (Note: I was in this story.) When I heard a shout and saw multiple kids running to one spot, I looked over and saw a crowd, so I jumped off my swing and dashed over. When I saw it, time seemed to stop and I heard a ringing noise as I looked at the scene. I saw the broken ice, the kid on the ground, unresponsive, and the bully standing there surprised, and the crowd shouting for the recess monitor, who was running over. I felt some guilt suddenly, because I thought I could have stopped this, but I knew I couldn't have fixed that. There was a crowd, and the kid got medical attention.

So, what can we do to stop or prevent bullying? Here's my thoughts. One thing we could do to stop bullying is to have bullied students speak up about their bullying experience, so that teachers can take necessary action against the bullies or for the students. One thing to prevent bullying is to issue an actual, zero tolerance, not just to bluff, but to literally uphold a policy for bullying so that bullies will know that bullying has consequences, and use positive reinforcement to help discontinue it to help themselves and others. Another thing to stop bullying is to have more teachers in potential bullying locations, like the hallways or the cafeteria, so that they can stop bullying before it even starts to get serious.

But what can bullying do? If bullying gets to an intense enough state in someone, they can get depressed. Kids that have been bullied in high school are 2-9 times more likely to commit suicide than average high schoolers. That's a very scary number to see, especially at this age, to see this rate of self-inflicted deaths. I'm about to bring up a sensitive subject, so you've been warned. Well, what about the school shooting in Florida in 2018? Were those kids that did such a horrible thing bullied and pushed to the limit, but nobody listened to them? Was bullying the reason they shot and killed 22 kids? Think about that. Could we have prevented this by getting them help? I think so. That was something we couldn't have changed, but I think we can darn well prevent it in the future.

Bullying is the only way kids that bullies seem to get their kicks, so what battles are they fighting inside? Even if they've been doing it to let off steam, bullying is inappropriate and violates the rights that we have as a human. Every human fights their own battles, so why not learn and use compassion to treat it? Our rights are so important that the ENTIRE UNITED NATIONS AGREED ON IT! To bullies: don't try to take those away from humans, no matter how much you hate them! Peace, be good people, help us stop bullying, one heart and one helper at a time!

The Bully Outbreak

Studies show approximately 30% of young people admit to bullying others in surveys. But what about the people who didn't admit, that means there is over 30% of kids being bullies.

Bullying is when someone has a greater power over someone else and uses it. It can happen anywhere, anytime. When it's online, it's called cyber bullying. When it's physical or verbal it's Bullying. Sometimes bullies bully because they are getting bullied, or even if something is going on at home that's bothering them, so they take it out on others. And I guess it makes them feel better about themselves when they put others down.

Bullying violates Human Rights.

Human rights are very important, they guarantee life, liberty, equality, and security, human rights protect people against abuse by those who are more powerful. Bullies take some of these away from people, such as equality, and discrimination.

The UDHR:

http://hrlibrary.umn.edu/edumat/hreduseries/hereandnow/Part-5/8_udhr-abbr.htm

In 6th grade there was this kid who didn't have many friends and was kinda nerdy. He would always get picked on by other kids on everything he did, "Don't do that", "Your gross" I would hear on a weekly basis to him. I would usually tell my mom and sometimes she would contact my teacher, but he never did anything. One day, it got bad so he ended having to go sit by himself out in the hall for something he never did! So I wrote him a small note saying that that

shouldn't have happened and he wrote me one back saying thanks for the support.

I felt good for stepping in. I want people to know that they matter, I think everyone matters. Everyone should step in and help someone out. It feels good.

"Bullies, as we know them, are continuing to increase their strength." An article said. Some adults respond to someone saying they got bullied by saying "Kids will be kids." Just because they don't want to deal with it! When someone gets bullied, "It can actually lead to serious mental health issues." An article said. This is a big problem and we need to stop it! But how?

Well, like anything it will take time and a lot of effort. One thing we can do to prevent bullying is to report it, if you see it tell an adult. At our school, there are bullying reporting websites all over the school and you can even send it without anyone knowing it was you. Another thing is to step in, if it's too hard (and maybe scary) to get in front of a bully when it's happening, just talk to the person who is getting bullied, this brings confidence to that person. I don't mean to talk trash about the bully, but to say things like, "You still matter.", "It isn't true what they said.", and "Stand up for yourself." Just let them know that you cares.

Bullying and Human Rights.

I think bullying is awful, it makes people feel bad and makes people feel like they don't matter in this world when they really do. Bullying is this awful thing that needs to be stopped. Only us humans can make this go away and with the help of Human Rights we can do that. I think

bullying violates the Human Rights. I actually had this conversation with a classmate "Isn't bullying a way of speech and isn't free speech in the human rights?" Me, "I guess so, but that bully is taking the human rights away from the person getting bullied and that's not right." That's saying that a bully can take away a person's freedom of speech for standing up for themselves. It's saying that a bully can make someone feel really bad.

Bullying Essay

Bullying. It's everywhere. Few people ever stop it. Bullying is not okay and there are a lot of fuzzy lines surrounding it. Technically, what is bullying? What can bullies get away with? As long as lines are unclear and people cross them, hardworking, fair, kind people are getting hurt and abused. Bullying needs to stop, or this world will get a lot worse, very quickly.

Although most people have a general idea of what bullying is, do we really know what's going on? Bullying is when an individual or group of people have intentionally and repeatedly hurt or picked on defenseless people. Often times the bully knows what they are doing and chooses to continue anyway, but sometimes they are not completely aware of the effect that their actions have on people. Not many people are aware of the statistics that go along with bullying. One in every three people are bullied, and 30% of people admit to bullying. Also, 70% of people have witnessed bullying. As these numbers show, bullying is more than a problem. It is a huge issue that needs to be stopped.

One fourth grader that I know very well has been bullied. I'll call her Ruby. Many of my friends have been bullied, but her experience stands out to me. This verbal bullying happened daily on the bus. The bullies sat directly behind her and popped their heads over the seat. They said rude things to her, like "You're fat", "You're ugly", and "You're mean." They made some sexist comments about girls in general, and this really hurt her. That is something that really gets to me because it is a big issue, and when it

happens on a small scale no one comments on it. She would try, with no luck, to get them to stop by telling them to quit it and shut up. Eventually her mom called the principal and she talked to Ruby. They talked over strategies like ignoring the bullies and being VERY CLEAR about how they needed to stop. This worked after sometime, and they now leave her alone. Ruby is an amazing fourth grader who was bullied. She lost a lot of confidence, and was extremely rude to her sister because of the bullying. This impacted her greatly.

There are many, many things that can be done to prevent bullying. You can decide to step in when someone is being bullied, you can tell an adult, or you can tell a friend. But I think it works best to just not: Not start bullying, not join the bully, not be a bystander. There are other things that you and I can do to prevent bullying. One is to be a friend. If someone you don't know is being bullied, become a friend. It is always good to be friendly to everyone. If you talk things through with the bully, they might start to be nicer. These are all things that an everyday person can do to make the world better and eliminate bullying.

Bullying is much more, much worse than meets the eye. Don't cross those lines. Don't start. Although we might feel like we can't make a difference, we really do have the power to change things. Almost every time a bystander steps in the conflict stops within 10 seconds. It is so easy to be a bully. It's harder to do the right thing. But it does not take much to make someone feel good. It often just takes one word. Stop. You can do so much. So go make a difference.

Bullying Essay

bul·ly

/ˈboʊlə/

Seek to harm, intimidate, or coerce (someone perceived as vulnerable)

“ ...What? So you’re not bald under there? I thought your hair smelled so that’s why you wore it.” I was embarrassed as the boy walked away. Bullying is a huge problem in today’s society and it’s getting worse. There are many different ways to destroy someone’s self esteem, whether it be verbally, physically or even on the Internet. The question is, what’s bullying and how can we stop it?

As you can see, the definition for bullying is to seek to harm, intimidate or coerce, some perceived as vulnerable. Verbal abuse is the most common way of bullying. A lot of people think one measly insult isn’t going to hurt anyone, but it actually can. A single insult can lower someone’s self esteem. Long after that comment was made, the hurt remains. A person could be thinking about it for months, yet some people think it’s just for the fun of it.

According to the National Center for Educational Statistics, more than one out of every five (20.8%) students report being bullied. You might know someone who’s getting bullied or you might even be a victim yourself. Seeing that some people think that bullying isn’t serious, well when you have more than one out of every five students getting bullied, I think it is a problem. Some people think only repeated actions are considered bullying and one insult that makes the class erupt in laughter isn’t going to hurt anyone, but it is. That one joke can be

repeated over and over and turned into major bullying. So we really should all think before speaking because we never know if someone could get hurt by our words.

Even when I was growing up, I experienced bullying much like the story I mentioned before. I'm a very proud hijabi girl, let's get that straight, but when I was young I didn't like talking about my hijab that much because I really did think people were going to laugh at me. And sometimes they, and sometimes they made hurtful comments. For example, once in 1st grade a classmate claimed I was bald under there, so that why I wore my hijab. In fifth grade, others claimed it was a hood and would repeatedly say, "No hoods in school!" But by any means, they were very reckless with their words and when I tried speaking up, they would claim it was a joke and I should stop taking stuff so seriously. Many people related to this because they as well have been bullied because of their religion, culture, gender or even everyday interests. Even though it's a 'joke,' some people might have issues about it, so it shouldn't be a joke, and if it is, it should be funny, because no joke I've heard of has made someone cry.

In my opinion, there really is no solution to stop bullying completely, but there are ways to prevent it and help get it to a low percentage. First I think we should go more in depth about bullying for young children so they get the idea that bullying isn't a joke at a young age. You can even prevent bullying by standing up to someone who's a bully so they can learn a lesson. If you are being bullied, confront the bully. Remember you are the only person who knows the definition of your life, so don't let someone else change it. If the bullying gets too serious, consult a trusted adult, remember that you're helping your safety not 'snitching'. Lastly if you're witnessing bullying, you should stand up for the victim because you would never want to be in

that situation. If you think that won't make a difference, it will. If we all chip in, we could all help to eradicate bullying off the faces of this planet.

But the real question is, what is bullying? In my defense, I think bullying is someone taking an insult too far and not feeling guilty for what they say. Basically saying ignorant comments with no filter on your mouth. When we say these things, we just add more fuel to the fire. With limiting the things we say to everyone like jokes, interests and many other positive topics, we together as one could change the world. So next time you see the kid getting made fun of, stand up for them. Maybe you think you can't change the world from not bullying, but one difference can change the world in ways you can't imagine.



Human Rights Essay

We are not doing enough to stop bullying. Bullying is the repetitive and relentless badgering and intimidation of someone using an imbalance of power.

Bullying is a big problem in the United States, Just ask Claire Teitgen or Dylan Kings, who went through a tough time because of it. We should be doing much more about it.

The first student mentioned is Claire Tietgen. Claire was bullied in her school by students in her class. She was relentlessly verbally and physically bullied until she was very depressed and suicidal, and didn't feel safe at school. Fortunately, her parents noticed the signs and helped her recuperate by helping her open a yoga fitness club called E3, which helps her vent and helps others too. She is feeling better now. The second student mentioned is Dylan Kings. Dylan Kings is a student who used to go to Roseville Area Middle School. He was verbally bullied by classmates and to the point where he was horribly depressed. He told his parents and then they came to the conclusion that he should switch schools for a year and come back when he felt he was ready. He is at the other school now and is doing fine.

These stories prove my point even more. We are not doing enough to stop bullying. 70.6% of young people say they have seen bullying in their schools, here are a few solutions to fix that. The first idea is that we could have Weekly Anonymous Bullying Assessments, so students can easily and safely talk about

their bullying experience. This will make students feel safer and more protected and more cared for at school, and bystanders could safely report bullying. This could help stop bullying while improving self esteem. The second idea is a bullying support group led by student, parent, and teacher volunteers, to help students talk about their experiences and seek out help. This support group would help students gain self-esteem, and help them learn to stand up to bullies. The last idea is simple. Just involve kids. Encourage involvement so kids can do what they love and meet other kids with the same interests, and make friends with the same passions. This will help kids feel better about themselves and others around them.

Those are ways we can help bullying. Bullying is a huge problem in the United States, and we aren't doing enough to stop it, but now you've heard Claire and Dylan's stories, and solutions to the problem. So what will you do to help?

Have you ever been Bullied? How did other people help? Could they have done more? If we keep going down this path of rampant bullying, depression and suicide rates will be even higher. If we don't take action now, these things and much more will happen.

The Harmful Effects of Bullying

Statistics reveal that more than 3.2 million students are victims of bullying every year (DoSomething.org). In addition, sixty-seven percent of scholars believe that schools respond poorly to bullying; as a result of repetitional bullying, one out of every ten pupils drops out of school (DoSomething.org). These facts truly exhibit how many people are deeply affected by bullying. Bullying is when someone in a position of power purposefully harms another less authoritative person through mistreatment, physical harm, mental harm, intimidation, coercion, or abuse. It is a cruel, inhumane act that is a significant problem in our society. The damaging impacts of bullying are shown through research studies, celebrity stories, and personal examples. By addressing bullying, it will hopefully come to an end.

Several negative impacts of bullying have been identified by researchers (such as Hurley and Gordon) who have studied this topic. Some examples of the short term effects on victims and bullies include poor school performance, low self-esteem, and difficulty maintaining social relationships (Hurley). A few types of long term effects include spousal abuse, child abuse, and substance abuse (Hurley). Family, friends, teachers, employers, and anybody close to the victim or bully suffer from the effects of bullying too. Some of these impacts include being physically ill, having depression, and harboring stress-related conditions (Gordon).

Gabby Douglas, a celebrity known for her gymnastic skills, is an example of how bullying can affect a victim. After she came home as a gold medalist from the Olympics, Douglas expected social media to be thrilled at her accomplishments. Instead, cyberbullies commented about how she was unpatriotic, too muscular, and jealous of her teammates. These comments made Douglas lose part of her self-confidence and harbor hurt feelings.

I personally have been a victim of bullying too. At the beginning of my first grade year, I did not have any friends. I asked my classmates if they wanted to play with me, to talk to me, to sit next to me, or to do anything with me; I kept getting rejected or promised a fictional “tomorrow.” Eventually, I gave up. At the time, I did not realize I was being bullied. I thought I was a normal first grader. I believed I did not need any friends because I had my books and my family to keep me company.

Gabby Douglas and I both suffered from the negative effects of bullying; however, we both found ways to overcome them. In Douglas’ instance she decided to team up with Hack Harassment, an organization that works to reduce cyberbullying, and talked to young adults to give them more self-worth. In my experience, someone else helped me. My new teacher realized that I was lonely, and introduced me to a friendly group of girls. These girls taught me how much joy a simple friendship can bring to a person’s life.

Individuals like my teacher and organizations like Hack Harassment who take actions against bullying are called anti-bullies. Being an anti-bully is not limited to certain people; everyone can be an anti-bully. Like Douglas, you could join an organization to help yourself or others overcome the negative effects of bullying. Another way you could be an anti-bully is by letting everybody in your community know that you care and are there for them. Like my new friends, you could be an anti-bully by being friendly and by offering ways to get professional help to victims, bullies, and anybody involved. By making the simple choice to not be a bystander, you are already helping millions of people.

Bullying is when someone who has power chooses to harm another less dominant person. It is cruel, inhumane, and destructive. The effects of this act are visible through research studies, celebrity examples, and personal stories. Many individuals and organizations are setting great examples by being anti-bullies. They are giving opportunities to people like you and me to help

put an end to bullying. As Martin Luther King, Jr. once said about bullying, “Our lives begin to end the day we become silent about things that matter.” So, the important question is, are you going to be a bystander or an anti-bully?

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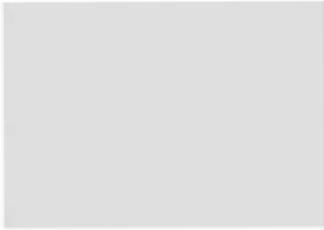
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Human Rights Essay

Thousands of kids and adults get bullied everyday, they fight with themselves and others constantly. Though this might sound scary, the thought that you could be one of these victims of bullying in a week or even a day is much scarier. Bullying is when someone intentionally hurts or harms someone using a power advantage and finds some kind of satisfaction in the victims pain. Bullying is never a good idea, it creates unsafe environments, lowers the self esteem of kids, teens, and even adults and has a negative effect on mental health. Many people have experienced bullying either themselves or know someone who has experienced bullying. Here's two stories of bullying, one of a normal high school student and the other about a well known olympic champion.

When my dad was in high school he moved schools a lot, so he experienced many situations where he was the new kid, and you know what that means in high school, teasing. There was one kid in particular at my dads 'permanent' high school who bullied my dad frequently. His name was Derron, and he was short but he hung out with big kids that he would often use for protection. Derron would call my dad names and make fun of him daily, and after Derron started doing it, so did all of his big, tough friends.

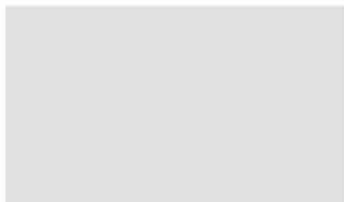
Most of these kinds of stories include a trusted adults, but my dad's story didn't. Don't get me wrong, he had loving and supportive parents who would have helped him through this in a heartbeat but my dad is really independent and stubborn he wasn't going to ask for help unless he really needed it. He never let the bullying get to him so he didn't really need anyone to talk to about it. One day Derron and his friend saw my dad in the library and they cornered him. They said their usual insults but there was something about this particular incident that really set my dad off, the bullying was constant and he was fed up with it. So he decided to stand up for himself. My dad threw down his books and stood tall against Derron, he firmly said to Derron and his friend, "Stay away from me.", before walking calmly out of the library. This showed the bullies how strong my dad was and they stopped bullying him. The next story is about a famous celebrity you may know, Gabby Douglas. Gabby Douglas is an amazing gymnast and is adored by many, but even these kind of people get bullied for no reason. During the National Anthem of the Olympics Gabby Douglas, (like many athletes have done), didn't put her hand over her heart. Online viewers and 'fans' saw this as a sign of disrespect. Cyberbullies pummeled her with hate that grew after they saw Gabby 'not supporting' her teammates at the Olympics. All this hate got to Gabby's head and soon seeing it made her depressed. Even though Gabby didn't do anything wrong, she still apologized for any things she may have done. After she apologized, Gabby decided she didn't do anything to deserve this constant sadness and she decided she had to forget about it and hold her head high in order to be truly happy. When she started doing this she forgot about the haters and focused on her supporters,

and overcame bullying. These kinds of situations happen to helpless and innocent people daily, and if we don't do something about it your siblings, your friends, and maybe even you could be the victim in one of these situations. It may be hard to do alone, but together we can defeat bullying. Here are some of my ideas for overcoming bullying as a community.

