

Bullying Stops Now

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Girl is being left out by her friends.

Bullying is an issue in many schools and around the world.

Have you ever been bullied? I bet you wanted the bullying to stop. Bullying is a serious problem among school-aged children. Many children are bullied, but all for different reasons. There are 3 types of main bullying: cyber bullying, physical bullying, and verbal bullying. According to Statisticbrain.com 1 in 10 students are bullied daily or several times a week. Most parents say that bullying is just a

normal part childhood. But it's not, Valerie Radetzky the school counselor at MNS P.S. 290 said she thinks people should pay attention to bullying because, "It is a serious situation that in its worst form [can ruin] people's lives." Bullying is an issue in many schools and around the world.

Cyber Bullying

Cyber bullying is a type of bullying when the bully uses

any type of electronic device to pretend they are somebody else online to trick others, trick people into revealing personal information, spread lies and rumors about victims, send or forward mean text messages, harass or threaten others, or post pictures of victims without their consent. Bullies commonly cyber bully with the use of instant messaging systems, chat rooms, e-mails, and blogs to write an inappropriate message

According to stompoutbullying.org 8% of students stay home on any given day because they are afraid of being bullied.

about a victim or to post a picture without their consent. For example: The bully emailed everybody and told them that “Name of victim” isn’t popular so nobody sit next to “him or her.”

Other types of cyber bullying include:

- Gossip
- Exclusion
- Impersonation
- Harassment
- Cyber stalking
- Flaming
- Outing and Trickery
- Cyber threats

Physical Bullying

Physical bullying is when a bully physically tries to hurt someone. Physical bullying is one of the only types of bullying that can affect more than just the victim; this type of bullying can also affect the witnesses.

According to Radetzky “If it’s physical bullying the witnesses could be in danger.” Some things such as fighting, practical jokes, stealing, and sexual harassment are not considered physical bullying unless: the same victim is targeted repeatedly, the bully or bullies intend to hurt, embarrass, or intimidate the victim, or the actions occur in a situation with real perceived imbalance of power, such as when the bully is stronger than the victim or has a higher social standing. For example: The bully took “Name Of Victim” ‘s clothes and ripped them because he is weak. Other types of physical bullying include:

- Stealing
- Shoving/ Pushing (on purpose)
- Punching/ Hitting

- Kicking
- Tripping
- Slapping
- Spiting
- Inappropriate touching
- Tickling
- Head locking
- Pranks
- Fighting
- Use of available objects as weapons

Verbal Bullying

Verbal bullying is when a bully spreads a rumor, teases, name calls, makes insulting remarks and put downs, makes racist remarks or other harassment, etc. This type of bullying can make the victim have low self esteem, have a feeling of being hated, depression, whining, and tattling, it can also make the victim feel powerless. Radetzky said also “Academic grades can go down, relationships can be destroyed, and children often end up with a range of negative feelings.” People who experience this type of bullying are usually different. Radetzky also said, “Most bullies, however choose someone who is not likely to speak up.” Other types of reasons for verbal bullying include:

- Age
- Gender
- Race
- Culture
- Sexual orientation
- Clothes

For Example: “Name of bully” said that “Name of victim” dresses like a nerd.

Bullying is a serious problem in many schools and around the world. Radetzky says that she thinks that students are afraid to stand up because, “They maybe afraid that the bullying will get worse, they may not want to appear weak or they may be embarrassed to talk about the reason they are being bullied. These are just some of the reasons, but adults understand this and these reasons should never prevent children from seeking adult support.”