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Bullying Essay

One of the main struggles for students in school is facing bullying from their peers. Bullying is when a student tries to harm another student either verbally or physically. It can also be when a student tries to intimidate their peers into doing something that they don't want to do. It can be harmful to the victim not only physically, but also mentally. It can cause someone to feel afraid, vulnerable, or unsafe in their school and even outside of it. It can cause students to be self-conscious, as well as depressed or anxious. At the worst, it can even cause a student to become suicidal and lead to their suicide.

I have personally dealt with being bullied by fellow students. I've been harassed for being part of the LGBTQ+ community, as well as trying to be coerced into dating someone in which I had no interest in. He then proceeded to cause physical harm to me. A teacher of mine noticed I was upset and brought me to the side to talk about what was wrong. I explained the situation, she sent me to the office to tell a dean, and the guy was suspended for two weeks. When he returned, he left me, as well as the other girls he was bothering, alone.

There have been countless other times where I've been insulted for my looks and appearance, especially my body and face. Over time I have started to stand up for myself, not only because I have grown confident, but also because I realized that almost no one in the school system cares until it becomes a problem for them.

I have also seen many of my friends and other students in my school be bullied for countless things. Some stand up for themselves, some joke around and find it funny, and some don't know how to react, so they stay silent. It takes a great deal of courage to defend yourself from someone who makes themselves appear bigger or better than you, especially when they are insulting you.

To combat this, there are many things we could start doing or do differently than we already are. The first being that teachers should help students more, defend them when they realize a student can't do it themselves, make them feel safe in a learning environment. Putting up posters on the walls that are a "NO BULLYING ZONE" or having staff say it isn't tolerated doesn't do anything other than add some décor to the hallways and another voice to ignore.

We could also start trying to be more inclusive of minority groups. Celebrate them and fill those celebrations with school spirit so that students feel safe and welcome. This could encourage them to tell an adult at the school if they are being bullied because they trust that they will care. The schools do try to be inclusive, but they could try harder. It does not need to be overbearing or force students to celebrate others, it will just offer more of a safe space to students who need it.

Lastly, we could offer students an easily accessible group of online tools. Places where they can discover people who have had similar experiences or share their own. This could help them realize that they aren't alone in this and there are people who care about how they feel.

All of these tools that can help students reach out or relate to others could help with students who stay quiet about bullying, as well as the negative effects of it.