My first idea was to create some kind of 'kindness challenge' on the internet to help spread happiness. The challenge would be to do some act of kindness, like maybe complimenting a person or helping a shopper with their groceries, we could also include a hashtag like #spreadkindness. The person could share a photo or video of their act of kindness, this may inspire other to do nice things to others. These acts of kindness could make someone's day, create friendships, and maybe even save a life. Another good way to prevent bullying, especially in schools, would be to teach the severity and wrongness of bullying early on and make bullying a bigger and more serious topic in schools. I know some kids say they are getting bullied as a joke with their friends but they don't understand that it is a real problem that toys with people daily. Even though these kinds of comments are inconsiderate, we can't just blame them on the kids saying it, we can also blame the education they've had. They obviously haven't been taught that bullying is a really serious topic that is not to be messed around with, or else they wouldn't be joking around about it! If schools tried to make bullying a more important and more serious topic in schools kids would take bullying more seriously, kids would feel more comfortable talking with educated teachers about their experiences with bullying, and it would decrease the amount of bullies in schools. My final idea to try to

prevent bullying actually concerns the bystanders. I could create an app made for bystanders and witnesses to take an anonymous stand. The app would ask the witness what happened, who was there, and a place to put the email or phone number of a trusted adult the person had. The app would then email or text that adult what the bystander had said they saw. This app could help many kids get out of unsafe situations and help bystanders feel like they are helping and being heard without the bully knowing it was them.

I truly believe these ideas could lower the amount of people getting bullied and feeling down on themselves daily, they would also help spread kindness and joy. Bullying always leaves a negative impact on someone, whether it's the victim, the bully, or the bystander. Places with bullying are unsafe and have propel with low self esteem, hurt feelings and bodies, and mental health problems. Bullying is such a severe and significant topic, and if we don't come together to do something about bullying our whole world could turn into an unsafe environment being consumed by bullying. Bullying causes depression, bad body image, negative mental health, lower self esteem, and if those aren't serious enough, bullying can even lead to suicide. Did you know almost 7% of students commit suicide because of bullying? If we don't take a stand this number with just keep going up. That is why I, personally am asking you to join me, help me, fight with me, because I know I can't do it on my own, but if we all come together no bully can take us down.



Human Rights Essay

People get bullied all the time, and we need to work together to stop it. Bullying is continually mistreating, hurting or harming someone of lesser power. Bullying is bad and needs to be stopped because it can hurt people both mentally and physically. If everyone tried to help others and prevent bullying, everyone would feel better and act nicer. Many people get bullied, and some even share their stories, like these people.

Lots of teens and adults get cyberbullied, like in this article. Alexandra Penn and others got together and built a robot called NiceBot. NiceBot is a little blue robot who works on its own to post a nice comment every 60 seconds. People who have gotten these posts say nice things because it brightens their day from only one kind complement. But some people help eliminate bullying from experience, like Jeremy Lin. Lin was bullied because of his race. He was made fun of because he was the only Chinese-American in the NBA. But his coach, Kenny Blakeney, talked to Lin and told him to make the bullies empower him, not bring him down. Blakeney said that he was also bullied, but because he was black. Lin then went on to teach others not to be bullies and how to handle being bullied. But even though people get bullied, some of them don't take it to heart and just ignore it. Lots of people use it to build them up, and teach others about bullying, too!

If I could do something to prevent bullying, I would make a campaign or something similar to one to prevent bullying. It could either be online, or as a community-based thing that could spread to other community's. My campaign would result in people being and saying kind words to everyone. If they have something mean to say, they would keep it to themselves. The world, or at least community, would be a better place. Someone who has taken action against bullying is Alexandra Penn. She created NiceBot, a robot who sends kind tweets to others. The result of this action against bullying is that people can wake up seeing a complement, or just see it during a stressful day. Whichever one, it puts a smile on someone's face. Jeremy Lin is also someone who has tried to stop bullying. He started teaching young kids about bullying since his own experiences hurt him. Because he was bullied, Lin has empathy for others who experienced that too. He learned how to cope with bullying from his basketball coach, and has since passed that knowledge on to others.

If all these ideas come true and work effectively, the world would be a better place. Bullying is repeatedly hurting someone smaller or weaker to make yourself feel better. It is important for people to follow this advice because then bullying would be very rare. People would be happy and not be committing suicide because of this horrible act. This is why everyone should listen and take my advice to heart.

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Bullying in Pop Culture



Did you know that 51.1% of suicidal thoughts in middle to high school kids are caused by bullying? I define bullying as something someone does to hurt or make someone feel bad. Bullies in pop culture cause people to be less likely to stand up to real bullies because of the actions of their fictional victims. The following are some real stories of bullying.

Anyone can be a victim of bullying, for example olympic gold medalist Gabby Douglas. She caught flak from twitter users on two separate occasions. Once for looking "unsupportive" of her teammates and another time for being too muscular. Eventually it stopped but if she would have done something it would have stopped a lot faster. My good friend once posted a mean video about me. It revealed my real and screen name, information I didn't want public knowledge at the time. I told my parents who contacted theirs who made them take the video down, and grounded them. The whole problem was solved in about 24 hours. It is much more effective to report the problem, pop culture is discouraging this and making the problem even bigger.

The bullies in media affect how we see bullies and their victims whether we realize it or not. If we change their influence of these characters in specifically in TV shows and showed how to properly stand up to or report them bullies would be far less prevalent. Younger kids shows having just an episode focusing on bystanders and their role in bullying or teaching how to stand

up to/for someone would be a great way to help prevent bullying especially in younger years. This would shut down bullies in the early years of their life and discourage them from doing it later in their life. Thinking back to my childhood I always remember bullies being depicted as big hulking tough guys. If we took the power away from the bullies in the shows we could make it very unlikely for anyone to become a bully. If people never bullied we would have far less teen suicides and much happier people.

Because bullies fictional victims making them all powerful real bullies become all powerful. Pop culture makes people helpless against bullies because they are never stood up to. If we can stop the next generation from bullying, it will die out with us.

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Bullying in Sports and What You Can Do

One in three people is bullied in the United States. This means that most people have either experienced bullying firsthand or know someone who has been bullied. It happens every day in the world around us. Bullying is when someone uses their power or position to hurt or make fun of someone. It's not a fun experience. However, being a victim of bullying does not need to define you. You can rise up from the unfair treatment of bullying in order to make a difference in your life or in the lives of others.

Jeremy Lin is a professional basketball player who experienced bullying on a regular basis. When Lin was in middle school, high school, and even in the NBA now he was bullied because he is Taiwanese American, which is uncommon for a basketball player. Jeremy's bullies were his own teammates, saying racist comments or calling him names while on the court and in the locker room. When his coach heard about this, he told Lin that he could use the bullies to get better at basketball rather than allowing the other players' comments to get under his skin. He encouraged Lin to use the negativity as "motivation to become a better basketball player and a better human being" (Newsela.com, 2018). Instead of allowing the bullies to get to him, Lin worked harder to be a better player, which led to him being drafted into the NBA.

Gabby Douglas is a professional gymnast and has competed in a two Summer Olympics. In her first Olympics in 2012, people made comments online about her hair. During the 2016 Rio Olympics, despite performing well in her events, Douglas didn't place her hand over her heart at the medal ceremony for the team event. Later, during the individual all-around event, Douglas attended in the audience. Some people watching "found her expressions too sour for the occasion. The trolls worked fast, labeling her #CrabbyGabby on Twitter and declaring she was either too conceited or too jealous to properly support her teammates" (Newsela.com, 2018). So when Gabby logged on to her social media pages she was expecting comments like "well done" or "good job at the Olympics," but instead she saw hate comments and rude posts about her. After this happened, she apologized and partnered up with an anti-bullying organization called Hack Harassment to reduce bullying. Douglas didn't allow the bullies to define her, but instead, she rose above them, using the experience to help others.

As a seventh grader, I tried out for the school basketball team. I made A team and was so proud of myself. But some of the kids that didn't make A team started saying mean things like "you should be on the B team with us" or "you don't deserve to be on A." Even the kids on A were saying things or acting rudely. They didn't pass me the ball or cursed at me when I was chosen for their team in scrimmages. What made it worse is I was benched during games, with the more experienced players getting the majority of the playing time, which lowered my self-esteem so they got under my skin more. It was easy to feel defeated while being bullied. However, as I look to a new

season of basketball, I've worked harder at practicing, and I'm hoping to make the B team so I can get more time on the court and practice playing with the other players. It also helped me to see when other people are being bullied and to stand up for them. Rather than allow the bullying to force me to quit, I'm using it to work on becoming a better player and a better person.

You can make a difference in bullying every day. Donate to anti-bullying groups or organizations. If you are being bullied, tell a trusted adult or confront the bully directly. Also, don't be a bystander. You could ask the victim to come do something with you or tell the bully to stop. Finally, you could use the bullies to motivate you to work harder, build self-esteem, or make you stronger. Don't listen to them. Work to keep the bullies' words out of your head. Invading your thoughts is how they win. When thinking about taking action look at the pros, not the cons, because it's better to do what's right than allow others to do harm. With me, I was able to overcome the bullies just like Jeremy Lin did, and with Gabby Douglas, she was able to see what might have caused the bullying and then worked to prevent it happening to others. Working against bullies by standing up for others or by overcoming your own, will make the world a better place and can open new opportunities for you, act as motivation to work harder, and help create lasting friendships.


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Step up to Speak Out

160,000 kids skip school in fear of being bullied everyday. Bullying is when someone with more power continuously hurts someone with less power, physically, mentally, or online. Bullying can harm people everyday, and almost everyone has experienced it in some way. This is something that needs to be stopped, and there are action steps anyone can take to prevent it. You can find bullying everywhere and here are a couple examples.

One example of bullying is from an article about a cyberbully preventing robot developed by people who wanted to stop twitter cyberbullies. According to the article someone posts something mean on twitter every 60 seconds. In order to counteract against the cyberbullies, the robot, Nicebot sends something nice to someone every 36 seconds. This is a great example of bully prevention because someone found the problem and made a way to make it better.

My second bullying example is my own personal experience of bullying. In 3rd grade I was in a class that had 3rd and 4th graders in it. In that class there was a 4th grader who would tease me and push me around everyday, he would call me out and embarrass me. I never did anything about it because I was only a shy little 3rd grader and he was a big scary 4th grader, so I was too afraid to speak up. In this situation he had more power than me in every way possible, he was older, stronger, more confident, and he had more friends. This kept going on until finally a teacher saw him teasing me and made sure he stopped. This is an important example because it shows that if you see bullying you need to do something because the victim probably doesn't

think they can stop it themselves. In giving these examples there are also things you can do to prevent bullying.

One thing you yourself can do in order to help prevent bullying is to counterattack. This is something anyone can do, and all you would need to do is be open minded, and kind to people. If you know someone who might be getting bullied be nice to them so they can have a good part of their day. This is an easy step and something anyone can do. Another step would be to inform people about bullying. Teachers need to speak up and tell kids and adults how to speak up and get help when someone is being bullied, and know when there is bullying. This is an important step because often people don't know what counts as bullying or don't know they can do something to help. This is the last and most important step, taking action. Everyone needs to take action, no matter who you are there is something you can do. Students can take action by reporting bullying, parents need to check in on their kids to see if they or someone they know is being bullied, but most importantly teachers need to enforce anti bullying rules it isn't enough to have rules if they nothing gets done.

As you can see bullying happens in many different ways, but there are still things people can do to help. Bullying hurts people everyday, and anyone can help, but we need everyone to help to make a difference. I believe if everyone steps up to take action bullying can be stopped. If we continue to stand by and let someone else do something kids are going to continue to get hurt, and it's only going to get worse. So what are you going to do to step up?

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Let's Prevent Bullying

Stopbullying.gov says that "28% of U.S. students in grades 6-12 experienced bullying."

Bullying is when someone has more power than another person and is using it against that person. Bullying is also when you continue to hurt that person either physically or mentally. In this essay you will read about bullying with a focus more on cyberbullying. You will also read about how cyberbullying can affect people and what we can do to help stop it. In the next paragraph you will read how cyberbullying affects Gabby Douglas and my friend from 5th grade.

After Gabby Douglas won two gold medals at the Olympics in 2016, she went on to social media to see what people said. She was surprised to see that people were saying mean and hurtful things. People on the internet were questioning her patriotism. Saying that when she stood for the national anthem she didn't place her hand on her heart. Some people on Twitter said her expressions were too sour when she was watching her teammates during the times she sat out. Gabby Douglas decided to respond to her bullies by joining organizations like Hack Harassment that try to stop bullying.

A personal experience of mine was when I was in 5th grade one of my friends was cyberbullied. When this happened she did the right thing and told her mom and the school principal. Later she told me and some of my friends. How she was cyberbullied was through text by someone she had been best friends with, which made it so much harder for her. When she told

me she was really sad and upset. After the principal found out who the bully was she was suspended, and then grounded by her parents. Next you will read about the action steps other people have made. You can use these action steps to help yourself and or someone you know.

One action step you can take against bullying is always tell an adult if you or someone you know is being bullied. You can tell your parents or a teacher that you trust if you are being bullied. This way they can help you confront your bully and make sure they don't hurt anyone else. Another action step is you can join anti-bullying organizations, like Hack Harassment, which help spread bully awareness and help kids stand up against their bully. Hack Harassment has a number of spokespeople, like Gabby Douglas. One other action step some other people have taken is they made a robot on Twitter. This robot sends nice tweets to people on Twitter. This is one way to counteract cyberbullying by saying nice things instead of saying hurtful things. These steps are all good and have helped people in the past.

You have just read about some examples of bullying and some ways to stop and prevent them from happening. You are probably thinking, "How does this affect me? This isn't my problem?" But this is your problem. If bullying doesn't come to an end next it could be you or someone you know. According to bullyingstatistics.org, bullying causes half the suicides among young people. Don't let that happen to you or someone you know.

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Human Rights Essay

Approximately 160,000 teens skip school everyday because of bullying. Bullying is a way people take advantage to intimidate someone physically, mentally, or verbally to try to force him or her to do whatever one wants. Bullying is not something that should be ignored, it should be something everyone should stand up to. Everyone should be able to stand up to bullying because every single person matters. Those who do not take action, the victim who is being bullied becomes even more miserable to the point where it can lead them into suicidal thoughts and self-harm.

A personal story that I would like to share about bullying is about my dad. He felt like he was alone. He felt like no understood him. He felt pressure from everything in life. He felt that my grandma and grandpa was bullying him because he was not like his brothers. Grandma and Grandpa would always put him down. This led him to commit suicide. My family and I still don't know the reason why he did it but from what the police say, it may have been from mental illness. People tried to help him but he refused any of the help and a couple days later my grandma and uncle found his body.

Another story I would like to share is about my younger brother Wisdom. At the time he was just a little kindergartener and I was a first grade. He was being bullied by a fifth grader at the time and I remember how I was getting off the bus before him, and I went inside the house. I first went to put my school stuff away and went back outside to check on him to see if he was off the bus yet and came out to see him crying because the fifth grade had spat at him. My aunt and mom got involved after hearing about this

event that had happened and they told the principal about this event. After the event that happened, the fifth grader had a couple of talks with the principal, and he apologized to my younger brother and became friends with him. To prevent events like this from happening we should take action, talk about it, and build a safe community.

We must try to take action because the bully will take advantage of the person to make them feel emotionally worst. Try talking about it because victims being bullied have a chance to speak about bullying but choose to say nothing. Talking about it will prevent any further bullying and give victims a chance to speak up and get help. Building a safe community will help people become more close to each other, reassuring people that they are in a safe community and don't have to worry about bullying. This may lower the risk of bullying. Whether or not if you think bullying is important, bullying is something we need to focus on.

Bullying can be a way anyone intimidates someone mentally, verbally, or physically to try to force him or her to do whatever one wants. Imagine if you or someone important to you was being bullied? What would you do? Taking action in bullying will help people who are being bullied live a happier life. If we don't take action our future may continue to be the same with bullying and keep passing onto the next generations.

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Bullying and Its Effects on us Kids

Bullying is its main problem in the world

Bullying is when a person who is physically stronger or mentally hurts someone who is weaker than they are. There are a lot of stories to tell us about it. There are people trying to stop bullying but we need more people to help stop it. We need to make more people aware and wanting to help prevent bullying.

Now today we will be discussing bullying and sharing people's bullying stories.

This first story is about Claire Tietgen, she was a bully victim. The people who bullied her would push her to the ground, beat her up, and even send death threats. When her parents found out they decided to do something. So they started a program called E3. It has Jiu-Jitsu and Kolbe Y Assessment that helps kids with school. Ever since Claire's parents started the program it has helped her a lot. This next story is about twitter and how it mostly effects kids and teens. On twitter there are a lot of mean people out there, so a group of people decided to do something about it. Alexandra Penn helped build the NiceBot. The NiceBot is a robot that sends nice tweets on twitter. It's supposed to help prevent cyberbullying. When Sameer Hinduja found out about the NiceBot he was proud that they were trying. Hinduja helps runs a program to prevent bullying. Twitter is

slowly getting better. As you can tell from these stories there are people trying to help prevent bullying but not enough. Now i have a few ideas on how we can prevent it.

In the first story their first step in helping their daughter was they had to realize, and once they did they did something. They started a program not just for their daughter but for other kids that have been bullied as well. This is a great start to helping prevent bullying but we need more. So the first step got me thinking that yes if we start more programs it would help the kids how have been bullied but what about the bullies.

Bullies usually have been bullied and most of the time it's because of the adults. What I'm thinking about is neglect and child abuse. According to Russell Hykens article *How Bully Parents Erode Kids Self-Esteem and Create Long-Lasting Damage* " Many adults believe that bullies only exists at school. Unfortunately, this isn't always the case. Many kids return home to face humiliation and behavioral manipulation from their parents."

(Paragraph 1) If you sit back and watch a main character's bully. Usually their parents show some sort of neglect toward their child. That is not healthy for a child to grow up in that type of environment, and it's not good for children's mental health. Adults play a key role in a child's life and how they act at school. To prevent bullying we should not only teach the children but the adults as well. If we can encourage people to change how they act toward their children we can change the outcome of our children's future. Plus all the generations after us. Thinking about what I said earlier we can change the future for the children. Not only just for the children but for the world and one day we may all live in a peaceful world.

