

Bullying

By: Ilana Gluzman

Bullying is a serious issue here at Medea Creek Middle School. Many students are being bullied daily and are doing nothing to stop it. Even the students that walk around and witness bullying do nothing to help. It's time to end this suffering.

A bully can be an individual person or a group of people. A bully is usually a person who does not value or feel good within his or her own self or has been a victim of violence. "Bullying is often a way of making the bully feel more powerful," said Riti Hegde, a student at MCMS. "They're insecure, so they take out their anger on other students."

Often, bullying can become a bully's way of dealing with his or her own problems. Bullies can also be motivated by jealousy, lack of knowledge, fear, or misunderstanding.

The effects of bullying can be very damaging, leaving those that have been bullied to feel alone, unsafe, afraid, stressed, ashamed, and rejected. Bullying can also have an affect on someone's self-esteem and in some cases, lead to depression.

"I don't think that students need to self harm, they can just tell someone they trust. It's that simple," said MCMS student Maytal Goldsmith.

In addition, the person who is being bullied will sometimes feel that there is no

escape, taking measures to 'fit in' by changing their appearance, acting differently, and may even go so far as to hurt themselves or others.

“I think they’re afraid because bullying is linked to other students and they don’t want to tell anyone or they might get in trouble,” responded Riti Hegde.

A bystander is someone who sees or knows about bullying taking place with someone else. The bystander plays a significant role in bullying. Bystander behavior is reinforced where people see bullying, but do nothing. In order to help, the bystander should report the bullying to an adult.

There are three different types of bullying: cyber, physical, and mental. Cyberbullying is when someone bullies another person online, via the Internet, on sites such as Instagram, Facebook, etc. On the other hand, physical bullying is when the person uses overt bodily acts to gain power over peers. Physical bullying can include kicking, punching, hitting or other physical attacks. Lastly, mental bullying is one of the most hurtful types of bullying. It is the act of using words and emotions to hurt someone. Mental bullying has two types: verbal and emotional.

“One of the main things that causes bullying is the fact that someone cannot accept another for being different. I think people need to report it or tell someone that they are being bullied before all the harm slowly builds up inside you,” reported Summer Chavez, a MCMS 7th grader.

“Don’t do this for attention. Don’t do this at all,” answered Alina Gluzman, another 7th grade student at Medea Creek.

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