

The Problem

By Melissa Medina and Brianna Quirarte

Ask yourself do you think bullying is a serious problem at school? If you think it is not well guess what, it is. I bet you did not know there are different kinds of bullying. The different types of bullying are social bullying, verbal bullying, physical bullying, and cyberbullying.

Have you ever started rumors about someone or made somebody feel left out? If you have, then you are a social bully. If you are being socially bullied try to hang out with different friends or ignore the bully because you know the rumors are not true. According to *CNN*, kids with disabilities are most likely to get socially bullied because people feel like they are different. If you are a kid with a disability and someone is socially bullying you because you are not the same do not ever feel different we are all the same. We may all look different, but we are all humans and should all be treated equally.

Physical bullying is when someone is bothering you physically. DO NOT let them harm you, instead tell an adult you trust or use your brain, voice, and body. Physical bullying happens in most schools since it contains physical attacks and no teachers are on watch. These are bullies that harm you, taking advantage of you when a teacher is not watching. If your friend is bullying someone physically do not encourage them to keep bullying, instead tell them what they are doing is hurting people. If they are encouraging you to believe that bullying is fun do not let them control you.

Teasing and calling people names is verbal bullying. If you really do not want this to happen to your son or daughter or even yourself, you can ask them to stop and if they do not stop ignore them. If you are a student or kid tell an adult you trust. According to *StaySafe.com* a girl about 6 years old was being bullied. She told the principal but he did not do anything about it. A few weeks passed and she was still getting bullied, she told the principal and he did not do anything again. She did not want to get bullied anymore so

she told her Mom. In shock her Mom sued the principal. That little girl did the right thing and so should you. She went through a lot of pain when she was getting bullied she first said “I don’t know why a lot of kids were mean to me if I always tried to be really nice to them.”

In social media, cyber bullying is most likely to happen when kids or even adults use Facebook, Instagram, Twitter, Snapchat, etc. to make people feel bad about themselves, family or friends. You do not have to go through all of this suffering just block them or simply just start a new account, it is worth it. This is one of the most popular types of bullying because a lot of people have social media and people might use it the wrong way. We have got to admit every body is obsessed with social media these days, but do not let it take over your life.

We did not know much about bullying until a program called *Get Safe* came to our school and gave us tips and showed us how to defend ourselves in a proper way. *Get Safe* also taught us how to prevent bullying and stay safe. We did not know the difference between tattling and reporting so they taught us. We do not expect you to know the difference so we will explain it to you. Say there is a boy sitting behind a girl the boy starts tapping on the girl’s chair. So the girl asks the boy to stop politely and he says “Oh sorry” and stops, but the girl still tells the teacher about it. That is tattling because the boy stopped the first time, so why start something that has already been fixed. Now let us say the boy does not stop, instead he says “What are you going to do about it?” The girl thinks that his actions are mean, and she tells the teacher. That is reporting: see the difference? It is okay to get help especially when you need it.

In our opinion bullying happens everywhere or anywhere, but together we put a stop to bullying because it is not fair to be bullied. About 160,000 students do not go to school because of bullying. We have given you tips and advice on how to stay safe, we hope no, we expect for you to prevent bullying and not become a bully. Do not be a bully! Do not ever be afraid to speak out!