Right now there are people working really hard to stop bullying and now i ask you to help us create better future. If we do this our future will slowly progress and we will get better. Soon the world will stop and we will be more at peace. And I know that it will be a long and hard process but if we all work hard enough mabey twenty plus years from now it won't be like it is now and our children will be able to live without fear.

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Bullies Need to be Stopped

How would you define bullying? Would you define it as physical, mental or cyber? Or maybe you would define it as all 3. Bullying is when a person who has more "power" is mentally or physically abusing someone on purpose. Bullying can happen in many different forms and can have some serious consequences, but you can help stop bullying by taking one of many action steps. Now that you know what bullying is let's see some examples.

Gabby Douglas (an Olympic gold medalist) logged onto Twitter and other social media after earning a gold medal expecting to be praised and complimented, but instead, she found herself being criticized and attacked by people for not showing patriotism and "not supporting" her teammates. She thought it would eventually blow over but it didn't and it started to affect her, which is when she started to take action against it. A more personal story about bullying is when my best friend Taylor was bullied by a girl named Cortaiga. Cortaiga always picked on and teased Taylor but one day she took it to far and threatened to kill Taylor which is when Taylor went to an adult. Now that we've seen some examples of bullying let finds some ways to stop it.

One action that can be taken against bullying is stricter punishments for the bully. The teachers and the school have so much power over the bully and need to be

harsher in what happens when students bully other students. This would work because the bullies would see that what they're doing is actually wrong and that they won't get away with it with just a talking to and the punishment will actually affect them. Another action step that can be taken against bullying is listening to the kids being bullied. Many adults don't take what the student is saying seriously and brush it off as kids being kids or nothing at all. But if you actually listen to what the kids are saying then many bullies could be stopped much sooner than when the bullying starts having big effects on the victim. My final idea to stop bullying is making it so students can report bullying anonymously. The teachers could make a form or a QR code that students can fill out that say what happened and who was involved. The result might end in more people reporting bullying because they don't need to be worried about the bully going after them for standing up for the victim. It could also lessen the anxiety about talking face to face with someone about the incident.

One bullying incident that went too far is when 12 years old, Mallory Grossman committed suicide because of bullying. Mallory was a bright 12-year old who was on most days was happy, but things started getting bad when a group of sixth-grade girls started bullying her at school and through social media. They were saying things like "You're a loser." and "Why don't you go kill yourself?". This took a toll on young Mallory, her grades started dropping, she stopped wanting to go to school and she stopped being happy. She told her parents and her parents reached out to the school and the other girls' parents. The girls' parents said that it was just a joke and that they were just

having fun and the school turned a blind eye. When nothing happened and the bullying continued Mallory committed suicide.

As I mentioned before bullying happens in many different forms and has serious consequences when nothing is done about it. Bullying may come in many different forms and happen a lot but there are many actions steps to be taken against it. Now that you've read about what bullying is and what you can do to stop it, what are you gonna do about it?



Bullying

In the last 30 days 129 students reported being bullied for their race, religion, gender, disabilities, and their physical appearance. Bullying is harassment in every shape or form, where the individual(s) with more power harm the target mentally or physically. Bullying is a problem that exists all around the world that causes the target's self esteem to drop, by that his daily life, grades, and relationships are affected negatively. Targets usually respond to that by succeeding because of the dramatic drop of self esteem, or advocating to a trusted person that they can rely on. Next paragraph will contain experiences of bullying taken from articles and my own experience.

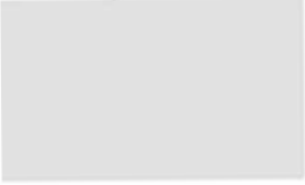
Claire Tietgen is a 15 years old teen that lives in OVERLAND PARK, Kansas. She was bullied for her physical appearance, she was knocked down and beaten because of the shoes she was wearing, a male classmate punched her in the eye and got her head banged against the wall, she even received death threats. Her family, the Tietgens, recognised her mental issues leading to suicide when they found carvings in Claire's bathroom that read "I want to die". When I was in 1st grade I was playing with my friends at recess time minding my own business, a group of 2nd graders approached me and someone said "What did you just call me?", I was confused, I didn't talk to him before, I didn't know him. He reached out with his hand and grabbed my arm, he twisted it and then bent it the way that it wasn't supposed to bend, he left me, then and i stood

there crying, everyone just looking at me. In the next paragraph, the steps targets that I read about will be mentioned.

Claire's family, Charlie and Dennis Tietgen, had noticed the early signs of suicide, they decided to offer Claire a job in the new E3 boxing center that they would be opening soon. The name E3 came from the words Claire always heard the words from Charlie and Dennis which were: embrace, empower, encourage. Giving her a position in the E3 boxing center helped her find a new passion in life which was being the manager. "I boss him around all day long" said Claire, pointing to her father, Charley. Claire also started a YouTube channel with the name of (Bullied But Not Broken). Her channel contains series where she interviews famous celebrities to hear about their experiences with bullying. She knows that every famous celebrity had obstacles that made stronger, and bullying in any shape or form was one of those obstacles. Claire also felt a relief talking about her experience with bullying. Mohsin Waraich is a muslim that attends a high school in Chicago. One day while he was scrolling on Facebook he saw an anti-muslim post that his basketball teammate posted, he responded to that by educating his teammate more about islam. Mohsin also gave 2 speeches about islam on MLK jr day at his high school. Claire was about to suicide because of bullying, that's a reaction to bullying because of the self esteem's dramatic drop.

The target will always react to bullying, either by advocating, or by suiciding, because suicide results because of the temporary feeling of not willing to live for something anymore. Bullying can't be stopped when it first appears but you can prevent it by spotting it early and taking the

correct actions. The teenager's mind is going through puberty and is in the middle of developing, so it will not make the best decisions in situations like bullying. Your action might end up making the situation worse, so I advise that you go tell a trusted adult about your problem and they will take the right actions. The importance of this whole essay is to educate people about bullying that's happening all around the world, what might happen if you do not report being bullied? Both side will be affected, the bully will take his abuse for people to a whole new level, he might rob stores like he use to take the other kids' lunch money. The bullied person might suffer from mental issues like depression and trust issues, and he might get affected physically because of the abuse.



What we have to do

Bullying. The problem every person has to face eventually. But what is the definition of a bully in today's world? To me, bullying today means hurting someone because they are different. Because the target might be older, or younger, or smaller, or because they have a different ethnic background; these are all causes to be bullied. But whatever the reason why the bully chooses to bully for, someone could be bullied because they are different. But not everyone is being bullied. There are bystanders who stand and do not do anything. We have to remember that seeing the problem, is different from being in the problem. Just because your bystanding, doesn't mean you can just walk away. We need to help people stand up, and have the courage to say "This is wrong" To learn more about bullying, and what we have to do, we have to look at how other people were bullied and what they did about it.

I'll start by sharing about how teachers in Chicago are helping students stand up to bullies. Muslim students in Chicago schools are getting compared to muslim leaders who have intentionally hurt people. The insults are reaching personal levels, so the schools teachers were willing to step in. The teachers taught students to have something smart to say when they are being bullied. Now when the students are bullied, they take time to explain what Islam is and how they are different than those who follow the ISIS.

The next is a personal example from when I was in 6th grade. I wasn't the one being bullied but I saw it happen and I was to scared to do anything. We were in an art room and I was walking past a big box of yarn. While I was walking past I heard some boys (who were by the box of yarn) talking about what they wanted to make with the yarn. One boy said " What if we make a noose out of it and hang Maddie. Maddie was a small, african american girl, who was different. The boy saying the comment was

white. This comment he made was not only considered bullying, but racist. I heard the comment, but did nothing. I was too scared to step in and say anything in front of the bully. So I did the next best step. I went and told a teacher what I had overheard. The teacher was grateful I told her, but wished that I stepped in and stood up for my friend. Remembering her advice whenever I see a friend, or someone that I know, I make a point to step in and confront the bully straight on. This is something I wish more people would do. This is one option of many, and I have more ideas on what could be done to help the growing problem of bullying.

In the article "Chicago schools are helping Muslim Students stand up to bullies" school leaders were talking with those who have been bullied. I think this is a great idea, but should include bystanders who see bullying and want to know what to do. Most of my classmates agree that teachers and/or other adults don't do much when it comes to bullying. I think we should have a meeting with the targets, the adults, and the bystanders. The meeting's purpose is to let the targets talk about what they think needs to happen and they would like to see happen from the adults and bystanders. The adults and bystanders would listen, and by the end of the meeting, all sides should agree on an action plan. The action plan should be put into action within the next week. This is a plan to help stop long term bullying. If you want to do something right away, speak up. People listen to someone who is getting hurt. Especially those who have been bullied. If you can get enough people or friends to help you, they can support in lots of different ways and get the attention of someone with power. These friends, or supporters, will help you in different ways depending on the situation. Another step you take; go talk to someone who has power over the bully. If he/she attempts to bully you again, go to the person with power. Show them that you are not afraid, and that you won't deal with this anymore.

These are all great steps but take time to complete. We have to remember that bullying is happening now and people are being bullied now. Those who are being bullied need help from us. We

can't ignore them and we need to start taking more action steps to stop bullying. We have to remember to stand up as a bystander when we see bullying and have the courage to say "This is wrong".

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Bullying is unacceptable

According to *dosomething.org*, about 160,000 teens skip school every day because of bullying. Bullying is hurting or abusing other people verbally or physically repeatedly on purpose. Bullying is unacceptable because people are getting hurt which could lead to many worse things. In the next paragraph, I will give some examples of bullying.

Jeremy Lin is a basketball player who plays for the Atlanta Hawks who was a target of bullying. He got bullied by opposing team members because of his race. They made fun of him saying “go back to china” and other mean things. His coach was a trusted adult who told him that they were not telling the truth about him and encouraged Jeremy that they were wrong. Jeremy wants people to stand up to bullying and talk to other people about their experiences of bullying in order to seek resolution. Gabby Douglas is an Olympic Gymnast who got bullied as well. She was bullied by anonymous people online who were making threats, using the hashtag #CrabbyGabby, and focusing on what they believed were negative qualities about her. She teamed with a group called Hack Harassment who are trying to reduce online bullying. She has taken action by going to different schools to talk about self-worth and the prevention of bullying. In the next paragraph, I will talk about the prevention of bullying.

To address bullying, people need to be willing to consider the struggles of other human beings. Students, staff, family members, and those in the community could all come together and talk about personal experiences with bullying and how to decrease violence and abuse. By having conversations about bullying and discussing possible solutions, bullying should be reduced. Another action step as a school would be to practice honesty. In Social Studies or Star classes, students could get in a discussion circle and share honestly with others. The result would be combining the honest thoughts of everyone in the school. The last action step could be to practice respect and kindness. Kids can help others who need help and are struggling. Think before you say or do anything asking yourself, "Is what I'm about to say right now kind and respectful?" If not, refrain from speaking. Don't take it out on other people. The result would be an increase of respect, kindness, honesty, and safety.

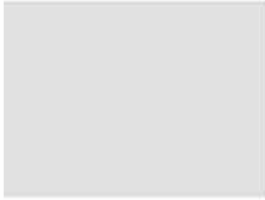
Who doesn't want respect, kindness, honesty, and safety? People getting hurt is unacceptable and bullying is in fact hurting others. As people of the world, if we can't stand together and be kind every day, bullying will get worse. Many people will not feel safe and hurt themselves. Bullying is terrible and as a community, we need to fix this worldwide problem.

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Preventing Bullying Through Education

Bullying is a chronic problem, especially among students, and it has many negative effects. The problem is, the bully seldom realizes that their actions are considered bullying. Bullying is when a person uses their power to repeatedly harm another person physically, mentally, socially, or emotionally, and on purpose. Since students often don't know that they are bullying, we can effectively prevent it through education, specifically focusing on the effects of bullying and experiences of it. In the next paragraph, I will explain several examples of bullying that I and others have experienced or witnessed.

My first example of bullying was experienced by Olympic gymnast Gabby Douglas. Expecting to find praise online after her amazing performance on the uneven bars, Douglas went online, only to find she had become a victim of cyberbullying. The cyberbullies seemed to tease Douglas about the most insignificant things, from her not placing her hand over her heart during the national anthem, to her expressions being "too sour" while her teammates were competing. Douglas experienced several negative effects of bullying, including being hurt emotionally and socially, having more pressure on her while she was competing, and loss of self-esteem, so she spoke to her teammates and the press. She discovered that several of her teammates had also been victims of cyberbullying. Although the cyberbullying has had a very negative effect on Douglas, she has been able to rebuild her confidence and start speaking out against bullying. My second example of bullying is something that I witnessed when I was in elementary school. I have changed names in order to protect the privacy of those involved in the bullying. Sam, a boy who was small for his age, was often being bullied at school during recess because of his size. Four students, all who were bigger than Sam, would often punch, kick or throw Sam to the ground while saying mean things to him about his size. They seemed to think it was funny, and assumed Sam thought so too,

even though I could tell that Sam was being hurt. After witnessing this for a few days, I told my mom about it, and she encouraged me to email my teacher. My teacher replied the next day, thanking me for telling her, and promising to talk to the bullies about their behavior. The next day, I noticed that the bullying had significantly decreased, although it had not gone away completely. In the next paragraph, I will share something I have found to be true about bullying.

Before I explain my ideas about bullying prevention, I would like to first elaborate on a previously stated truth I have noticed about bullying. The truth is that, in most situations, the bully, victim, and bystanders do not realize that bullying is occurring. The bully may think that they are just joking around, and that the victim thinks it is funny, too. They don't fully realize how harmful their actions are. Since the bully acts as though the bullying is "no big deal", the victim and bystander start to believe it is okay to be treated in a hurtful way; that they are just being too sensitive or making it seem like a bigger deal than it is. This makes it almost impossible for the victim to stand up for themselves, and the bystander to stand up for the victim. It is not enough to try to prevent bullying by simply explaining to students what bullying is, or by telling them to not be a bully. We must give students the skills to be able to recognize when bullying occurs, and let them know that it has very harmful effects, including physical pain, social isolation, depression, stress, and anxiety, in order to prevent students from becoming bullies. In the next paragraph, I will share some specific ideas on how to combat bullying.

One idea for bullying prevention involves school leaders, the victims of bullying, and all other students. In this action step, teachers observe which students or which groups of students have been targets of bullying. Then, they talk to all students about the bullying, why it is wrong, and what effects it has on the victim. The teachers also give the victims ideas of ways to stand up to bullying. I read about this idea in an article about Chicago school officials who were helping Muslim students combat bullying. In this Chicago school, students learned why it is not okay to bully someone because they are Muslim, teachers were able to help victims stand up for themselves, and the bullying decreased overall. The

second idea I have for how to combat bullying was inspired by a news article I read about Gabby Douglas. In this action step, social media users and news organizations will post messages and articles about what bullying is, its effects, and real life experiences of bullying. This step will affect everyone who uses social media and/or reads news articles. Because of this, many people will learn how to recognize bullying behaviors in both themselves and others, how to stop and encourage others to stop bullying, and how to stand up and speak out against bullying. The third idea I have for how to prevent bullying is by creating a bullying prevention curriculum that teachers are required to use to educate all students about bullying. The curriculum specifically focuses on examples and effects of bullying. This action step is intended to not only educate students on what bullying is, but to also teach them what classifies as bullying, and to provide several effects of bullying. This would cause students to think about their own actions, and to ask themselves if their behaviors are considered bullying. Students will also learn how awful bullying is for the victim, and why is it never okay. Through this action step, we will empower students to stop bullying.

Because we know that students often do not realize that they are bullying, we can educate students about real experiences and effects of bullying in order to effectively prevent it. It is very important to include the effects and examples of bullying when educating students because it is necessary to not only ensure that students know what bullying is, but to also make sure that students recognize when their actions are considered bullying, and that their behaviors need to stop. If these steps are followed, I believe that all bullies will realize that their behavior is wrong, hurtful, and unkind, which will inspire all students to not be a bully.

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Help End Bullying

Approximately 2,000 teenagers die of bully related suicide each year. Let me rephrase that, 2,000 young people kill themselves each year because they can no longer cope with being bullied every single day. Bullying is intentional destructive physical contact, words, or actions to cause another person pain or discomfort. Bullying is an immense problem in today's society. One in every three teenagers admit to being bullied and 63% of them never reported it. However, the bullying stops within ten seconds more than half of the time when a bystander steps in. Bullying happens to so many people and everyone has a role to play to help end it.

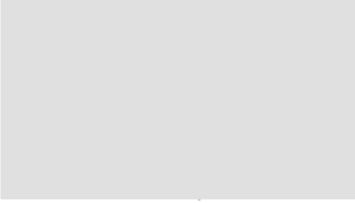
In some instances people can experience multiple forms of bullying. Claire Tiegen was bullied for a long time by her classmates at school. She was beaten up and pushed to the ground. She received multiple anonymous death threats. Claire started to believe what her bullies were saying; she didn't want to live anymore and life started to feel unbearable. Luckily her parents found out what their daughter was going through and they helped her get out of the darkness that she had been living in. I have a close friend, we'll call her Mara. She was bullied really badly at school by a group of guys and girls. They told her that she was ugly and stupid. They made fun of her for liking girls; one of them even publicly 'outed' her to the whole school. Mara felt helpless, she felt like no

one cared about her and she started self harming. She set a date and started to plan the day that would be her last. Her parents found her sobbing and shaking in the bathroom at 3 A.M. The truth came out of Mara and her parents stayed right next to her as she slowly but steadily got better and climbed out of the prison that she'd been living in.

Research shows that bullying can be prevented and stopped by bystanders having the courage to speak up and help the victim. Eradicating bullying entirely is a daunting task that will take work and commitment by all. Education is a crucial key to the solution. Children need to be educated in recognizing bullying and understand how to assist or prevent bullying. School should play a primary education role and families should be educated in how to support their students. Sometimes when bullying is happening bystanders and even the prosecutors might not realize what constitutes bullying. Education can put a stop to that and everyone would be aware of what is really happening. Another idea on how to prevent bullying is to teach students that when they are a bystander they need to speak up. Students could participate in skits to show how to stand up to a bully or check in with the victim when they find themselves in that situation. The students could create the skits in groups and present to their class. There could be rewards for students who stand up for others. The result of this would be positive reinforcement for bystanders who learn how their actions can directly influence a situation by helping the victim and putting a stop to bullying. One last idea on how to prevent bullying is to give students more opportunities for connection. Having a sense of community in a school can lower bullying incidents and help healing for targeted students. In the classroom teachers can start by creating a safe space for students to feel

heard. The teachers could lead team bonding activities and reward students when they work together and create a good supportive environment. This can help targeted students feel like they matter and feel connected to each other. Everyone feels more confident with friends beside them to light the way.

