

Bullying In School

By Lizbeth Teran

In the article, “Facts About Bullying,” it states “between 1 and 4 U.S students say that students are being bullied.” Bullying is already a serious problem. According to the article “How To Prevent Bullying, “most bullying happens in middle school.” The most common types of bullying are verbal and social. The question is, what are teachers and adults doing to prevent bullying?

Teachers and administrators need to be aware that bullying generally happens in areas such as the bathroom, crowded hallways, school busses, and social media. They need to be aware of all those places and take it seriously. What teachers should do is talk to students when they are younger because when they grow up they are not going to care anymore and not listen. They should also emphasize that telling is not tattling. All school staff needs to be trained on what bullying is, what the school’s policies are, and how to enforce the rules. Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it and building a safe school environment. Parents, teachers and other adults may not be aware of all the digital media and apps that a child is using. That means there are more opportunities for the child to be exposed to potential cyber bullying.

What can bullying lead to? The fear and anxiety caused by being a bullying victim can make it difficult to focus at school. Bullying can lead to having depression, suicidal thoughts, and low-self esteem. Some kids are so tormented by their bullies that they actually choose suicide as an alternative to their pain, which should never be an option. The experience of being bullied can end up causing lasting damage to victims. In the article “The Long-Lasting Effects Of Bullying,” it states that “Kids who are regularly targeted by bullies often suffer both emotionally and socially. Not only do they find it hard to make friends, but they also struggle to maintain healthy friendships. When kids are continually called ‘fat’ or ‘losers,’ they begin to believe these things are true. Consequently, they may skip classes and resort to drugs and alcohol to numb their pain. And if bullying is on-going, they may develop depression and even contemplate suicide.”

Also, in the article, “Support the Kids Involved,” it states that “We should also help the bystanders who witness bullying. Even kids who witness bullying can still be affected. Many times, when they see bullying, they may not know what to do to stop it. They may not feel safe stepping in the moment, but there are many other steps they can take. All kids involved in bullying—whether they are being bullied, bullying others, or seeing the bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn’t continue and effects can be minimized. That is why bullying should be prevented.”

In conclusion, what can we do to prevent bullying? We can prevent bullying by modeling how to treat others with kindness and respect. Help kids understand bullying, talk about what bullying is and how to stand up to it. Tell kids that bullying is unacceptable. Make sure kids know to get help from adults. We can prevent bullying by encouraging kids to speak to a trusted adult. Talk about strategies for staying safe, such as staying near adults or groups of other kids. Help kids take parts in activities, interests, and hobbies they like. Some activities can help build confidence and friendships that help protect kids from bullying. We can prevent bullying by keeping the lines of communication. You can listen to them, and ask about school. Lastly, that is why I think bullying is bad and why we should stop it.