

Bullying Essay

*bul·ly*

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*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.