



STUDENTS STAND AGAINST BULLYING

A Collection of Students Essays, Published
by the National Center for State Courts





NCSC WANTED TO KNOW
WHAT STUDENTS HAVE
TO SAY ABOUT BULLYING...

**WE LEARNED
A LOT...**



***NCSC IS COMMITTED TO
IMPROVING CIVICS EDUCATION...***

As part of this commitment, NCSC has developed the Justice Case Files series of graphic novels to teach students and young adults about how the courts work. In addition, NCSC holds a civics education essay contest each year in recognition of Law Day, May 1. In 2015, the essay question for middle-school students focused on bullying, which was the central theme in NCSC's most recent graphic novel, Justice Case Files #5: The Case of the Cyberbully.

Student response was overwhelming – NCSC received more than 300 entries from 17 states. Essays ranged from why people bully, to how to protect someone who is being bullied, to how to stop bullying. Some wrote about personal experiences, others were passionate about what society can do to stop bullying. NCSC wants to share students' words, emotions, and solutions to the pervasive problem of bullying. This booklet is a collection of the essays and quotes from essays that represent students' attitudes.



“I WANT TO STOP BULLYING SO...

I can spend more time learning fun things. I love learning at school, thought sometimes it is tough there. My favorite place in school is recess, but bullies have more chances to be mean then. I won't fight with anybody, but I will use my words to stand up for myself and speak loudly enough that someone can come to my rescue. I will be nice to someone who is a bully so the bully can learn how to act respectfully to someone, and maybe even earn a chance to be my friend.”

-Chase Lamb, Grade 4, Mechanicsville, VA

“I WAS BULLIED BECAUSE OF THE FOOD I ATE, AND MY CULTURAL ACCESSORIES...

I learned the bullies were ignorant about my culture and insecure about themselves. I realized that education was the best way to deal with bullying. Instead of focusing on punishment, we should help bullies understand why they hurt us. Our school started a culture corner so students learned cultural diversity and understood how we were different, and similar to one another.”

-Priyanka Fayson, Grade 4, Barnesville, MD

“You are such a loser,’ she said to me. Everyone turned my way and started laughing. I was angry, sad, and it felt like I did not belong, because I am different. Bullying is an issue because, when you are bullied, it doesn't feel good. You feel alone, and empty. One way that we can/will solve this problem is by helping others not to feel bad. Another way is that we can be nice to the bully. I know this would be hard to do, but you can try. We are all different from each other, and that is okay.”

-Alexys Hust, Grade 6, Lake Stevens, WA

“‘Could you be any uglier?’ the girl yelled through the crowded hallway. I watched as my best friend went running into the bathroom. it was that moment I realized I should have said something but it was too late...”

-Maelyn Reynolds, Lake Stevens, WA

“COULD YOU BE ANY UGLIER?..”

“Everything was going great until some one you thought was your friend started calling you names and verbally tearing you apart”

-Brenda Call, Lake Stevens, WA

WHAT'S THE ISSUE?

I believe bullying is a huge issue that needs to be addressed with effort. It is a horrendous thing to

betraying our own kind instead of looking out for each other and having empathy. We have to think about the future and if we really want bullying to go on, leading us to hatred, betrayal, and unwanted self-harming.

could prevent him/her from growing up and coming up with amazing ideas, or doing great things. I am positive that our powerful country does not want that at all! Sometimes in life, you have to think ahead and ignore selfish needs. this is why I believe that bullying should be stopped today .“

- Bryce McKenna
Warrenton, VA

go through if you are in a bullying situation. This could be the downfall of our nation,

Plus, a child getting bullied could possibly have very little to no self-confidence because of what has happened to him/her, which

“THIS COULD BE THE DOWNFALL OF OUR NATION, BETRAYING OUR OWN KIND INSTEAD OF LOOKING OUT FOR EACH OTHER...”

“WITH THE INTERNET...”

Bullying has become more common and is very hurtful. Approximately 160,000 U.S. teens miss school every year for fear of being bullied. There are three R's that are important guidelines to follow when you see someone bullying: recognizing, responding, and reporting. First you have to recognize the bullying. bullying is always one sided, and happens more than once. once you recognize that bullying is taking place, you need to respond by being assertive and telling the bully to stop. after this , it is important to report what has happened to a teacher, or another adult that you can trust.”