Bullying is a big problem in every school. If students feel connected to each other and have friends, it is easier for them to ignore the bully's words. Bystanders intervening in a situation can make all the difference and educating our youth early can change the course of the present situation. It's sad that bullying is so common in today's society, but when we stand together we can defeat it for good. Why is it so important to stand up and end bullying? Bullying can have a serious effect on the mental health and well-being of young people who are bullied, those *who* bully, and bystanders, both now and later in life. So I ask you, what will it take for you to stand up for someone else? Only when we work together will we be able to end bullying.



Bullying is Not Okay

Bullying is not okay, no matter what the situation is. In this essay, you will learn about different people getting bullied and how they react to getting bullied. Bullying is when someone who is stronger or has more power, abuses or mistreats someone vulnerable, or weak. Bullying can happen in places like school or recess, we can help stop bullying by forming anti-bullying groups, or informing adults about the bullying right away. If you have been bullied, you aren't alone. In the next paragraph, read about people, like you, who have been bullied too.

Gabby Douglas was bullied online, along with her colleagues Bites (19), Raisman (22), and Kocian (19). The bullies took issue with minor things like expressions, hair, patriotism, and muscular builds. Douglas logged off for a while before the Olympics, so she wouldn't become distracted. She also joined an anti-bullying group called Hack Harassment. Another girl, Claire Tietgan was bullied at school for minor things as well, like the shoes she was wearing. She was punched in the eye by a male student, had her head banged against a wall, and even received death threats. She attempted to kill herself more than once because of the bullying. When her parents found out about the suicide attempts, they were motivated to start E3 Sports Facility. Claire has a YouTube channel where she

meets celebrities who have a similar story to herself. In the next paragraph, learn about ways to help stop bullying through action.

If you are getting bullied, one way you can take action is by forming or joining an anti-bullying club. You can talk about how you feel, and how to stand up to the bullies. It helps you know you aren't alone and that you can make it through the bullying. Another thing you can do is join a physical exercise group that focuses on helping you be a better and stronger person. The exercise helps you feel happier because of hormones that are released in your brain. The exercise facility should help you feel good about yourself, and not drag you down. One more thing you can do it straight up tell the person that what they're doing is wrong and not okay. This might startle them a bit if they aren't used to being stood up against. It might even startle them into stopping bullying. Soon after that, you should tell a trusted adult that you are getting bullied.

As mentioned before, bullying can and needs to be stopped. Bullying can occur everywhere, including school and online. Forming or joining anti-bullying groups, exercising, or informing adults about bullying. If you don't stand up against bullying, there is a chance of getting bullied for a long time into the future. If you figure out ways to stand up to the bullying, you are less likely to be bullied into the future.

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Human rights essay

Did you know that 54% of people under 20 have been bullied at some point in their life?

In my opinion bullying is a form of torture that can worsen over time if not dealt with. Most people think of physical bullying (kicking, punching, slapping, etc.) right away but there are in fact many forms of bullying like, cyber bullying (bullying on the internet) and verbal bullying (using words to hurt someone).

Human rights are simply rights that are given to all humans to keep everything equal. There are 30 rights and they apply to everyone.

I found a story online about a boy that was born really early and because of that he was fed oxygen through a tube for a month. But what they didn't know is that it would stain his teeth a yellow/orange color. Because of the color of Peyton's teeth he was bullied a lot at school. Later the bullying branched out into his glasses and height. That the age of 12 Peyton had his first suicidal thoughts, they took Peyton to the ER but sadly they wouldn't help him. The next year Peyton switched schools, however he was still getting bullied. After a month after a month Peyton told his mom and principal about what was happening at school. The principal's idea? Just ignore them. When they got home Peyton's mom asked why he hadn't told her, his only response was "can you fix this". Peyton then went to his room, 20 minutes later his mom went up to check on him. That's where she found that Peyton had hung himself from the ceiling fan, with no warnings and no note. After a panicked 911 call and 25 minutes of CPR by paramedics, he was rushed to the hospital, where he was pronounced dead at 8:30 that night. A few long weeks passed after that, the mom

did talk to one of the bullies and he responded with "not surprised, that boy was a freak!". After Peyton's mom's experience, she created a Facebook page to share Peyton's story and inform others about bullying. Her goal? Spread a little kindness.

My feelings about this are very strong. I just can't believe that someone could be that cruel and cold hearted. It was just so heartbreaking. Those boys did a horrible thing and didn't even feel bad about it at all. I wish that one of the kids that saw this happening stuck up for Peyton.

Some things we can do to prevent bullying are, keep negative thoughts to yourself, understand what bullying is and how it hurts people, encourage people to do what they love, and lastly treat others with kindness and respect.

Human Rights Essay

Did you know about 49% of kids grades 4 - 12 have reported getting bullied , that's almost half!!! Bullying is not ok!!!!!! Bullying has such a big impact on those around you and can change somebody's life. Bullying is typically done by people who feel badly about themselves and is very hurtful to the person being bullied. If you are being bullied report it. If you see someone being bullied stand up for them and let a trusted adult. Did you know bullying is violating someone's human rights. We need human rights to protect our rights as citizens everyone should be treated equal and be the given the same chance no matter your skin color religion or traditions.

I heard of a story one time a young girl in middle school being bullied so bad she had to move schools three times. She got bullied online in school and just about everywhere she went just because of the size / shape of her body.

I was not a part of the story I read it online and the second I heard this story made me very sad and upset that people just get bullied because of the way they look believe or of the way they speak. I again was not a part of this and read it online. If I would've been there I for sure would've stood up for her. I know sometimes it can be hard to stand up for people but just think what they're going through.

Somethings you can do to stop or prevent bullying is tell a trusted adult and this will help because they know what to do in these kind of situations. Another thing you can do is it hard sometimes but you can always stand up for others if you see someone getting bullied. Another thing is never be a bully yourself it hurts people and sometimes I can even lead to more serious things

Bullying violates others human rights. No one should ever feel as though they are less than somebody else.

You are Not Ugly

Middle School is one of the hardest times of life for many people. Getting bullied does not make it any better. In my mind, bullying is when a person uses any sort of power over another to harm them repeatedly, mentally or physically. Often, the bully does this because of insecurities they have about themselves. Sometimes, people bully because they believe putting another down will bring them up or make them feel better. There is never a positive outcome. The bully most often gets punished, feels guilty or causes lasting damage. They always make things worse for themselves or others.

Human Rights are rights that every human is born with. We need them to help create a better world. They give us an idea of how every person deserves to live. The most universal list of human rights was created by the UN (United Nations) in 1948, following the horrific events of the World Wars. It is called the Universal Declaration of Human Rights. (UDHR)

Here is my reasoning for the argument that bullying denies us basic human rights:

Though I have been fortunate enough to never have experienced a major bullying event firsthand, I have heard plenty of saddening stories. Here's one from noplac4hate.org: (in my own words)

Ceyanne was bullied since second grade. When she was 3 years old, her aunt brought a dog home. One day, it attacked her out of nowhere. She had started to heal before school began, but still had visible scars on her forehead and cheeks. A couple of months in, people started to call her names like "scarface" and "ugly". Even worse, because she was Native American, kids told her things like "Go back to the reservation where you belong!"

It continued on like this throughout elementary school. She never told anyone. She thought nobody understood. In junior high, things weren't terrible for her, but she started to lose self confidence. She would see who she thought were the pretty girls at her school, and then think about herself, the unnoticed, scar-faced one. Still, she told no one. When people told her she would be prettier if she didn't have scars, she would try very hard to brush it off, but she'd just end up crying. All they would say was, "I'm just saying!" in response.

When she just couldn't take it anymore, she told everything to her grandfather, who was a Christian pastor. He told Ceyanne that she was the most beautiful girl he had ever seen. He said that God loves everyone the same and that everything would be just fine for her. She now knows that beauty is more than just how your face looks. She is still self conscious at times, but says "I have way too much self respect to listen to what other people say about my appearance." She encourages us to let someone know about what we are going through. She knows how many people experience bullying every day. She ends her entry "Reach out, talk to someone, and everything will be okay. I PINKY promise. Stay beautiful. Love, Ceyanne."

Ceyanne was strong during this difficult time. Her story ended well, but not all do. Here are some of my thoughts on her experience:

What the name-callers said and did was very unnecessary and hurtful. Those kids should have shown more maturity and compassion. They may have felt threatened by her differences or even jealous of some of her qualities. Kids at this time are changing their friends, interests, minds, and forming strong opinions (take it from me). They probably saw Ceyanne as someone to take it out on. I admire that Ceyanne decided not to seek revenge on the bullies and did her

best to ignore them, but she most likely could've saved herself some pain if she only told someone sooner.

If I was her, I would feel disappointed that kids were that mean. I would be very hurt and possibly sad about my identity. I wonder if Ceyanne was mad at the dog that had attacked her, giving her the scars. I believe that her grandfather did the right thing in talking to her. Ceyanne did not deserve this. No one does.

We need to do something to address this problem, only growing with the introduction of social media and cyberbullying.

One way to fight this problem is to introduce Zero-tolerance policies, like here at RAMS. This strategy lets bullies know the consequences of their actions.

Another plan is spreading awareness to all and availing resources to victims, like the policies used at our school. This allows bullies to rethink their actions, and helps to prevent future bullying. Giving resources to victims can help stop existing issues and reduce negative impacts on the physical and mental health of the bullied person.

The last tactic I think would be effective would be to increase the visibility of teachers and other staff members during school hours.

Everyone deserves to be happy. Everyone deserves to feel safe. These are simple human rights, and bullying threatens them. I strongly believe that if more schools adopt policies similar to RAMS, bullying will sharply decrease, allowing a better, happier education for everyone.

Right stealers.

Right stealers, usually known as bullies, are the antagonists of the story. Whether there the hurdle we have to get past, or the strait up villain.

They are usually described as big, sweaty Jocks that would rather cream your face in dodgeball, than anyone else's. Or as popular Girly-Girls that rag on your outfit because they have nothing better to do. Really they can be anyone, even YOU can be be a bully whether you know or not, and that means that bullying can impact anyone. I myself has been affected by the terrible shackles of bullying, but before I tell you my story, i'm going to tell you exactly what bullying is so that we are on the same page.

Bullying, is a continuous circle of harassment, whether it's physical, mental, or cyber bullying. The cause of bullying can very though. People can bully because of past or present events involving children or adults, because they feel like they have to take their anger or sadness out on you. Because they feel like that's the only way they're able to stay in a group of popular people or friends. Because they think it's fun, or because they are annoyed with you or they think they are above you. But it doesn't matter because it's not right! Anyway people

don't... Whats that? You want to hear my bullying experience? Well I did say I would tell you. Okay, let's get these papers together. Do do do, alright! Ahem, When I was in elementary school I just wanted to make friends, because of this fact people found it very easy to bully me. Some people even took advantage of me. There were two specific 5th graders whose names I will not say, they rode on my bus and they knew who I was. Because I became famous for the fact that I had nothing that other kids had, no video games, no phone, no internet awareness, no nothing! And I was arrogant, so I told everyone who would listen that I didn't know the popular internet meme that this random 6th grader who I was eavesdropping on talking about, or that vine died, or that that Rainbow Six Siege is one of the sickest video games ever. Like I said, I was clueless. So, the two 5th graders took me in, and pretended that they were my friends. I don't remember a lot of what they did because I was in 1st grade, but I do remember them forcing me to say things that I would normally never say in public, people started hating me for who I was, and I became the loser domed to have zero friends. My two original "friends" then left for the popular kids, and I was left in the dark.

What can we do to prevent this from happening to anyone else? No one deserves this, because every human being deserves rights! No matter where they are from. You know the title right? Right stealers? Right stealers are what I call bully's, because when people bully they take away your basic human rights. The worst part is, that bullying causes suicide, there are up to three deaths a day from successful suicide attempts in children because of bullying. Researchers say that 1 in 5 teens have suicidal thoughts, without help, and that's just the worst case scenario! Not only do bullies take away your basic human rights, they also take away some children's want to live. As you can tell bullying needs to be stopped, but how? Well, sadly people don't really read posters and follow them, so we're going to have to get physical. NO! Hey stop, when I said that I didn't mean, beat them up! They have rights to! What I meant was that we are going to have to help them physically. Listen, I said "help", "HELP"! Not hurt! Anyway the point is we need to help bullies too, because if we don't, the problem will still exist, of course we still have to help the target of the bully, but if we don't help the bully then they can just run off and bully somebody else! And in some cases the same person they were bullying before. So what do we do about the bullying problem?

What I think we should do is let the target decide on what punishment the bully will get by giving them a range of school options like: lunch spent with a teacher, assigned bus and class seats, and even detention, if the bullying is that bad. If not, the bully's parents can be notified, the bully can explain why he did the things that he did to teachers or the the original target, etc. But what about the target? Well that is up to be decided. It really depends on how bad the bullying was, because of this factor, I really feel like the parents should be more involved with this part. What i'm saying is that parents and teachers should be more involved as well as the bullied students, so that the adults can help the bullied kid. But what we need the most are the bystanders, because they are the ones that witnessed the bullying, and can report it. If we can somehow convince them to say, we may be able to stop the bullying before it gets serious.

Bullying, a serious problem that nobody should have to endure, because everyone has rights. Starting today, we can save the targets of bullies from self inflicted harm, and suicide. And we can help bullies stop harming others by physically, mentally, or cyber bullying attacks. Starting today we can

become a better nation, without bullying. With children's rights.

Bullying & Human Rights

"When people hurt you, think of them like sandpaper. They may scratch and hurt you a bit, but in the end, you end up polished and they end up useless."

-Chris Colfer

Bullying is the unnecessary harassment to one or a specific group of people done by one or more people because of their race, gender, religion, ethnicity, language, socio-economic status, opinions, etc. Well, that's the technical definition to a problem that has been going on for decades. Bullying used to be just "toughening people up" as people used to say, but in this day and age, bullying is so much more. We now recognize it as shaming someone for who they are, whether it be physically, mentally, or online. I'm sure that you've heard of this concept before, on the news, in school, or even been a bystander, victim, bully, or someone who stands up to bullying. A bystander is someone who sees the bullying. Most cases get reported through the bystander who might have seen what happened. People who stand up to bullies also report many cases. Bullying happens when the bully is not in the right mindset to understand empathy towards their "victim". Empathy is knowing or feeling what someone else is feeling, really caring about them and knowing how they feel. When people stand up to bullies, they are feeling empathy. When you read my empathy statement, you probably pictured some kids on a playground, right? That's not necessarily true. Bullying can happen to people of all ages. As adults, you probably don't notice it as much in the real world. Even as adults, bullying can cause depression, more bullying, and even suicide. As a kid, I know this because schools are teaching bullying awareness in schools and how to handle bullying. It's a step in the right direction, but we can still do more. It really comes down to human rights, the basic principles of humanity.

Human rights are the rights that we as people are entitled to regardless of race, nationality, gender, language, religion, ect. Some don't believe in human rights but, they are documented. Human rights were first documented in 539 BC by Cyrus the Great. He came up with human rights and made them into laws after conquering the City of Babylon. They were recorded on a stone tablet and that stone is now called the "Cyrus Cylinder" and is preserved in a British museum. Gradually, human rights began to fade away as we advanced and they came back in certain places for short periods of time. For example,

many human rights are mentioned in the 1789 Declaration of Man and the Citizen in France. It was obeyed, but today still, human rights abuse goes on. Here in America, if you turn on the news, you can see how human rights is being abused. Jayme Closs, a thirteen year old girl who was recently found after she was kidnapped, her parents murdered, about three months ago in Wisconsin. The man behind the evil plot was found and is obviously a violator of human rights. There are also good things happening with human rights. Minnesota recently passed the Minnesota Human Rights Act making it illegal to treat people different in employment because of your race, gender, religion, age, sexual orientation, ethnicity, etc. That is certainly a step in the right direction, but here's something that really needs to be acted on. Bullying is, as I said, a problem, and not just in Minnesota, but everywhere. Bullying and human rights are connected and both don't get as much recognition as they should.

Here is the story of a girl who submitted her bullying story on Teens Against Bullying. This story really angered me and inspired me to keep pushing through when times are tough. "When I started secondary school, some older kids started to bully and tease me. All my friends from elementary school left me because they didn't want to be seen with me. At my school, everything was all about money and clothes. I had huge glasses and I was really ugly and everyone laughed at me. Then a boy (he was in 8th grade I think) started to follow me around. He called me names, took my stuff and made up rumors about me. One day he and his friends beat me up on the bus. No one wanted to be friends with me anymore. Then I became friends with two girls in my class. They started making up rumors about me. Everyone kept telling me what a bad person I was. In 6th grade, the bullying got even worse. Everyone said I was ugly and I should just kill myself. In 7th grade my mom made me attend afternoon classes (full-time school was voluntary at my school). The kids in afternoon class started bullying me, too. They followed me around and took photos of me in the bathroom to send them to the whole school. When I got home from school, I would go to my room and cry all evening. I never talked to anyone. My grades dropped and my teachers started to talk to my parents. They told them I was lazy and refused to participate. They knew I was bullied but they never did anything to stop it. Everyone hated me and I didn't have a single friend. I just want to tell anyone who is going through the same: It gets better. I know it's really hard, and you might feel like giving up sometimes, but you have to be yourself and stay confident. Don't let them get

to you. I know you're suffering, but at some point you'll be proud of yourself for all that you've been through. And if anyone judges you, it is their own problem. Those people have no idea what you've been through. They probably couldn't even take it. But you had to take it. And you're still here going on with your life. And that's why you can be proud of yourself."

This may sound like a normal bullying story, but think of what she must have gone through in order to realize that she was great and the bullies were wrong. This story is sadly relatable for many. As the story mentioned, having a support system helps a great deal when someone is being bullied, but in the story, the girl did not have a support system. When someone is being bullied try to reach out to them, you don't have to be best friends with them, but it would help. Even when it is cyber bullying, having a friend or family member to reach out to is important.

