

ANTHONY BIAS

8. HOW DO YOU FEEL ABOUT BULLYING IN SCHOOLS?

Bullying is possibly one of the easiest things to deal with; however, it is also a very traumatizing event in a child's lifetime. When a child is bullied, it often leads to low self-esteem, depression, and in serious cases, suicide. According to studies done at Yale University, it is estimated that bully victims are 2 to 9 times more likely to consider suicide than non-victims. When a child is bullied in school, it can also lead to low grades and antisocial behavior.

When I was in middle school, I was bullied because of my race and my weight. I was called everything from racial terms like "cracker" and "honky" to things like "snowflake" and "Santa Claus", just because I was White and overweight. I became depressed and my school work showed it as well. When asked by my teachers what was wrong, I would lie or say nothing, because I didn't think they could help me without making it worse. I took three years of bullying, both physical and mental, just because I was scared of them. That's something nobody should have to go through. I'm a senior in high school and about to graduate in four months. I'm not afraid to help someone who I see is getting bullied or give them an ear to listen to if they want to talk.

Honestly, I feel if you're bullying someone in your school, no matter who they are, you don't belong in that school. You might be better off being homeschooled, since you don't know how to treat other people. A child who is being bullied doesn't function the same as someone who has never experienced it. The victim who is being bullied often has a troubled look on their face, is paranoid, has low self-esteem, and often keeps to themselves.

There are multiple ways to resolve being bullied but, of course, that's easier said than done. You can try telling an adult like a teacher or parent about the bully and let them handle it; you can try talking to your bully and finding out why they are bullying you; or you can try and ignore them and hope that he or she stops. There is one other option that most children resort to, which is fighting. Fighting your bully can either be a good or a bad way to resolve your issue. By fighting your bully, you are showing her/him that you are no longer afraid of and you have had enough. At the same time though, you can get into serious trouble and be expelled or suspended from the school. So, fighting should be your last resort after trying to talk to somebody about it.

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However, everyone is responsible for the bullying. The bully is responsible for harassing someone and the victim is responsible for not telling someone about it. It's important not to let the verbal and physical abuse go on. The school is responsible, because they either are not promoting a "bully-free" learning environment or have very little consequences to punish the children who are bullying the others. I believe the main people who are responsible for bullying, however, are the parents of the children. They're responsible too, because bullying starts at home with older, and in some cases, younger siblings bullying each other without being punished. They grow up thinking it's okay to act and treat other people that way, so they do it at school. Parents are also responsible, because if they show very little to no interest to their child, it can cause the child to become mean and hateful towards other people and causes them to take their anger out on other people. If the child is dealing with issues at home like a death in the family, their parents getting divorced, or being abused, it can confuse the child and make them act out for attention. My message to parents and teachers is this: If you suspect your child or student is being bullied, encourage them to talk to you and inform them that you're always there to talk to them.

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