

Bullying

Stop the Hate Essay

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If you saw bullying, what would you do to stop it? Would you stand by and let it happen, take part in it or try to stop it? Not many students think about this, and that's part of the problem.

"Treat others the way you want to be treated" is the Golden Rule and, it should be followed in every aspect of your life. When I was in elementary, kids would call me "Elf Hands." They called me that because I had small hands. I was also new to the school so everyone would always look at me. I knew they were calling me names and making fun of my hands in class. I would go home telling my mom what everyone would say to me. She would say, "Son, just fill your mind with good thoughts. Ignore their comments and don't give in to them." I agreed with what she said.

I would go to school and do exactly what she told me to do. I would fill my head with happy thoughts and ignore them. I wouldn't try to fight them or call THEM names. I would just...Sit there and nod. It didn't affect me at all anymore. Before I went to my mom or told her about what was happening, I would think about running away because of what they were saying, but I wouldn't do that because that's what they all wanted me to do. There were a couple of people who were bullied as well as me, so we all became friends. When there were more of us, we weren't bullied as much as we were when we were alone. We fought to stand up for each other when everyone else would fight us with their words.

Bullying comes in many different forms, from cyber bullying to physical bullying. It's all wrong, and it has to stop. Bullying has a real negative effect on the victim's life. Those who are constantly bullied can be pushed to the breaking point, where they could end up hurting themselves or others. Why do students bully their classmates? I believe students bully others because they are insecure and lack confidence. They use bullying tactics to

impress other students. Bullies thrive on the attention they get from their fellow classmates. Their hurtful actions make them feel powerful and popular. Bullies pick on students who they think are weak in physical stature, unpopular with their peers, easily intimidated, or discriminated against.

These are ways schools can improve anti-bullying.

- Establish clearly defined school wide behavior expectations rather than rules that describe only general principles. Here is an example of a clearly defined rule: "No teasing. Teasing is name-calling, starting rumors, gestures, or other actions that are likely to make students feel bad about themselves."

-Use predictable and escalating consequences for aggression rather than creating a unique consequence for each student and each situation. When there are inconsistent consequences for bullying, young people are likely to continue.

So if you saw bullying, what would you do to stop it?