What can we do to stop bullying and the abuse of human rights? Many people think "other people are already fighting against bullying and human rights", but, while that is true, the movement would happen a lot faster if you helped push into the spotlight. There are still so many human rights being violated with abuse, slavery, discrimination, and so much more all around the world. Even though you think there is nothing you can do, even just comforting those who were hurt by bullying or even standing up to bullies hurting others helps. As for human rights, learning more and trying to abide by these basic principles of life. Activism and avocation are very complex concepts, but if you are passionate about the bullying problem or anything else, it is time for you to take a stand to make this Earth the best Earth for all of us. This the only place we have and if we can't be empathetic and realize that even though we may look different and act different, have different opinions and ideas, we are all the same. There is rules in society and they were written down and and are known to be pretty basic, but if there so basic, why don't people follow them? Why are so many people enslaved, protesting against the world's problems, and fighting for their lives because of who they are? This needs to end. Join the fight.

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Human Rights Essay

"Blowing out someone else's candle doesn't make yours shine any brighter" 29% of bullying occurs in hallways and lockers. Bullying is an unwanted aggressive behavior among school aged children. It involves real or perceived power imbalance and the behavior is repeated, over time. Both kids who are, bullied and kids who bully others may have serious, lasting problems. Physical bullying is when a person uses there body or an object to hurt another person. Verbal bullying is when someone uses spoken or written words to hurt another person's feelings. Cyber bullying is when someone is hurting your feeling online, through a text message or a comment on facebook. Social bullying is when your telling people not to be friends with someone or spreading rumors about someone, excluding others from activities or ignoring them. When a person gets bullied they are denied their human rights.

Human rights are rights inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic origin, color, religion, language, or any other status. We are all equally Entitled to our human rights without discrimination. These rights are all interrelated , interdependent and indivisible. Universal human rights are often expressed in guaranteed by the law, and the forms of treaties, customary international law, general principles and other sources of international law. International human rights law lays down obligations of government to act in certain ways or to refrain from certain acts, in order to promote and protect human rights in fundamental freedom of individuals or groups.

This quick story is about a girl who was bullied throughout her years in grade school. "I got made fun of for being fat in elementary, middle, and even high school. People would always go out of their way to tell me how fat I was and how unattractive that made me, especially in comparison to other girls. My nickname in third through fifth grade was sumo wrestler, and once a boy drew a sumo wrestler on the blackboard and labeled it with my name. Even today, objectively knowing I'm a pretty smart person, I would feel that I'm working to **Unlearn harmful beauty standards and body dysmorphia**. But years of bullying means I get triggered in the most unexpected ways, like when I'm at the beach or when a fat girl is made fun of in a movie."

If I was that person I would not let anyone call me fat. One thing that I would've done is to tell a trusted adult or parent. I would ask my friends for help or even tell to bully straightforward to STOP. I would tell my parents that people are always calling me fat and making fun of me. I will tell a school counselor or an adult that I trust. Or I would've would've transferred schools. I would've tried my hardest to make new friends. No one else was there to support her and others just stood by and did nothing.

If you are getting bullied and need help tell a trusted parent or adult. One way to prevent bullying is to stand and walk with a person deserving respect. The first way to stop/prevent bullying is to use the STAND strategy. S: stand tall and walk in a way showing that you are a person deserving respect. T: tell an appropriate adult. A: avoid being in harm's way. N: say NO to the bully's demands from the start. D: develop good friendships. The STAND strategie works really well because you are keeping yourself safe and showing that you are not afraid of the bully. Another way you can stop/prevent

bullying is for teachers to make classrooms a safe environment for students. When teachers make their classrooms a safe environment for students it allows students to be able to tell their teacher when they are getting picked on or teased. If the classroom is a safe environment then the bullying might occur less often. The third and final way we could stop/ prevent bullying is by talking to the bully directly and ask them why they don't like you and keep bullying you. This shows the bully that you are not afraid of him/her because you are standing up to them. This also shows that you are not afraid to talk to the bully or any other adult.

I think that bullying is a terrible thing to do to somebody even if it's a joke. There are multiple ways to bully someone and the most common is verbal. The main reason a person bullies someone is that they want to see others reactions, they try to act tough and be funny. When a person gets bullied they are denied their Human Rights. Human rights are rights that every human has. An example of a Human Right is: We are all free and equal. If a person is getting bullied then they are not being treated equally compared to other students.

Human Rights Essay ([REDACTED]

From my experience being the bully is as bad as being the bullied.

In my own words Bullying is repeated verbal, physical, and cybernetic abuse to a person or group of people. It can happen to any person of any social class, ethnicity, race, age, occupation, etc. It's also used as a way to suppress someone's opinion or to force someone into thinking a certain type of belief or ideology through psychological or physical punishment and threats. It can also be perceived as a way for a person to gain or exert their power against another person.

In the next paragraph I'll talk about human rights and why we need them.

Human rights are essentially rules that every human needs to live a happy life and they also make sure they have a voice in society. But that is not the case in most undeveloped countries where war, hunger, and oppression rule the way their society works. Some developed countries have some sort of laws to protect their residents only because they signed the Universal Declaration of Human Rights. But even then most of those nations that signed the UDHR don't follow it which is horrible.

Many deaths from starvation today can be prevented it's just that the governments of the world don't do anything about it and completely ignore this tremendous problem. Many people from those countries leave to escape the horrors of hunger and war but many governments don't allow them to seek asylum in their country and just boot them back to their native country. If Articles 9, 14, and 25 of the UDHR were enforced, those that starve and are unfairly persecuted today would be protected or be allowed asylum into a safer country. The UDHR gives you rights to employment, food, shelter, equality, liberty, freedom of speech, and most importantly safety which are important in today's world. This concludes my paragraph on human rights.

After he said that comment I joined my friends and bullied him.

My experience with bullying wasn't being the victim but rather a bystander becomes bully type of story. So this was last year in elementary school it was mid-October and two of my friends got in a rivalry with this new kid. It was verbal at first but fast forward to December and things escalated my friends said racist comments and one of them even threatened to stab him if he fought them. But luckily that never happened and throughout winter they only trash talked. I joined the bullying in March when the kid said a racial slur to me and I trash talked back but also tried to avoid bringing racism into my comments. I went to the principal's office two times cause of this, you know I didn't even mind the first time since I felt no regret. I actually enjoyed bullying him for a while. The second time I realized I needed to stop because I told myself, What would your parents think of it? So knew I needed to stop my involvement and if possible talk to my friends and convince them to stop but to no effect. I stopped but they continued until mid-April but by then I stopped playing my part of bully and tried to stop them from getting at each other which worked 50% of the time. The only thing that mattered to me was that I completely reversed my part in this issue.

To this day I still regret helping make his year miserable.

When he said that racist comment to me I wanted to take it to a level where I wanted to fight him and win to prove that he shouldn't mess with me. I felt pride in what I did to him and eventually thought I had power and respect. The first time I went into the principal's office I went in high and mighty thinking she couldn't do anything and she didn't. So I felt even more invincible and thought I would get away with what I've done. The second time I went in again which was two weeks later in late-March I started doubting my decisions. The principal gave us

our last warning and told us next time she would call our parents which I didn't want. Like I said in the last paragraph I stopped and changed my role from troublemaker to peacemaker. The reason I helped the kid was because the racism and fighting was proof that the rivalry had gone way too far from being a simple trash talking one to a violent and highly offensive bullying issue. So I had a choice to make either stop my contribution and just let it happen or reverse my part completely and help stop the kid from getting bullied. And I chose the latter so I could graduate knowing I have really matured out bullying and since I felt I owed it to the kid.

So now I'll talk about ways we could stop or prevent bullying.

One way we could discourage bullies and hopefully stop them is by putting more staff or cameras in the hallways and in the cafeteria during lunch to watch over troublesome students. The school or district could also make more serious punishments against first time bullies to discourage them or other students from doing it again. Giving counseling sessions to bullies weekly to know why they started bullying and the reasons why they continue and use the info to help them stop. Make surveys to help pinpoint what type of people are most likely to become bullies and talk to them before it even starts. Those are some solutions I came up with now I'll talk about my final thoughts on bullying. When you hear someone say bullying violates your human rights to some it might sound silly to even consider that it does. I thought that as well but I guess I wasn't thinking hard enough because they actually do they violate freedom, safety, and equality. These three things are necessary if you want to live a happy and full life. So my final judgement is that bullying is very serious when it comes to your human rights and should be taken seriously when coming up with solutions to this problem.

Human Rights essay

Reports say that 60% of 3rd-8th graders report being victims of bullying! That's crazy! Bullying can be a lot more abstract than you might think. My definition of bullying is when there are repeated attacks against a person or groups of people (emotionally or physically) and the victim(s) has an imbalance of power. The victim usually feels they can't do anything. If human rights were something that was more valued in our culture, things like bullying would be way more sparse. Human rights are, simply put, rights all humans have. There is something called *The Universal Declaration of Human Rights* that has them all written down. We all need them to feel safe and accepted, and not afraid of discrimination.

This is my Dad's bullying story. When he was in third grade he got bullied because of his name. Because of that, he bullied another kid for another terrible reason. In elementary school he got bullied by a group of older kids. His school had put grades together, so third graders and fourth graders shared the same sets of classes. A group of boys, and the ring leader Carl, singled him out from the other kids. They figured out that he was self-conscious about his unusual name, Angus. They would constantly harass him, calling him Agnes. He felt powerless. They would usually do it out of sight from the adults, and if an adult did see it, the boys usually pretended they were just playing together. They drove him to do something that to this day, he regrets. He bullied another kid, just because of something he did once. His name was Mike. He was on my dad's bus and one time my dad saw him chewing on the wood of a pencil. So he called Mike "pencil-eater", over, and over again. Now my dad feels horrible about it, but at the time he felt like Mike deserved it. The next year though, the fourth, now fifth graders moved

up a grade, and group. And Mike moved busses. My dad was free of both things that held him down. My dad says if he could go back he would apologize to Mike, because he really didn't deserve any of what my dad did.

When my dad was getting bullied he felt as if he couldn't do anything. And when adults tried to help, it never worked. When he got bullied he gave the bullies the reaction that they wanted. He kept on being the victim. he asked teachers to help, and they tried, but after a few weeks Carl and his goons would come back. Teasing him, no regret in their eyes. A big part to stop bullying is to have the adults intervene effectively. A major part of why the bullying kept on happening was that when adults tried to help, they just told them off, never giving consequences or even calling home. If they did call home the bullying would have probably ceased or at least gone down. Teacher involvement would have made his third year a lot less terrible.

We always talk about stopping bullying, but it hasn't stopped. I think that if human rights were implemented into our society we would understand that bullying affects people more than the we might think. The victim always have to look everywhere for where the bullies might be, and sometimes be constantly paranoid, and be afraid for the next time their bullies come after them. I hope that as the generations go on, bullying will drop drastically, and I hope that spreading the word will help us fight this battle. Not just for us, but for everyone.

Bullying Story

Have you heard that 56% of students have personally witnessed some type of bullying at school? If you didn't know, bullying is when someone continuously does something that can be harmful physically or mentally to someone. In the Human Rights bullying shouldn't be allowed. The human rights is the belief that people in the world should be able to have a chance to live a good life. The human rights should be laws because they are very important. In this essay, I will show that bullying can hurt someone even more than you'd think and how it connects to the Human Rights.

I have never personally experienced bullying, but I read a story about a kid who was verbally and physically hurt by his bullies. He lived with no friends but his sister, who was a grade older, and his parents, who tried to fight alongside him. The bullies thought that O'Neal was weak when his family stood up for him. Every year the bullying got worse and worse. One day after O'Neal watched a movie about a bully he realized that people who bully do it because they are insecure of themselves, just like O'Neal was insecure of himself. It opened up his eyes to see *why* he was being bullied, so he learned to be confident and not care

what people think. Once he started ignoring the bullies, the bullying stopped and he couldn't be happier.

I wasn't at the place where O'Neal was being bullied, but if I were I would want to become friends with him to try to tell him how to defend himself. I also would've wanted to tell the bullies how wrong it is to bully; I hope I have the courage to do so. Sometimes it is hard for people to stand up for others because they don't want to be bullied as well. I would try to get a group of people who believe bullying is bad and confront the bullies with kindness and concern for the effects of bullying. hopefully, the show of popular support will encourage the bullies to stop. Remember that parents and families can try to stop the bullying, but it most likely won't stop until multiple people around the bullies' age tell them to stop. We should be the ones to stop it.

Bullying is a terrible thing and we really need a new way to end bullying for good. The Universal Declaration of Human Rights should become a list of rules you need to follow in every country to be a good citizen. One of these rules should be to never harm anyone verbally, mentally or online multiple times.

Ending bullying isn't something I could do by myself. We should all tell classmates, friends, and family how terrible

bullying is. If we work together and support one another we can end bullying for good.

Justice

I've always have a little sense of guilt, she had told me that I was just on the other side of the basketball court. Yet I can't remember that day, I don't know but maybe I wanted to forget.

Bullying is an action in which it harms another. It's an action that hurts someone physically and/or mentally. It's a act that one performs because it will improve or maintain their social ranking. But in a lot of cases it becomes a way of extinguishing personal pain. Bullying only happens because of one appears grander, like bigger, older, popular, and wiser. Human Rights are necessary to help stop bullying. I believe we need human rights because it helps prevent people forgetting that everyone can feel, know, and love the same as you. Human rights help remind us of the fact that we are all human. It's helps prevent people using their clouded perspective as a scapegoat, to justify the things they're doing.

I was in fourth grade. Everybody knew not to mess with them. We all knew if you weren't popular it wouldn't end well if you messed with them. It was the two of them, they were more powerful together but had less power apart. The teachers put them in different classrooms, but they still hung out during recess and that's when they had complete reign.

I felt like I could of prevented it. It feels like it's your fault, YOUR the one who was just standing there minding your own business. But you should be the one helping, not ignoring. Honestly, I can't remember that day; I wish that my memory would function the way I would prefer. What would that even be? After all, the saying is look forward not

back. Yet my other shoulder tells me, doesn't are past make us who we are? If you're like me sometimes you'd think, "someone else could of helped; someone else could of prevented it from happening". When consulting myself I realize that that's one of the reasons why people get bullied; because everybody thinks that someone else can deal with it. We need to start using the mindset that we can make the difference. We need to have the mindset that we can CHANGE people for the better.

There are millions of ways to stop bullying. Yet there are millions of ways to hurt someone too. The problem in are society is the desire for power. So I'd say give it to them; give the power to everyone. Empower everyone by giving them a friend to talk to. A person that will have their back. A friend that will listen and respond. People need someone to support them when their being taken advantage of. People also need to tell others about what is happening to them; telling anyone can help. Even your teacher, friend, or family. Everyone should ask for help if they need it; because we are all human and none of us are perfect. My final reason is not to be a bystander. People are stuck in the mindset of "its not my business". Well what happens when your the one being judged. Won't you be begging that someone will come and save you? I'm saying that some people need to wake up and accept that this world is not great; and that there are ways to fix it.

When someone tells you that they've been bullied, it always sticks with you. You will never forget the side effects of bullying. My friend had become "friends" with the two powerhouses of the playground. She never talked down to anyone. Or tried to chase anyone around the field. She was just along for the ride. After a while after this

“friendship” started to crumble. The two in so many words through her under the bus. At first it was small things, calling her names, or talking down about her. As time went on things started to get worse, rude and offensive names. The climax became physical bullying. She started to doubt the “friendship”. She knew the friendship would end sooner or later; and they decided to end it first. That day I was just on the other side of the basketball court. I was just minding my own business. She needed help and I wasn't there for her. She got choked. Choked as in hands on the throat. Choked as in all self accomplishment ripped from your throat. She moved schools. She didn't feel safe. She left all of her friends, only because of two people. Just two people completely changed her life. They used the power, and hurt rather than helped. Their actions resulted in someone's world being flipped upside down and shaken. I was just 20 feet away; 20 feet from the incident that changed her life.

We still hangout time to time. When recently asking for her permission to use her story; she encouraged me to. She wants her story to be heard because she doesn't want anyone to go through what she did. She wants people to know what the effects of this action are. She also wants justice; the people that did this have had no consequence. Except justice can be taken into many forms. Including bullying. They may derisive it; but their human. They broke human rights. We don't need to break them too.

Human Rights Essay

Bullying and the violation of human rights happen every single day in our world. Many people have a story to share about when they witnessed bullying, were bullied, or were the ones doing the bullying. Each would have a story to share about the impact it left on them and the others involved. Have you ever thought about what our human rights are and how they relate to bullying? What does bullying even mean? Is bullying taking place when kids are name calling, physically picking on you, making fun of you on social media or making threats? Actually all of these are bullying situations. Many types of bullying goes on in our world today. My personal definition of bullying is to be picked on by somebody who is bigger and/or stronger than you either physically or socially. Human rights and bullying relate to each other because The Universal Declaration of Human Rights (UDHR), Article One, states "when children are born, they are free and each should be treated in the same way. They have reason and conscience and should act towards one another in a friendly manner". We need human rights so that everybody has the same rights and is treated fairly and with respect.

Have you ever experienced bullying? I have. When I was younger some kids in my grade thought it would be funny if they called me "Cauliflower". My name is Colin and to them my name sounded like cauliflower. Almost every day, while on the bus, I was called cauliflower. It started off as a joke but soon turned into more. I told them many times to stop and even though I asked nicely, I made sure they got the message. None of this was funny to me. Although I did the best I could to get them to stop, it continued. In fact, telling them to stop did nothing but make them want to call me the name even more. After some time I started to get really annoyed. I decided that I would

just ignore them, hoping that they would stop if I didn't react. Sadly, ignoring them did not work either.

It is hard to stand up for people when they are getting bullied. Kids are scared to stand up because they fear that they might be the next one to get bullied. Since no one was helping me, I told my family about what was happening. My parents told me to say that if they wanted to call me cauliflower again, my older brother Jordan, who was in high school, would come talk with them. Amazingly, shortly after that, the name calling did stop. The people calling me names were not mean kids, they were my friends who took a joke too far. They didn't think about how I felt. They didn't put themselves in my shoes. It was very annoying that my friends were not listening to me and didn't understand that it was making me feel awful. Looking back, I am glad that I told my parents and used their advice to get my friends to stop because it worked! As I write this paper and reflect on that situation, I realize that I was able to get the bullies to stop because I threatened them with a bigger bully. Is this the best way? Is there a better way?