-Locksley Kolakowski
Mill Creek, WA



ADDRESS THE ISSUE

**“AS A COMMUNITY, WE NEED TO FOCUS ON THE BULLY
BY SHOWING EMPATHY, NOT ANTAGONISM...”**

Bullying is a social epidemic that has the potential to degrade our nation. bullying affects an extensive group: the bully, the bullied, the bystanders, and the school. with cyberbullying, it has become pervasive and seemingly unstoppable. the harmful effects, such as criminal behavior, depression, truancy, and suicidal thoughts can advance to adulthood.. Instead of punishment , bullies should be given an opportunity to express themselves in a safe environment without judgement. Schools should offer programs that focus on self esteem, cultural diversity, and life skills.“

-Idira Fayson, Poolesville, MD

“Bullying is such an issue and some people choose to do nothing about it because they are scared. We live in a society where people are so quick to judge someone by their appearance, and they don't know what that person could be going through...”

-Kristen Adams, Lake Stevens, WA

“Bullying. One word that can mean so much. Pain. harassment. being an outcast. these are the reasons that bullying needs to be addressed. no one deserves these feelings. what can we do to stop it? Two words, tolerance and acceptance. What i mean by these words is that we need to tolerate people who view the world differently than we do and accept them for that. we also need to accept people who break out of this mold we put people in.”

-Victoria Martison, Lynnwood, WA

“Bullies are everywhere; at work, at school, in your neighborhood. However, this isn't something we should just sit back and accept. 1 in 3 U.S. students have reported being bullied, but this isn't just a number, it's a life. Classmates should stand up for the victim. what the victim needs the most is to have support. Bullies have a rationale, and need guidance to visualize it. Punishing the bully will not solve everything. Parents and teachers need to become approachable to discussions.”

-Sanam Parwani, Glenshaw, PA



THE EVOLUTION OF BULLYING

With the ever- evolving world of technology and social media, bullying has continued to change, becoming a larger and harder problem to solve. cyber bullying is a new concept that is appearing on social media. it is harder to solve because bullies can be anonymous and are harder to track down.”

- Lynzley Kolakowski, Grade 8, Mill Creek, WA

“BULLYING HURTS...”

Years of being bullied builds up mounds of anger and hurt, and when people act out in rage it ends up hurting themselves and others. in any situation, our words and actions bites, making little wounds that we remember, whether it's a look or the way somone acts, it lowers our self-worth. every person is valuable, and you can remind him/her of that. be aware of those who are hurting. reach out to them with compassion. Be brave and don't be afraid to stand up for others.”

- Celia Teague, Grade 7, Monroe, WA

“Physical , verbal, relational, and cyber are all forms of bullying, and they are all ways to destroy a person. Bullying is detrimental to any person it causes depression, anxiety, low self-esteem, and at the most exteme being suicidal. The majority of kids know what bullying is but they don't know how severe it is until it happens to them. Everyone needs to be taught when and how to stop bullying. “

-Amy Roth, Grade 7, Warrenton, VA



CYBERBULLYING IS:

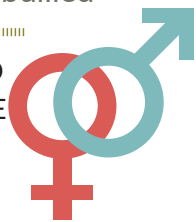
A serious problem that affects kids nationwide. Cyberbullying is defined as "willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices." ALL kids and adults have a responsibility to help stop this problem.

FACTS OF BULLYING

2x GIRLS ARE MORE LIKELY THAN BOYS TO BE CYBERBULLIED.

Boys are more likely to be bullied

BOYS TEND TO BE BULLIED BY BOYS WHERE GIRLS ARE BULLIED BY BOTH BOYS AND GIRLS.



1 IN 6

TEENS ARE CYBERBULLIED

MIDDLE SCHOOLERS are more likely to report being made fun of, pushed or other physical abuse, threats, being excluded, having property destroyed or forced to

HIGH SCHOOLERS are more likely to report being cyberbullied.

AGE & GENDER FACTOR IN TO WHY KIDS ARE BULLIED MORE THAN DIFFERENCES IN CULTURE.

92%

OF 3RD - 5TH GRADE STUDENTS SAID THEY FELT SORRY FOR STUDENTS WHO WERE BULLIED, BUT SYMPATHY OFTEN DOES NOT TRANSLATE INTO ACTION

TYPES OF BULLYING



PHYSICAL



SOCIAL



VERBAL



CYBER

Other forms of bullying include making fun of someone, calling people names, saying insults, spreading rumors, being shoved, beaten, spit on, or excluded from activities, being threatened, being forced to do something you don't want to do or having your property destroyed or damaged.

