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6th Grade

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Bullying is a horrible act that can cause both physical and mental problems. This is because bullying can consist of verbal and physical harassment. Constant repeated harassment can take a major toll on someone's mental or physical health. I would like to share with you what bullying is, my experience with bullying, and how I feel it can be stopped.

Bullying can take a large toll on someone's mental and physical health. This is because when you are repeatedly hit, pushed, shoved, or verbally harassed it can lower a person's willingness to learn at school, cause depression, or cause mental breakdowns, and in some cases give victims suicidal thoughts. This abuse can turn into anxiety which can cause a physical response or illness in the person being bullied. Depression can cause some people to act violent towards others or themselves and has been reported many times as one of the factors for school shootings to occur. If someone is being bullied and has a bad home life, they could act very violent or unstable which could take a toll on their life or someone else's. Those are some of the reasons why bullying is bad for your physical and mental health.

While I thankfully have not been bullied, I have witnessed it. I have a friend who is the target of several bullies in our school. I have witnessed this student being bullied in front of me and our classmates. The offending students targeted this person for no real reason. I tried to calm the person being bullied and redirect the situation for this person and the attention of the bullies, but unfortunately this was not successful, and the bullying escalated into one-sided unprovoked violence, which then led to a physical fight between the student being bullied and the people bullying them. This left me feeling defeated and disgusted about the issue of bullying and the way it was handled due to the offending party not getting into trouble at all. Secondhand experience is thankfully the only experience I have had with bullying.

Bullying can be prevented or stopped in theory in a few ways. One is by having better monitoring of what students are doing most of the time like at lunch, in class, and in-between classes. Tools and resources that I feel could help to break the cycle of bullying are having staff trained to spot bullying and intervene, conflict resolution, talk therapy, and crisis intervention. Having talk therapy resources and witness statement reporting slips more readily available for students, or even an online portal for students to report bullying anonymously. I also believe that staff need to follow through on punishments for bullying. It is also my belief that students would benefit from completion of therapy courses for offending and affected students. Those were some ways and tools I feel schools could use to prevent or stop bullying.

Bullying is a horrible cause of both physical and mental problems. This is because bullying can consist of physical and verbal harassment which can take a major toll on someone's physical and or mental health. After witnessing what my friend went through with being bullied, I am thankful that I have not been bullied. Bullying can be prevented. But unfortunately, schools either do not have the money, resources, or training to fix the problem of bullying. Those were some of the reasons why bullying is horrible and how I feel it could be fixed.