Bullying continues to be a big problem in this day and age and there must be a better way than finding a bigger bully to deal with these situations. More focus should be put on finding out why the bully is putting others down, which is the root of the problem. Most bullies bully because they feel bad about themselves or maybe someone is bullying them. If we could get them support and to be heard, maybe we could reduce the amount of bullying situations. Another way we could stop bullying is if there were immediate and bigger consequence for bullying. Parents and teachers should take it more seriously and look for small signs before a worse situation develops. Parents and teachers could be trained on how to get the bullies the help they need. Parents and

teachers also need to know how to help and protect the victim. Some might still bully and not all situations can be stopped, but it won't be as bad as it is now. Another way we could stop bullying is if kids were made aware of what it feels like to be bullied and how to use their voice to deescalate bullying situations. Explaining the concepts of empathy and assertion and giving kids the information on how to use those in a bullying situation could make a big difference.

The UDHR is a great example to follow and words to live by. It states that we should all be treated the same. We all need to treat others with care and respect. Let's try to get adults and kids to stand up for the victims and redirect the bully's behavior into a positive one. The outcome would make our world a better place.

Human Rights Essay

Over 3.2 million students are victims of bullying each year. People bully others for attention (maybe they don't get enough), power over others, or they are currently getting bullied. Bullying happens more than once or twice, otherwise it's just someone trying to annoy you. The main three types of bullying are physical bullying: physically hurting someone, verbal bullying: using harsh words to hurt someone's feelings, and cyber bullying: using the cyber world to hurt someone's feelings. All types of bullying are equally bad. That's why we need Human Rights. Human Rights are important because they state that all humans have the right to be alive. There are 30 Human Rights that are written in the Universal Declaration of Human Rights (UDHR). It is written as a law that all humans are created equal, therefore, all humans should be treated equal. Bullying is violating rights stated in the UDHR, which means that bullying is against the law.

One of my friends was in the gym locker room and some boys started commenting on his body size and his weight. This continued for several weeks. Nobody said anything to get the boys to stop bullying him so he started to hate the way he was. One day, it was worse than ever. The next day, he stayed home from school, claiming he had a stomach ache. Eventually he told his mom, who called his school. It turned out that his school had a strict NO BULLYING policy, so the boys that were bullying him suffered from serious consequences. As for my friend, now he stands up for kids who get bullied and helps his school become a safer place.

I heard this news a couple weeks after it had happened. I hadn't been there (he lives in California), but if I were to be there, I would have definitely done something. Bullying is 100%

not an okay thing, even if you don't get enough attention or get bullied yourself. I want to focus on the second Human Right, which is Don't Discriminate. If these bullies would have known that there is a law on discriminating, I doubt they would have said anything to my friend.

Discriminating is pockets no on someone just because they are not the same as you. It is not okay to watch someone get bullied. If I was a bystander I would speak up and tell the bullies that what they are doing is not okay. I was so relieved to know that my friend told his mom. If he didn't, nothing would have changed and my friend would have felt worse and worse about himself.

Some things we can do to stop or prevent bullying from happening is to let everyone know that when they bully, they are violating a universal law. Everyone should be familiar to the Human Rights. Schools should let their students know what their consequences might be. All schools should have a NO BULLYING policy. Schools should teach kids about the different types of bullying and how to safely respond to each one. The UDHR states that we are all born free and equal. Therefore, if we are all equal, there should be no discrimination. Bullying someone because of how they look, act or speak is pretty much saying that that person is less than you. That is not true because the law says that we are all born equal.

What is Bullying

Bullying is when somebody does something hurtful to another person repeatedly.

We need human rights because without them people could mistreat and do bad things to other people which would be unfair for those who don't have as much money or power as the other person.

I read a story about a kid named Josh. When he was going to middle school he was really excited because he was starting a new year at a new school. But a few days later, 8th graders started bullying him because he looked "ugly". Josh told this to his Mom, Dad, and step parent but they didn't know what to do. The bullying soon got worse because he returned home everyday with a brand new bruise. One day he returned home limping so his parents asked him what happened so he just told them that he tripped while in reality somebody pushed him off the stairs. When his parents asked him enough times, he told them that the bullies said that once the foot heals, they'll break the other one too. Also, he would sit next to his bullies at lunch, do their homework, and give him his lunch for protection. When his parents finally had enough, they wrote a full report on all the bullying and wrote the main bully's name. They called the police and the school. They also emailed the school about the bullying. Once the school heard about it, they decided to move Josh to a different school. I felt really bad for Josh because he didn't deserve to get bullied especially when he never did anything to them in the first place. I'm also mad at his parents for not taking action sooner but I get how they were feeling because if I were in their place too, I would not have known what to do either.

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One way to stop or prevent bullying is when you start seeing a pattern, make sure you tell a trusted adult right away. Another way is to walk up to them and tell them to stop. The last way is to change your schedule a little so you don't run into them in the hallway.

I think bullying should stop because it can do some pretty bad things to people and those people might choose a permanent solution just because someone was being mean to them. I think the government should take action because it goes against the human rights and if it is their country, how are they helping to make it stop.

Title

Have you ever been bullied well this is my story. This is how I think bullying is when someone who is punching or kicking you.

Also when someone says go kill yourself or when someone cyber bullies you.

Also we need human rights because otherwise we would still have slaves.

This is the story of how I got cyber bullied on xbox1.

So I just got a game called call of duty ww11.

It was fun but I wanted to play with someone.

I found someone and his name was Allic the game started to get more fun.

He lived In Minnesota like me then one day he started being mean I didn't like that.we used to talk on Snapchat and on one day I posted a pitcher of me on it.Later that night he and his friend joined my party and started to bully me like says kill yourself your sooooo fat. I started to cry and then my mom came in the room and she said tren that off.

I felt like killing myself after that.Also I felt who would do that.

Also I was mad,sad,and in depression.

Humans Rights Essay

"When children are born, they are free and should be treated in same way". That was in the constitution so it should be remember to all people.

Bullying is when somebody is being hurt by words or action, usually on purpose. The person that is getting bullied usually has a hard stopping it. There are many types of bullying like cyber, physical, and emotional. That's what I think bullying is.

We need human rights so everyone can have basic needs like food, housing, and education. By guaranteeing life, liberty, and security, human rights protects by those who are more powerful.

Men can really offend women in lots of ways, they can make offensive comments or can exclude them. My sister was bullied by men at her work, she was a host at a restaurant and men would make gross or violating comments. I also was offended and felt bullied when boys told me I could not play football with them or other so called manly sports. When they did let me play they would not pass the ball or they would say i was bad and could not do anything. That's how my sister and I have felt bullied by men/boys.

I felt very disrespected because it says in the constitution "when children are born, they are free and each should be treated

in the same way". When things happen that disrespect women I don't really know what to do, it's so bad. When things like that happen I wish I could stand up for women/girls but it's just too hard to stand up for so many people. I wish I would of done something and next time I hope i will.

In this paragraph I talk about what can be done to stop and/or prevent bullying. There can be lot's to be done to stop or prevent bullying. Teachers in school can set up programs or talk to each kid if there struggling with bullies. Students should be able to talk to teachers about bullies so teachers should be more open. Schools could set up websites for kids who want to talk to teachers about their situations. Those are some ideas that could help prevent bullies.

Bullying is not a joke, people get bullied a lot in lots of different ways. Please do not bully if someone bullied you. How would you feel? So don't bully and everything will be ok.

My Human Rights Essay

Have you ever been bullied in your life? You know, have you ever gotten hurt physically or mentally by one or more people? I know most of us have heard the saying, 'Sticks and stones may break my bones but words can never hurt me'. Total lie. Words can hurt as much and sometimes more than sticks and stones.

And this is why we need human rights and to be aware of them. They help insure our physical and mental protection. We are able to live without fear knowing that others can't violate our rights.

One example of when someone's rights were violated was when I was the bully.. You might be thinking, 'No! Ruhiyyih wouldn't hurt a fly! She's so purehearted!' But it's true. Thank you for the compliments by the way.

I was in second grade and for history our teacher was talking about Levi jeans. One of the kids in class was wearing a pair and came up to show us. I whispered to my table partner about him and laughed. I can't quite remember what it was, but it was just a really stupid rumor. It spread like wildfire. The kid eventually found out about it and looked really sad for the rest of the day.

I felt so guilty! I didn't mean for it to go so far. I couldn't think about anything else. It was old news the next day, but I vowed never to spread a rumor again. And I have stayed true to it ever since.

Even though I haven't since, there are others who do it every day. They do this and other forms of bullying all the time and sometimes get none of the consequences. So how can we prevent and eventually stop it? I have written up a few suggestions.

- If you are taunted and threatened by a bully, talk to an adult or friend. They can help talk to that person and resolve the conflict.
- If a bully wants to fight, just don't oblige! Getting in the fight will only get you hurt and even suspended.
- If someone online is saying mean things, block them and report them. If it gets really bad, delete their contact or even your account!

For all of these situations, you can avoid it getting worse by not getting involved at all, but if you see someone else getting bullied, help them as soon as possible if possible.

Everyone deserves to live a full life, free of torment and abuse of any kind. I myself try to be aware of any bullying around me every day. All I hope for is that everyone will follow my suggestions and the suggestions of others. We need to obey the rules of the Universal Declaration of Human Rights.

Human rights essay

To this day I don't know why he said that, but it was racist.

Bullying is when someone teases you on any platform like cyberbullying or bullying in real life, it's still bullying and it's just as bad as cyber bullying. I think human Rights are extremely important, this is what human Rights means. Human rights is a principal that describes certain standards of human behavior.

An experience I had with bullying is a random kid came up to me said something racist so I did something back. So in the second grade a random kid came to me and said "dude go back to the border" but (random name) Billy Pencil McAllister was known for being a bad student, so the teacher really didn't care. But when I told the teacher she ignored me, so me being a 8 year old decided to punch Billy Pencil McAllister. He started to cry but he never told the teacher so luckily I got away with it.

At the time I felt offended so I did what I did. My feelings at the time were really messed up I was angry, sad and offended but mostly mad and offended because I punched him.

Something we could do to stop bullying is put more teachers outside or observing the hallways and playground. Or putting at least fake cameras to see what's happening. But most bullying happens in the bathroom so teachers don't notice. Also putting bullying reports in places like bathrooms and classrooms.

Bullying is extremely bad because it makes kids/teenagers even up to adults shy and make them not want to tell another adult about their pain it can even make them scarred. As humans we have rights and one of them is safety and that should be the

first thing that crosses teacher's mind, children safety. And we should start teaching it to little kids to tell adults when they're being bullied.

 Human Rights Essay

“I realized that bullying never has to do with you it is the bully that is insecure.” -Shay Mitchell. Bullying is all around the world. And there are many different types of bullying.

What is bullying? Well I would describe it as, one person or group constantly being mean to one person or group via internet, school or anywhere really. It can also be physical, cyber verbal etc.

Do you know what human rights are? Well they are rights any and all humans have that no one can take away from anyone. We need human rights because without them our world would be torture.

Now I have had some friends that got bullied before. It was never physical though.

I have not yet experienced bullying but my friend Anne who is in 6th grade has a couple of times. I will tell you about how 2 girls bully's her. Their names are Kay and May. With Kay and May don't get along with each other but May is not always mean to Anne but with them it is an on off friendship. Kay is mean to a lot of people and she also bites people. Anne was bit by Kay once and still has a very faint mark but it is there. Kay would also text Anne's friends and tell them “Anne is just using you.” And “Anne hates you so much that she wants to fight you.” Of course none of what she says is true but people seem to believe it. Kay would also accuse Anne of kicking, punching and, smacking her. Again this is not true. One time she accused her of stabbing her with her ice skate. Completely fake and made up.

I feel so bad that Anne has to go through this and I can not really help her because she doesn't live in Minnesota anymore.

If I was in that situation I probably would tell the Principal and teachers. And of course my mom and dad. I would also tell my friends so they can help and comfort me. To be honest I probably would not be confident enough to tell off the bully but confident enough to politely say "please stop."

Bullying is world wide and if people try to prevent it it would shrink.

To stop bullying you could tell a trusted adult, take the person or group that is being bullied out of the situation. And lastly if you are a bystander you can still tell an adult. Be an upstander and go against bullying. And most importantly do not be a bully.

Human rights

Have you ever stood by and let someone be bullied? Have you ever been bullied? Do you bully? What even is bullying? Are you aware that bullying violates human rights?

Bullying is making someone feel small through direct or indirect means. There are several different ways such as saying mean stuff about them behind their backs or to their faces, and/or physical contact and cyber bullying. Indirectly you could accidentally say something or lose your temper. Bullying can happen by just coming back at someone who did something to you a while ago. The point is that bullying can happen anywhere, anytime, and to anyone.

Why do we need human rights and how does bullying violate them? Human rights keep us from violating any other humans natural rights. We are all equal, we are all human and we should be treated with respect no matter what position you are in. We need human rights so we are not so terrible at ignoring the wrong we do to others.

Bullying violates human rights in lots of ways. If the bullying is based off of the way you look, the way you talk, the way you believe and the way you live that's discrimination. We have a right to equality, freedom from discrimination, freedom of belief and religion, and we have a right to participate in cultural life of our communities. Bullying violates all of those. Bullying that happens at school makes it hard to learn and we have a right to education. We have a right to life, liberty and personal security. That includes mental security. You can't be mentally secure if you're being bullied. We also have a right to social security so any mental, physical or cyber bullying violates that. Most of all we have a right to be free from mental and physical abuse.

I once witnessed a situation of verbal bullying that has affected me quite strongly not just because of how many human rights it violates, but because of the fact that lost of people go through this every day. Even the smallest amount of bullying hurts. You always hear of the big bullying acts but what about the small ones. Sometimes there are more witnesses in small cases because people don't realize that what they are witnessing is wrong.

One day I was just doing my work at my groups table for class and my table mates were quietly talking about others and spreading rumors. I know that it was probably just a normal conversation not meant to be mean. To me I saw it as talking behind someone's back and indirect bullying. They started on a boy in our class that was very quiet they kept calling him gay but not in a nice way. Their conversation got louder and louder. Then finally they started yelling across the room to ask and they called him names that I won't repeat. You could see their smiles. The worst part was not the names it was that the rest of the class either joined, just watched or looked away. We did nothing to help, nothing. When you ignore bullying you are increasing the effect.

That small act of bullying violated the right to be free from mental abuse, right to life, liberty and personal security. Along with social security, freedom of discrimination, right to equality and the right to an education. You can't learn when your worried about what people will say next.

All of it was probably forgotten by most people but I'm still kicking myself for not helping, doing, or saying anything. I didn't feel anything at the time. But it really impacted

me when I stopped to think about it. Now I wish that I had stopped their conversation before it got out of hand. I could have stood up for him if I had cared or noticed that day.

I could have should have stood up for him so he knew that not everyone was so harmful. I could have made them stop. I could have told the teacher or my parents to make them stop. The teacher was just outside the door. Most bullies don't see themselves as as bullies. So if they knew what they were doing was wrong they could have stopped it from happening again.

I'm not the only one who was there that day, there was a entire class and they did nothing. Like me they did nothing, not thinking, not knowing.

The way we can stop bullying may not be easy but its important. You should always pay attention for possible signs of bullying, even just verbal bullying. Never turn away or ignore it like I did. A trusted adult should be told. Stand up for the person or get them out of the situation. Get out and get help if it gets violent.

Some steps to prevent bullying are to build community so we never search out the lone person that's not fitting in and stands out. Making people more aware of types of bullying could prevent unknown bullying. We should be taught how to distinguish and prevent it. Rumors often can start it or provoke others. We should take the time to get to know each other. So we know the truths from the lies.

Is leaving a person to be bullied just as bad as actually doing it? Is staying quiet just as bad? I didn't realize or ask myself this until i properly had time to reflect. So I ask you to ask yourself those questions. Sit and reflect. My main point is never ignore any form of bullying in any amount it comes in.

Know your Human Rights

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Everyone has experienced bullying at one time or another. Bullying is when someone knowingly hurts you physically, mentally or emotionally, usually to make the bully feel better about themselves. Whether it happened to you, or you watched someone else being bullied, the feeling of witnessing or experiencing bullying is a terrible one because it makes you feel powerless. However, if you do one small thing to stand up for yourself or someone else, it could set off a chain reaction, inspiring others to do the same. If a bully threatens you, remember that no matter what they say, no one can take away your human rights. This is why we have the Universal Declaration of Human Rights declaring 30 human rights that everyone is entitled to.

One time I experienced bullying was two years ago and it was not pleasant. I was at this camp for college students where my mom teaches every summer. One evening at the campfire, I was pulling my guitar out to play like I did every night when one of the professors came over and sternly told me that I could not play music at the campfire. His reason was that students should be having social interactions, not listening to music. the way he said it was unapologetic, rude and completely unnecessary in this situation.

I felt completely powerless. I couldn't say anything back to him because he was an adult who had the power to say that. Afterward I got on my bike and raced

back to the cabin my family was staying in. I wanted to stay away from the campfire that night. My mom had seen and heard what happened so I didn't need to say anything about it when she followed me back. She told me that I wasn't the first person this had happened to. Unfortunately there was nothing either of us could do about it because the professor had more power than me or my mom. However, the person who had started the campfire, found me the next day and told me that he really liked listening to the guitar. This made me feel a lot better because I knew somebody liked music at the campfire even if the professor didn't.

Anyone can help prevent bullying just by doing little things. For one, don't be a bully yourself. Or if you see someone being bullied, walk up to them and tell the bully to "cut it out" or "just stop". Then wait until the bully leaves and check on the person. Try making friends with someone who seems lonely because the more friends a person has, the more people they have to stand up for them and they can stand up for their friends. Know your human rights. Knowing your human rights helps you remember that nothing a bully does is your fault. The bully violated your rights and that is always wrong. Also, if you have the privilege of being a middle school teacher, you can make your students write an essay on how they feel when they get bullied and hope that it will make bullies realise that what they are doing is hurtful and wrong.

Bullying can be a Very Serious Thing

Suicide is the third leading cause of death among kids of all ages resulting in about 4,400 deaths per year. According to the CDC (Center for Disease Control) bullying can be many different forms Of harm like cyber bullying, physical bullying and even verbal bullying. People who have been bullied are more likely to commit suicide or harm to themselves. Also bullies are more likely to become criminals.

Human rights are rights that belong to everyone. For example people should have freedom. They also have something called the UDHR (Universal Declaration of Human Rights). That is a historic document that was adopted by the United Nations General Assembly In 1948.