CYBERBULLYING CAN OFTEN BE MORE DAMAGING EMOTIONALLY AND MORE HURTFUL THAN PHYSICAL BULLYING.

BE MORE THAN A BYSTANDER!
STAND UP, SPEAK UP, AND SPEAK OUT AGAINST BULLYING.

WHY DO KIDS BULLY?

Influences and factors that affect us:



FAMILY



COMMUNITY



FRIENDS



SCHOOL

Bullying is a complex issue with many influences and risk factors. If you see bullying going on, Tell a teacher or an adult you trust, try to talk the bully out of doing what they are doing, use your words and not your fists to stand up to the bully.

WHY DO KIDS REMAIN SILENT?

1 IN 10

STUDENTS REACH OUT FOR HELP



OTHERS REMAIN SILENT AND DEAL WITH IT ALONE.

Many children do not report bullying to adults, a trend that becomes more pronounced as children become older specifically seen more in boys.

OTHER REASONS KIDS REMAIN SILENT:



Fear of retaliation from the bully, being afraid they will be called a tattletale, and Lack of confidence that adults will help.

SOURCES
<http://www.stopbullying.gov/image-gallery/what-you-need-to-know-infographic.html>
<https://www.cabinetreport.com/human-resources/age-and-gender-factor-into-bullying-more-than-language>
<http://www.kidshelpphone.ca/Kids/InfoBooth/Bullying/Types-of-Bullying.aspx>
<http://www.nerdgraph.com/inside-cyber-bullying/>

WAYS FOR COPING

“When possible, disregard the bully, particularly for one-time cases. Divert attention, try thinking about what you’ll do next weekend. Surrounding yourself with positive people who know you and will boost your confidence. Try to get help, including friends, older brothers and sisters, teachers, or parents. Remember, everyone has a right to live, work and play in an environment free from bullying, harrassment, discrimination, and violence. Do not stand up for a bully, stand up for the person who is getting bullied. We need confidence too, so we can be successful.”

-Samanvitha Javagal, Glendale, AZ

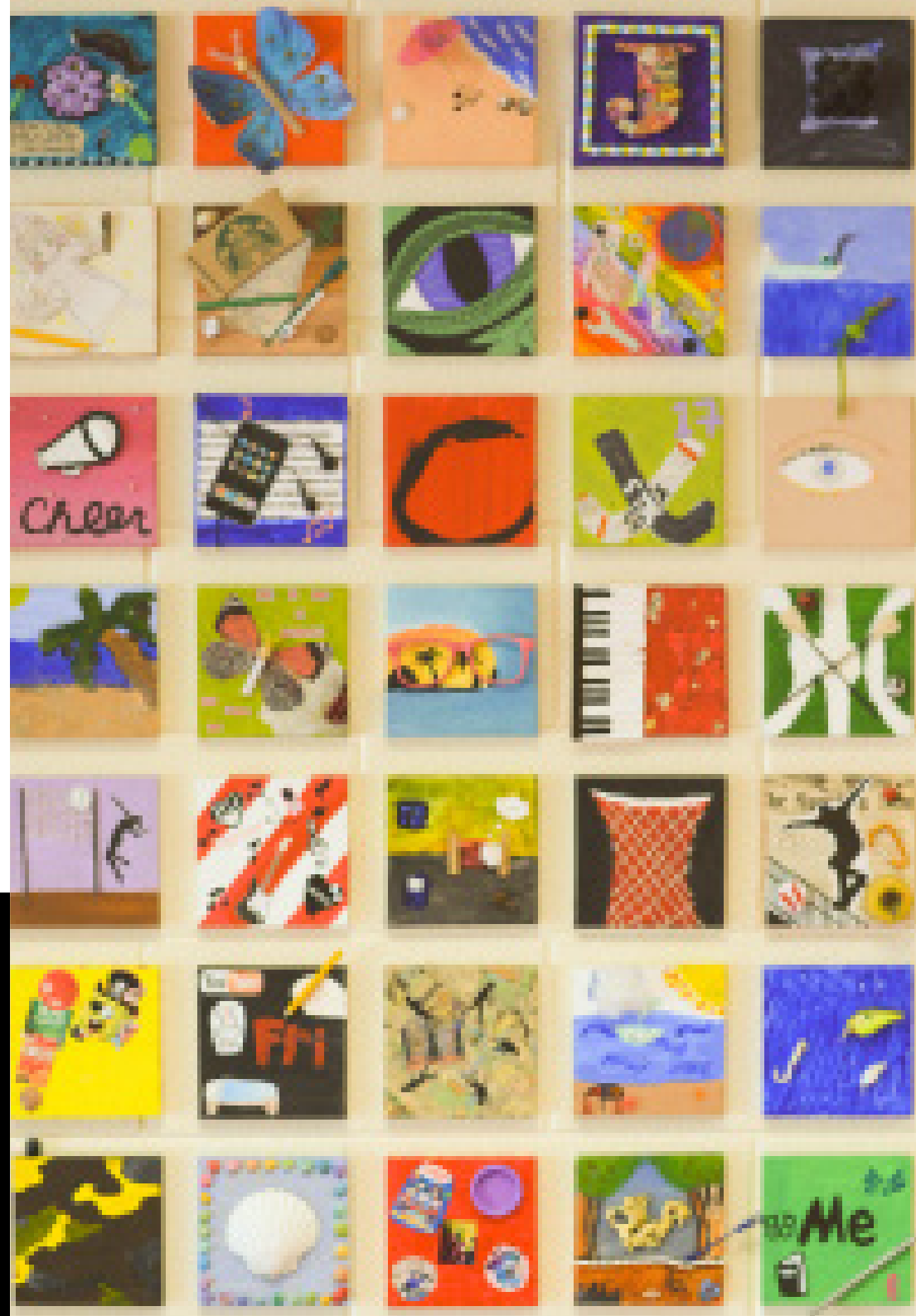
“Kids witness bullying everyday, but don’t know how to react. One of the most useful, but underutilized methods is making a joke out of it. For example:

