

**Alayna Weber
Honorable Mention
8th Grade RAMS
Ms. Patrick**

Social Studies Hour 6

November 19, 2018

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.

Works Cited:

Akron Beacon Journal. "Ohio community wages war on bullying". Newsela. November 8, 2016.

Lin, Jeremy. "Basketball player did not listen bullies". Newsela. January 19, 2016.

Washington Post. "Gabby Douglas partners with anti-bullying group after Olympics backlash". Newsela. January 5, 2017.

bullyingstatistics.org