In second grade I had a really good friend that later on was not that nice. I was friends with this girl named Delin. We were really good friends and were always trying to find time to hang out after or even during school to play. That went on the whole school year of second grade. It turned out that the whole summer of second grade we never really hung out. As the summer went by we found out our classes and teachers. Then when we went to meet the Teacher night. We found out we were in the same class. I thought that it would be a good thing. The first few weeks of school we were shy so we didn't really talk to each other. Then as weeks went by we started to talk again. But soon after that I found out she was not the same person and she changed. She was MEAN. She would call me all sorts of names like fat, dumb, selfish, etc. She would even push and shove me at recess. Then about two years later at the end of the year she

apologized and I forgave her. We became friends again. Sadly, the year of fifth grade she moved away.

When I got bullied I felt really scared to wake up and go to school. I never knew what was coming around the corner. I was sad to leave my house in the morning. I felt as if my house was the only safe place I could go. I would even fear going to the grocery store because I did not want to run into her at the store. Now looking back at my story there are many things I could have done. I could have told a trusted adult, or even told her that there are plenty of other options to resolve this than bullying me. I also learned from this experience. I now know not to be a bully, and to stand up for other people who are being bullied. I also went online to stopbullying.gov and found a few things that tell you what to do if you are bullied or how to prevent bullying. I found a few things on how to prevent bullying such as treat everyone with respect, protect yourself from cyberbullying and standing up for others. I still know that everyone is a human, and all humans deserve to have rights and not to be bullied.

My Thoughts on Bullying

According to stop bullying.gov 49% of children 4-12 reported being bullied at school. This is a big deal, but let's put this into perspective. My definition for bullying is when one or more people with more power than the victim abuses the victim with physical/mental/social harm. It can happen in person or online. It hurts many people everyday and there is little sign of it stopping. There is one way this stop though. We could follow the human rights. Why you ask? Well, we need human rights because without them, we wouldn't be better than our barbaric ancestors and prove all our work for making a society has been worthless. (If you want to learn about human rights refer to the Universal Declaration of Human Rights).

I have a small example about bullying in my life. When I was in 5th grade there was a kid named Freddy (Name changed) and he always made rude comments to everything I said. He would lightly punch me while I was tying my shoelaces. He would push and shove me and always get the better of me when I would protest his bullying. His bullying may not seem severe but it really put a dent in my happiness.

This is how I felt about my bullying case and how I resolved it. While I was being bullied I felt sad and powerless. At first I did not do anything at first but, after awhile I was fed up with it. I told my parents and it ended quickly, as they told his parents what was happening and they worked with Freddy as necessary. I was not bullied nearly as much as before and in the end I kind of befriended him.

Some things I think about bullying are: 1. We could use more vigilance in the halls at school. 2. We could have it so you report bullying anonymously in class weekly. Bullying sucks for everyone on every level so I hope people will pay attention to our rights and put an end to it.

Human rights essay

Did you know only 43 percent of students report bullying that happens to them to an adult? Bullying is when somebody makes fun of someone else's personality or appearance or really anything that makes them who they are. There are three types of bullying. Physical bullying is when you physically hurt someone. Verbal bullying is telling somebody something that hurts them. Cyber bullying is teasing somebody anonymously using technology. Every single type of bullying hurts somebody more than the bully will ever realize. Sometimes bullying happens and it is an accident and you didn't mean to be hurtful. In most case though it's intentional and you are trying to make fun of or hurt someone. Human rights are simply the rights we have as humans. They are the basic things we should all get or have as a human being. While they are not a law, Human Rights are still guidelines that we should follow. We need human rights because if we didn't have them people wouldn't know where to start in how we treat people. All types of bullying violate something written in the Universal Declaration of Human Rights (UDHR). A common one that may be violated is the "Right to equality" which states "when all children are born they are born free and should be treated in the same way. They have reason and conscience and should act towards one another in a friendly manner." Does bullying violate that or what?

So while all kids get bullied, it's especially sad when little kids get bullied. Human rights are not a law just a suggestion, unlike this schools policy, which is mandatory. One day a third grade boy I know, decided to paint his nails and when he got to

school the next day some kids teased him for painting them because he is a boy. That same day he also chose to put his hair into a little ponytail and the kids teased him for this to and pulled it out. They called him bi-sexual because of his nails and hair and because he was friends with some girls. Immediately after this incident happened he reported it to his principal. His school has zero tolerance for bullying and the kids got in trouble. His principal even threw a nail polish party for him to celebrate who he was. It definitely made him feel supported by adults. But still, why did the kids do it in the first place?

Bullying stories like this are hard to read about because they are so sad. I experienced a lot of feelings when I read about this, for example, I felt sad and disappointed. I felt my heart drop and my stomach quench. I was disappointed in the kids that thought it would be funny to do this kind of thing. It's sad and heartbreaking that little kids have to deal with and go through bullying too. I couldn't even start to imagine what went through the bullies heads when they teased their victim. Even if the principal may have made the boy feel better short term, in the long term he will always remember what happened. If the bullies were reading this I would want them to know that just because a boy is friends with a girl or paints his nails or wears a ponytail it doesn't mean you can label him, judge him or call him names.

So those are some feelings that I had when I heard about this story. Here are a few ways that we can prevent bullying in the first place. I came across an idea from the website Psychology Today that said something you can do when you

get bullied is to memorize a statement. When you get bullied you can respond with the same statement each time until hopefully the bully gets the picture. An example might be "let me be me". Another idea I got from Psychology Today was, if you see a bully just grab a friend and walk with them. That way if something does happen you have someone to stand up for you. Another more obvious one is tell a trusted adult, than you can leave it to them to take care of it. I think that no matter how hard we try to get rid of bullying there is always going to be some form of bullying around. The best thing we can do is take action, stand up, tell an adult and follow the guidelines of HUMAN RIGHTS.

Protect our Human Rights

A survey was taken, and 49% of people from 4th to 12th grade said they'd been bullied in the past month. That survey proves that kids of all ages get bullied. What is bullying anyway? In my opinion bullying depends on the person. One person might think the "bully" is just messing around, while another person might think they were being bullied, or worse. But the main thing about bullying, is that one person or group has more power than another person or group. And the person/group with more power physically, mentally, or socially harms the other person/group. Lots of people think that bullying is just a bunch of people messing around, they might think the victim should just deal with it, or do what the bully says. This is a perfect example of why we need human rights. Human rights are one of the reasons slavery was "abolished," it's one of the reasons why women are now "equal" to men. We need human rights so that everyone feels important, and that they belong. I know this paper alone can't stop bullying, but if more people could protect human rights by finding ways to stop, or at least lessen bullying, then more people could actually *live* in this world.

While scanning the internet, I found many bullying stories. I haven't been involved in any type of bullying, but just by reading a few articles I started to tear up. One story I read was about a boy named Payton. Payton's teeth were yellow due to a surgery when he was a baby. At school he was teased a lot about his teeth, and his personality. When he talked to his mom about it, he said: "*mom, why can't people just be nice?*" He was only in second grade then. When he was 12, Payton started telling his parents that he sucked, that they would be better off without him. Because of that talk,

they got Payton a therapist, and it seemed like he was starting to feel better. Later they moved to a new school, but the bullying continued their too. A couple of months into the school year, Payton went straight to his room after school. After 20 minutes to let him cool down, his mom came to check on him. But it was to late. Payton was gone, he had hung himself from the ceiling fan.

Had I been there, I would like to think that I would've tried to be his friend. I can't imagine how his parents must have felt when he committed suicide. Had I been their, I would have been heartbroken. He had yellow teeth, he liked YouTube, and anime, and for that he was bullied. The article says when they moved, Payton made a friend because they had similar qualities. But if his "friend" was really his friend, then he would've done something to try to stop the bullying. I hope (if I'd been there) I would've tried to get to know Payton, to tell him what the bully's were saying wasn't true, to *try* make him feel better. Or I could've talked to the bully's. I don't know what I would have said, but maybe I could've told them that Payton was a nice, cool kid. Or I could've threatened to tell the principal what they were doing. What happened to Payton was a horrible thing, and it seems that nobody did anything to really stop it.

But there are things that we can do to stop it. What *can* we do to stop bullying? There are so many ways that most people think of, when they're asked that question. But some of the things we get told, can be confusing. Like one way is to stand up to the bully, but if you bully them back, it's your fault too. So we need to think outside of the box, and come up with ways directly involving the bully and the victim, and ways involving people around them. So here are my ideas. While it seems really simple,

people could just be nice to each other. "Mom, why can't people just be nice?" We live in a world where most people's minds automatically go to judging, teasing, and insulting others. However, if some people could "choose kindness", then that's another step closer to ending bullying. Another idea is if the bystanders, would say something, or do something to at least **try** to stop the bullying. Or if they would **try** to help the victim, then maybe the bully wouldn't have as much fun bullying. I know we've changed this, but we haven't quite fixed it. If young kids are taught that it's ok to be different, to look, sound, and believe different, then maybe we wouldn't be so quick to judge someone with a mental illness, a facial disorder, yellow teeth, or a different personality. Maybe if we are taught/teach better/differently, we would start to look at people more on the inside, than the outside.

Bullying needs to stop, people need to realize that bullying violates your rights. "Human rights should be protected by the rule of law." That's a quote from the Universal Declaration of Human Rights (UDHR). I agree with that. Because if bullying was against the law, and people could pay a fine, or even go to jail for bullying, then maybe people might think twice about making fun of someone. I'm not saying it would stop bullying completely, lots of things are against the law that people still do. But it might make people realize that what they're doing is wrong. And hopefully once they realize it's wrong, they can stop, and maybe even join the cause to help others stop bullying! I hope we can change how bullies think, and what we do, so that more people feel welcome, and safe.

Human Rights/Bullying Essay

Did you know that approximately 4,400 deaths occur from suicide each year? According to The Centers for Disease Control (CDC). Bullying is being mean or unfair to others, or making someone feel bad about themselves. It can also be bullying if you're putting someone down or making fun of them. Not including others or ignoring them because of who they are, or what they look like. Physically hurting someone, or mentally by saying mean words. People can also bully on the internet and that could hurt them as well. Human rights are rights that every single person of any diversity have. We need human rights because everyone would have equal say in things, we need a way to control our own life without people with more power forcing us or telling us what we can or cannot do. It lets us have more chances to express ourselves and what we think about things. If we didn't have basic rights, like the right to live, then a lot of people would not be happy and a lot of people would be dead.

People bullying/bossing people around. When I was in kindergarten I had this one friend who was mean and bossed everyone around. She usually bossed me and this other girl around and she talked about people behind their backs. It happened at an elementary school that I went to, mostly in the classroom, playground and lunchroom. Being friends with her cause me to lose some of my friends. I remember coming home to the apartment where I lived. Someone was crying in the corner. I realized it was one of my friends from school, let's call her Eh. I said "Hi" to her and she didn't respond, so I went into my home. Then I heard a knock on my door. It was Eh's sister and she came to talk to me. She told me that I had made her sister cry and told me to say sorry to her, so I did. I'm not sure what I did to make her cry but I'm sure I didn't mean to make her cry.

I felt like I couldn't say anything to her! I could've stood up to her but instead I transferred schools. I felt sad because I lost some of my friends just because I was "friends" with this one

girl. I didn't really do anything even though I was right there when she was being mean to others. My other friends were there too, and they stood up for themselves and told me to do the same, but I just couldn't do it. Meanwhile when I was at home my parents told me that I was moving houses, so I had to move schools as well. I was less than halfway through 1st grade at the time.

We should stop bullying, it's someone's right to live their life, you shouldn't make them feel like they should stop living. You should help people understand that bullying is not right, it's not kind, and it's cruel. Treat others with kindness and the respect they deserve. When you see bullying happening don't just be a bystander, tell an adult or a grownup you know that can help. People should stop judging others when they don't even know their stories or how difficult their lives can be. I didn't realize how important human rights were, until I learned about it. The Universal Declaration of Human Rights was created on July 4th, 1776. A lot of people don't appreciate human rights and take it for granted, so I think it's important to learn about it.

Human Rights Essay

Hundreds of kids are committing suicide because of bullying. What does bullying mean? Bullying is when someone or a group of people are being mean or rude repeatedly in front of the person being bullied or behind their back. There are lots of different types of bullying. Cyber bullying is when people are saying mean things on the internet about one or more people, verbal, which is saying mean things about someone, and physical, which is when someone hits or punches someone. I think that some people bully because they have been bullied, and want revenge, or the bully doesn't feel very good about themselves and think that bullying will get them more friends and help them gain popularity. Bullying is a bad thing that should be stopped as soon as possible. Human Rights are rights you get just because you're human. I think that we need human rights because if we didn't have them we would most likely have slaves and one person rule to the country.

Did you know, that bully victims are between two to nine more times likely to commit suicide? I haven't seen or experienced bullying, but I came across a story about a boy who was bullied at school. He was born nine weeks early and was on oxygen. The doctors didn't realize until later that the oxygen was causing discoloration on his teeth. Though his teeth were perfectly healthy, they were yellow. Kids commonly teased him about "not brushing his teeth." People would

call him a geek because he liked to read books more than play sports. He talked with his principal but he just told him to ignore them. After he got home went to his room like a typical teenage boy. After about 20 minutes, his mom came in to check on him. When she stepped in his room, his mom saw that he had hung himself from his ceiling fan because the bullying got so bad.

Bullying can harm people in many ways, and later in life can also hurt the bully's reputation. This story just shows what bullying does to someone mentally and physically. This story made me really mad because no one did anything to try to stop the bullies. I wish I were there so I could try to help stop the bullies. If someone would have just told them to stop, they would have saved his life. No one did anything to stop the bullying, and that resulted in him dying. If I were going to tell the bully to stop, I would make sure that the bully knows what bullying does to someone and how it affects their life.

There are many ways for you to help stop bullying. Bullying is a bad thing that should be stopped and there are things that we can do about it. For example if you see someone being bullied you can either tell the bully to stop, or help the person being bullied. If the bullying gets to punching and hitting, you should tell an adult. If it is cyber bullying, you can report it, or talk to someone who can help stop it. Just remember that if you see someone being bullied, you might not want

to say anything because you don't want to get involved, but you should at least tell an adult so they can help.

Every time someone bullies another person, they are violating the Declaration of Human Rights. The main ones that I think people are violating are that "everyone has the right to life" and that "no one shall be subjected to torture or to cruel, inhuman or disregarding treatment or punishment." That means that no one has the right to bully someone else.

Bullying: Learn the truth

Bullying is like winter, the longer it drags on, the gloomier it feels for its victims. We need to stop bullying, it is destroying our communities. Bullying is everywhere, it has causes, effects, and also, luckily, solutions. Read on to learn about some of them.

There is a large variety of causes that influence people into becoming bullies. One of them is bad self esteem. The bully may think that by putting someone else down, they are getting a better reputation. Another reason some people bully is having issues at home. They might be venting out all of their emotions from their problems at home at the person they are bullying. Jealousy is also a reason why people bully. For example, like with poor self-esteem, they think putting others down will make them feel better. People can start bullying because someone they look up to bullies, too. Bullies have a lot of reasons they choose to pick on others.

Bullying can have many severe effects on the person being bullied, here are some of them. Stress is one of the effects bullies have on their victims; the victims could be worried about the bully unexpectedly coming up and harming them, physically, emotionally, or both. The victims can also suffer from depression if they continue getting bullied for a longer period of time. Being bullied often also results in anger, because the person being bullied might wonder why the bully had to choose them instead of someone else; they may also be upset about seeming helpless, and not being able to fight back effectively. Bullying has some very negative effects on those who are being, or have been bullied.

Talking to a trusted adult if you witness bullying, or ignoring it if you are a victim, are both great solutions to stopping bullies and bullying. If you are being bullied, and you have the courage, you can also tell the bully to stop. Avoiding the bully is a smart way to stop the bullying before it has a chance to even start. Lastly, you can pretend that the bully has no effect on you, it may discourage them from continuing to bully you. There are many solutions to finishing bullying; find one that works best for you!

Bullying has a large variety of causes, effects, and solutions. Bullying is not good, so if you are part of it or witness it, try to prevent it from happening any more. Even **you** can take part in stopping bullying by learning why it happens, what the results are, and its various solutions.

Shame, fear, anger. Haven't we all felt those before? The worst part is that it's caused by others, and it hurts a lot of people. Whether it's happening in real life or online, it happens too often to ignore, brush under the table. As a whole, this essay is about bullying; discussing bullying situations we've witnessed, following with affects, and solutions to such issues.

First step is analyzing our information, defining our problem within bullying. What is bullying? The internet describes it as such: "the use of force or threat, intimidating someone into doing what one wants." Basically, bullying I would say is hurting someone mentally, emotionally, or physically. The problem being is that there is no perfect or good enough answers to say it's right. There's this one girl in my class, new this year. She's a firecracker, says it how she sees it. Now, my classmates weren't used to that, so they didn't really take it that well. I'm not sure if it really got to her, but it was frustrating for those of us who didn't appreciate it. It wasn't nice at all, they teased her, gave her a name, really just kids reacting like kids. Eventually, people stopped being so nasty, but looking back I probably should've done more than I did to help, I'll keep that in mind for the future. From that experience, I would say bullying happens because of differences, and trying to find ways to accept them. It's understandable to cope by doing such things, but it's not right. When you think about how the person on the receiving end would feel, it's not so pleasant, which leads into our next topic.

Now that we've addressed and discussed over information we have, let's have a more in-depth conversation about the effects. Bullying can impact people in many different ways, both emotionally and physically, and mentally. In some cases, it really hurts people, it breaks them down, causing reactions sadness, anxiety, and in extreme cases depression or suicide, they think they're not good enough. Following the extreme reasons, they could end up hurting themselves

ranging from majorly to minorly. Maybe they're not someone who reacts that way though. Some just laugh it off, spin it around. They don't let it hurt them, maybe they even fire back (like the girl I talked about previously.) Whichever reaction they show, keep in mind that bullying is still an awful thing to do, no matter what reaction is given from such actions. I personally can't say I've been bullied, but even when someone just teases you (not considered bullying), it feels offensive and hurtful. When you put that on a larger scale, like bullying, just think about how terrible it is.

We now have more information on the table, so let's put that to use to create solutions. Remember, you can't easily, if at all, change others, the only person who can change like that from you is yourself. First you have to understand what's happening, why are you or someone else being bullied? How can we go about this situation? Maybe the bully themselves is struggling, what could be a solution there? I can't give you solid solutions, everyone works differently and use different methods to effectively change their situation dynamic. However, I can give suggestions. Empathy could be a good first response, take time to not only think of your perspective but that of other people involved. By doing so, you can create better responses to their actions. Maybe that doesn't work for you, don't worry, that's completely okay. Some people need more support and advice in these situations, so reach out to someone you trust for advice. This person should be someone who has a mutual good relationship with you, someone who you can lean on and vice versa. The more perspective you can obtain might lead to a more pleasant outcome. As stated before, these are not guaranteed solutions but effective or thoughtful suggestions to lead you the right way.