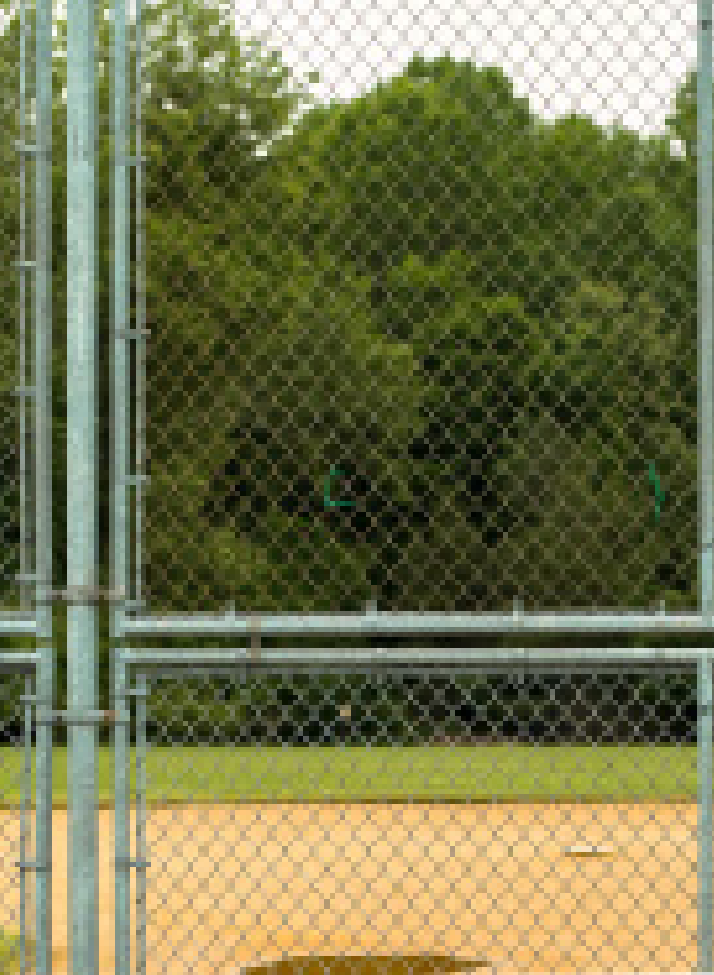
(Bully): “You run like a girl!”

(You): “I know, so try to keep up.”

Everyone likes a little humor once in a while.”

- Michael Kokolis, Williamsburg, VA





LEARN AND PRACTICE SOLUTIONS

Students at my school are often teased for being in the minority. The school tries to fix this through longwinded assemblies, but those don't change the way people act towards each other. What we really need are ways to get to know each other so that we don't judge each other for our differences. Schools could do a once-a-week field day where students have to work in groups to solve problems. Students would soon become friendly with each other by overcoming challenges together. Once all students become friends with one another, they will no longer want to tease each other.