At the end of this, I very much hope this has lessened the haze around bullying, whether just a little bit or a lot on any or all of these topics. Learning about or from situations we've seen or experienced, what happens from it, and how to take the next steps to a healthier future. I've stated this before, I haven't been bullied before, so this topic feels a little far away for me. All those awful feelings I mentioned at the beginning? If we use our resources, maybe those could be wonderful feelings like joy, excitement, amazement. So do it, make a change for yourself, and the people and life around you.

Anti-bullying

Have you ever been bullied before, or even seen it happen? If you have been bullied before you know that it's a big problem. I define bullying as "When someone repeatedly does something to another and it makes them feel uncomfortable, harmed, or unsafe." Bullying is sadly very common for many reasons, and I think that it's not okay. I'm going to explain the causes, effects, and solutions of bullying.

People bully for many different reasons, and I'm going to tell you some reasons why. One cause of bullying is jealousy. When people are jealous they may put you down or make fun of you to make them seem like they're better than you. Another cause of bullying is insecurities. Some people may make fun of something that they or you might be insecure about. The next cause of bullying is revenge. If you had done something to someone in the past they may have gotten mad and wanted to do something back to you. Those were some of the causes of bullying.

Now I'm going to tell you some of the sad, but true, effects of bullying. One effect of bullying is depression. If someone is being bullied they may start to believe the things that the bully is saying and become depressed. The next effect of bullying is suicide. When people are bullied bad enough they may think that they should harm themselves, or not be alive at all. They could also develop an eating disorder if they are made fun of because of their weight or size. Those are some of the terrible effects of bullying.

Thankfully there are some solutions to bullying and I'm going to tell you some of them. The first solution to bullying is to straight up tell the bully to stop. Another solution to bullying is to laugh it off and pretend it doesn't bother you. This may make the bully feel overpowered and then they probably would stop. The third solution to bullying is to tell a trusted friend, adult, or

parent about it. One time my friend was being bullied because of their clothes, so I stood up for them and told the bully "How do you think you would feel if you were being treated like this?" Those are some great solutions to bullying.

That was some reasons on why bullying happens and how to help make it stop. I'm hoping that this helped you understand more about bullying. If you ever are bullied or see it happening use some of these tips about the causes, effects, and solutions to bullying to help stop it from continuing to happen to help out the victims of it.

Do you vow to stop bullying now?

Have you ever experienced or witnessed bullying? The definition of bullying is repeated harassment. Bullying has negative causes and effects, but we can, and should be part of the solution to this alarming problem.

There are many causes to bullying. People could possibly be bullying because of peer pressure from friends. Lots of bullies have been bullied in the past, and now are seeking revenge. They want to show others how it feels. Lastly lots of people have trouble at home, such as fighting and conflicts. These are just some of the many causes of bullying.

There are many effects to bullying as well, all are negative. Some people don't trust anyone anymore, and they cut off all relationships in the outside world. Bullying could also affect school, grades and absences. If the bully is attacking at school they may not want to come back. Bullying could even lead to suicide or mental illness. These are a few of the many, horrible effects of bullying.

If you are being bullied or see someone else being bullied, there are many ways to make it stop. If you are being bullied try to hang out with a large group of friends, the bully is less likely to attack when you are around many people. Just ignore them, lots of times the bully is just looking for power and attention and if you take that away, they will probably stop. Lastly, if you see or are being bullied, don't be afraid to tell a trusted adult, don't worry, you're not tattling. These are a few steps we can all take to get rid of a bullies.

I hope this has taught you a lot about bullying causes, effects, and solutions. Bullying is not fun for anyone. I hope you will take action if you see bullying happening, whether it's at the park or in the hall, we will all appreciate it.

Have you ever witnessed or been bullied? Did you know bullying can happen anywhere at anytime? There are so many causes, effects, and solutions to bullying, read on to find out!

Causes are the main reason people start bullying, by learning some causes, maybe you can help the person bullying others. If their parents aren't being kind to other people, they might think that bullying is fine. Being jealous of others can also cause bullying, because they want something and you have it. They might think it's unfair that you have it and they don't so they decide to start bullying you and it makes them feel better. If you see someone bullying don't bully them because they were bullying, think of might have caused them to bully and help them.

The effects of bullying can impact others a lot. If you see someone getting bullied, stand up for them! You know that bullying isn't a good thing, so the effects aren't good either. Bullying can affect others a lot; it can cause depression, hate, anger, and lots of other negative effects. These negatives effects could change their lives. You can either stop the bullying and let the effect in their life be positive or you can let it go on and have the effect be a negative one.

Bullying doesn't help, but solving it does! If you've bullied others, go solve it. If you are about to say something stop and think before you talk so you don't end up bullying. If you're getting bullied try to just walk away! Solutions are never easy to think of, but if there's a problem, there's a solution!

By learning the causes, effects, and solutions to bullying, I hope you can now solve bullying when you see it. Sometimes bullying happens in places you think are safe, but bullying can happen anywhere so be on the lookout for bullying and stop it. Sometimes stopping something can change the future completely, so when you see bullying, please stop bullying right on the spot!

Human Rights: Bullying

When you hear the term bullying, what do you think of? Teasing? Name calling? Stealing? Well, it gets a lot deeper than that. Bullying, in my mind, is repeated harassment of one or multiple people. The human rights need to be enforced, or at least have people reminded of them, so that cases of bullying don't happen. I was once bullied. That may spring into your mind, because EVERYONE HAS BEEN BULLIED AT IN POINT IN THEIR LIFE! Even the biggest and worst bully that you have encountered has been bullied! Now, enough about generic placeholder people, and more about how I was effected by two people at my old school. If you're thinking "OH NOES! Did they hurt your feelings? Oh you poor soul!" then, wow. You probably aren't familiar with the impact on your mind, body, or your self esteem. (And maybe a little insensitive.)

But in reality, it can be soul crushing. About three years ago those two people at Parkview Center School just completely and utterly shredded the thin layer of a blanket we call "sanity." My soul was shattered over and over, day after day. It's one of the reasons I came here. If that had never happened,

and in a different reality sure that's possible, I wouldn't have come to RAMS. Maybe. But anyways, at the time I was just your average kid. Good grades, good friends who I enjoyed, mostly, and good teachers. But as always in life, nothing can ever be perfect. Even in one of the greatest pieces of art, there's going to be at least one wrinkle. Then, it started. The taunts, humiliation, dehumanization. What was going through my head? Well, even I don't remember. It's all a fuzz haze of, well, shattered memories. (And haze.) but what I do remember is that there were a lot of people that they manipulated against me. It was almost like they were trying to get the entire school to hate me. The only people who at least tried to help were my parents, teachers, and psychologist.

To be honest, I really wish I had brought up the subject more at home, when in reality I stayed in my room, my face in my pillow. People need to help this anti-bullying cause by making others aware that THEY ARE NOT ALONE, and that THEY CAN ALSO HELP! As a closing, bullying is wrong, and violates our rights, our mind, our families, and our sanity.

Bullying Is Never Okay

Bullying is a worldwide problem, between 1 in 4 and 1 in 3 kids say that they have been bullied in school and 246 million kids experience some form of bullying every year.

Bullying is unwanted aggressive behavior. Bullying is a person who feels more dominant over someone they see as "weaker" than them, not just weaker physically but also mentally. Bullying is someone taking out their anger and frustration on someone else. Bullying is making someone feel bad about who they are. Bullying is disregarding someone's Human Rights and throwing them out, bullying breaks almost every human rights and makes them feel less of a person.

We need human rights because they Guarantee people the basic needs to live, such as having the right to live in freedom and safety, nobody has the right to hurt you, everyone should have the right to ask for protection if attacked by anyone, and so many more. Human Rights are the rights every person has. The rights no one can take away, its known as the Universal Declaration of Human Rights, a historical document adopted by the United General Assembly in 1948.

Bullying of any kind weather it's joking or pushing us never okay.

From what I've been told about bullying when my mom was my age, it didn't seem to be taken as strict as it is now. Adults thought of it more as a part of growing up. When my mom was in middle school, there was a school wide bully. He pushed and shoved, called names and made fun of people, it didn't matter who it was, if he knew you or if he didn't, he would ambush for no reason whatsoever, just to do it for fun. One day during a assembly he threw an exploding pop can at one of the teachers kid and hit him upside the head. There really was no end to his bullying.

Sometimes the things that happen in or out of school affect how people act, because they keep their feelings and what's going on in there life's all bottled up inside and don't tell anyone and end up lashing out on someone as there way off letting

Later my mom found out from a friend that at home he was getting beaten by his dad and was taking the punches for his little brother. Then he would come to school and take his anger and frustration on people from school. He never told anyone what was going on and later in his 30 he was going to therapy to try and help him figure it all out.

There are so many ways and things we can do to stop bullying but the most we can do is be kind to one another.

We could stop bullying by being kind to each other, even when there not kind to you because you never know what there going though. Or you can tell them to stop and then if that doesn't work you can always talk to a teacher about what was going on weather it was happening to you or someone else. You could think about how you would feel if you were getting told these hurtful things that you are telling other people. And you can encourage people to speak out

against it, and tell someone when you see it or if it's happening to you so the person doing it can talk to someone.

Bullying is a terrible thing that lowers so many people's self-esteem and makes them feel less of a person. It diminishes people's human rights and hurts them so much in the end. Bullying is a terrible thing that people need to stop doing, it is horrible and hurtful.

Human Rights Essay

Over 3.2 million people are bullied a year. Everyday, 160,000 students in the USA stay home because they are scared of being bullied at school. Every seven minutes, a child is bullied. But what is bullying? Bullying is when someone deliberately harms or hurts someone emotionally or physically with the goal to cause someone else to be hurt. Bullying can range from being anonymous to public, physical to emotional, online to in person, and from a close friend to a complete stranger. Bullying can cause loss of self esteem, fear, and even suicidal thoughts. This is why **WE** have to work together to stop bullying. And we can start with human rights.

What are human rights? You may think that to define human rights, you need to come up with a long and complicated definition, but the concept of human rights is much more simple. Human rights are rights that belong to everyone. From when you are born until the day you die. Why do we need human rights? Human rights ensure that everyone has an equal chance of being able to live life successfully. Some examples of human rights from the UDHR (Universal Declaration of Human Rights) are: everyone has the right to life, liberty and security, everyone has the right to recognition everywhere as a person before the law, and no one shall be subjected to to torture or to cruel, inhuman or degrading treatment or punishment.

The reason this topic is important to me is because when I was younger, maybe eight or nine, I was bullied almost daily. When I was in fourth grade, I was already fairly young. I skipped kindergarten, so everyone in my class was one to two years older than me. I didn't really mind this, as everyone was very kind to me and treated me with respect, despite my age. A few weeks after the first day of school, my teacher suggested that I move up to the fifth grade class for math, and my parents supported the idea. When I first moved up to the fifth grade class for math, I made two friends who were incredibly kind and stood up for me when some kids told me that I was probably lost. I thought it was just a one time thing, so I brushed it off and just tried to make a good first impression. For the next few months, I would go to class like usual and then get called a nerd or be told to go home by the same group of kids every single day. While my math teacher was very sweet and kind to me, she would never interfere and simply told the kids that it wasn't very kind of them to do that to me. My friends always stood up for me which I was definitely grateful for, but it never stopped those kids from bullying me.

I know it's a bit weird, but one day I just heard a voice in my head telling me to tell someone. So I told my fourth grade teacher. I was a bit scared at first. I thought that since my math teacher wasn't willing to do something, my fourth grade teacher wouldn't do anything either and that I was probably just making a fool of myself. But I knew that things probably couldn't get

worse, and that there was no harm in telling someone how I felt. And honestly, I think telling someone was the best choice I've ever made in my life. For the first time, I felt like someone was truly, truly there for me. While my parents and I both cared for each other, my parents were always busy and didn't have time to sit down and ask me about my day. My teacher contacted my parents, and told them what was happening at school. In a way, telling my teacher brought me closer to my parents because we both realised how important being able to confide in someone is. My math teacher also spoke to my bullies, and today we are all on friendly terms. I also became less afraid to tell people I trust how I felt.

While bullying can help people improve who they are, it's usually better for bullying to not occur at all. This is what we can do to stop or prevent bullying.

1. Don't be afraid to stand up for yourself! Standing up for yourself shows that you are not going to be pushed around.
2. Tell someone you trust! When you tell someone you trust, you immediately have someone you can turn to if needed.
3. Lastly, just be kind! Being kind shows that you will not succumb to the bully's level. It also shows that you are strong, and not afraid to continue on with your life.

Human Rights Essay

Did you know that 1 in 4 students in the U.S. say they have been bullied?

That's a lot of people being bullied and it needs to stop.

Bullying is when your hurting somebody physically emotionally or through the internet also known as cyber bullying. People will do this because they might be sad or mad. It might be because of something going on at home for them.

Human rights are everyone's right to be equal we need human rights because they are our basic needs. They keep us equal and secure.

This paragraph will be about an example of bullying that happened to me. I was playing a game with my friends. They said I was too good so they teamed up on me and cheated. I tried to tell them to stop or come up with a way to make it fair. They didn't stop though so I left the game.

This paragraph is about how I felt when I was being bullied and what I could've done. After that I was feeling sad and kind of mad that they wouldn't stop. I also felt I also felt annoyed that they kept teaming up on and that we couldn't come up with a real way to make it fair. I felt that i did the right thing I told them to stop and left when they wouldn't, but I probably should have called them out on the bullying.

This final paragraph is about things that we could do to stop bullying. I think that more supervision when getting out of school would help stop bullying because that's when I usually see bullying. I also think that we should have more

events like when everybody wears an orange shirt to school so that people can be aware of bullying.

Bullying needs to stop it violates our human rights.

Bullying in Pop Culture

Did you know that 51.1% of suicidal thoughts in middle to high school kids are caused by bullying? I define bullying as something someone does to hurt or make someone feel bad. Bullies in pop culture cause people to be less likely to stand up to real bullies because of the actions of their fictional victims. The following are some real stories of bullying.

Anyone can be a victim of bullying, for example olympic gold medalist Gabby Douglas. She caught flak from twitter users on two separate occasions. Once for looking "unsupportive" of her teammates and another time for being too muscular. Eventually it stopped but if she would have done something it would have stopped a lot faster. My good friend once posted a mean video about me. It revealed my real and screen name, information I didn't want public knowledge at the time. I told my parents who contacted theirs who made them take the video down, and grounded them. The whole problem was solved in about 24 hours. It is much more effective to report the problem, pop culture is discouraging this and making the problem even bigger.

The bullies in media affect how we see bullies and their victims whether we realize it or not. If we change their influence of these characters in specifically in TV shows and showed how to properly stand up to or report them bullies would be far less prevalent. Younger kids shows having just an episode focusing on bystanders and their role in bullying or teaching how to stand up to/for someone would be a great way to help prevent bullying especially in younger years. This would shut down bullies in the early years of their life and discourage them from doing it later in their life. Thinking back to my childhood I always remember bullies being depicted as

big hulking tough guys. If we took the power away from the bullies in the shows we could make it very unlikely for anyone to become a bully. If people never bullied we would have far less teen suicides and much happier people.

Because bullies fictional victims making them all powerful real bullies become all powerful. Pop culture makes people helpless against bullies because they are never stood up to. If we can stop the next generation from bullying, it will die out with us.

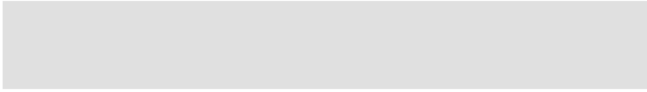
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Bullying Essay



Bullying is something that's been around for a long time. 48% of students have experienced bullying. The definition of bullying is: To harm, or intimidate someone consistently. It's something that keeps being repeated, or will be repeated in the future.

It keeps going, even if you tell a parent or teacher about someone being bullied at school, there's still someone that remembers and brings it back later.

In articles I read, students have been bullied to the point where they kill themselves. In the article, a girl made a video stating that the school doesn't do anything to stop the bullying because there's "no proof" or as she said was her "*favorite*" excuse; "kids will be kids".

At my school, there's QR codes on the walls to report bullying, and you send it without anyone knowing it was you. I think that it's a good idea, I feel like all schools should have that kind of thing. I think the reason for people not standing up for someone or not telling an adult about the bullying is

because, they don't want people to think they're a "snitch", so it's a good thing no one will know that it was you who sent in the form.

The internet has increased bullying. Now, people can be bullied 24/7. When people are at school, they get bullied. They go home, go on social media, and start to get bullied in their own home. Of course, you can block people online, but it can still continue even if it's not to you directly.

Bullying Essay

I would define bullying as a harassment to mentally or physically hurt someone. This can happen in school, neighborhoods, public, and online. I think bullying is like this because most of the time bullies threaten smaller kids by pushing them and or making fun of them. Another type of bullying is online bullying, which is called cyberbullying. Its were someone makes a rude comment about what you posted.

One example when I was bullied is at my old school in North St Paul. I was in the middle of 1st grade when three kids walked up to me. He and his friends started to make fun of one of my friends. I told him to stop and the next day at recess he and his friends chased me. They did this for a long time until we told the teacher.

If I was bullied or a friend I knew was getting bullied most of the time I would stop it by telling a adult. If the adult didn't help then I would try to stand up to them and maybe ask for a friends help. One way I would prevent bullying is to make it serious at school. The punishment would be no recess the next day. I chose this punishment becuase at recess not a lot of teachers are watching so if the bully is not outside then they can't really bully someone.

The actions that I would take to stop bullying is to talk to them. I would talk to them becuase they might be fooling around and or doing it on accident. Most of the time when kids randomly pick on me their joking around. I would also ignore the rude comments that they are making unless they are making inappropriate comments then I would definitely tell a adult. One way I would deal with cyberbullying, is to block the person If you don't know how to block someone then ask an adult.

Essay Contest

The way I would define bullying is to make the person that is being bullied feel bad. It can also make the person that is bullying feel good about themselves.

When I was 7 my friend was getting bullied by kids that were older so I fought with the kids and I got suspended for a week and now that I think about it I should not have done that.

I think how we can stop bullying is to stand up to the bully and to not get mad cause that is what they want you to feel and when your mad you do bad stuff.

Actions I can do is to stand up to bullying and help people that get hurt by bullying.