-Rebecca Yermish, Marlton, NJ

The "Buddy Bench" at Waller Mill Elementary School in Williamsburg, VA, is a safe place where students can sit if they feel like they are being bullied. Their teacher or friends can come and sit with them to talk about the situation.



"THERE IS ALWAYS A LIGHT AT THE END OF THE TUNNEL IN SITUATIONS LIKE BULLYING. DON'T FEEL LIKE YOU'RE TRAPPED, YOU ALWAYS HAVE OPTIONS."

-Dominique Luna, Glendale, AZ

"Bullying distracts you from learning and forming healthy friendships. It can affect a person both mentally and physically, by causing eating disorders, depression and anxiety. I can step in when someone is being bullied, report the issue, and befriend the victim. Schools can use

natural consequences to stop bullying, including community service such as maintaining a school garden or fostering an animal in the classroom so students can learn compassion for other living things. Parents can volunteer so all kids receive guidance and

positive attention. Schools and families must have ongoing discussions to raise awareness about all types of bullying.

-Kai Hartmann, Lynnwood, WA

STAND UP AND BE STRONG

If you are bullied, you should be strong. I came up with a different meaning for the word **STRONG**.

STRONG also means:

Stand up for yourself

Trust friends and teachers

Remember to be the bigger person

Only talk to teachers, friends, and
family about this

Never let a bully get to you

Go and stop the bully

-Victoria Bliley, Williamsburg, VA



“Classmates can step in and stop the bully. Parents can stop bullying by going to the school or talking to the parents of the bully. I can stop bullying by stepping in when I see it happening. If bullying is going on in your school, step up and stop it.”

-McKenna Edge, Minden, LA



MODEL RESPECT FOR OTHERS

“Bullying can cause depression, anxiety, and even suicide. The person being bullied usually struggles in defending themselves, so we have to help. Parents can model tolerance and respect for others. They can monitor computer and phone activity. Teachers can watch for signs of bullying and show support and concern. We can be kind to those who are targets of bullying. We can remind each other that we are all different, not better or worse, just different.”

-Josiah Buskirk, Lilburn, GA

**“PHYSICAL CONTACT
NEVER SOLVES A
PROBLEM. TAKE A
STAND. SPEAK UP...”**

-Camille Saverino, Grade 3, Greenville, NC

“No one likes being bullied so why let it happen in our community?”

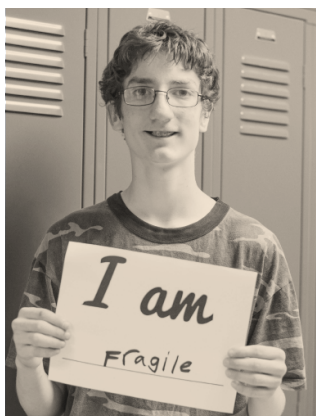
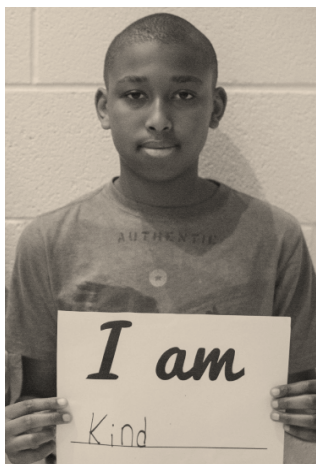
- Ethan Queen, Lake Stevens, WA

“I will report bullying when I see it. People can call me a snitch, a tattler, or whatever else they want. That’s not going to stop me because bullying can hurt people. I’m willing to take the risk and stand up for what’s right.”

- Evelyn T., San Antonio, TX

“What can I do? I can speak up, if I feel uncomfortable with someone’s actions or words, I can say something. My school can create a safe environment where bullying can’t happen. My classmates can treat everyone with respect and stand up for others.”

-Farrah Sturges, Grade 7, Warrenton, VA



<< Students from Grafton Middle School in Yorktown, Virginia, made posters with one positive word they thought best described them.

“WE’RE ALL SPECIAL IN OUR OWN WAY. YOU DON’T HAVE TO BE THE SAME TO FIT IN, SO BE DIFFERENT.”

-Anastasia Halacy, Williamsburg, VA

