

BULLYING

MAY 2020

Why do
Bullies **Bully**?

Did you stop &
Stare?

Types of
Bullying

Preventing
Bullying in **Schools**

How to React to
Bullying

The
EFFECTS

OF BULLYING!



SILENCE
HURTS



NO HATE, MATE

By:

Santiago Altamirano

Emily Gajardoni

Grace Murray

Rocio Sanchez

Liam Reus

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By Santiago
Altamirano

Bullying has been a constant situation during lasts years. It is important to take actions to resolve it but also to prevent. It is important to become aware and stay tuned of what is happening around us. No effort is small against bullying and can even save lives.



About the Authors

Santiago Altamirano



Santiago Altamirano was born in Mexico, City on March 19, 2009. He is the only child from his parents Susana and Rodrigo. In 2012 the family moved to Miami when he was three years old. Currently he is a 5th grade student at Ada Merritt K-8 Center. He is also taking piano and tennis lessons. In his spare time, he likes to play with friends, play video games, and make drawings. During vacations, he enjoys traveling abroad with his family. Santiago has witnessed bullying and wants to make a difference. He thinks that no one should be mistreated. He chose bullying for his topic, so everyone is treated with respect.

Emily Gajardoni

Emily Gajardoni was born on August 18th, 2009 in Miami, Florida she is caring, smart, friendly and tries to help everyone around her. Emily has an amazing twin, and incredible family and a cool robot dog named Neo. Her hobbies include painting, playing the piano, swimming, fixing objects, baking desserts, doing math and enjoying the outdoors. Emily participates in the Portuguese program at Ada-Merritt K-8 Center. Her favorite subject is Math and her least favorite subject is reading. She is happy to be participating in the bullying PYP group because she wants to stand up to bullying and make a difference. When Emily grows up, she wants to be an inventor, to craft new and useful objects that make life simpler for the society.



About the Authors



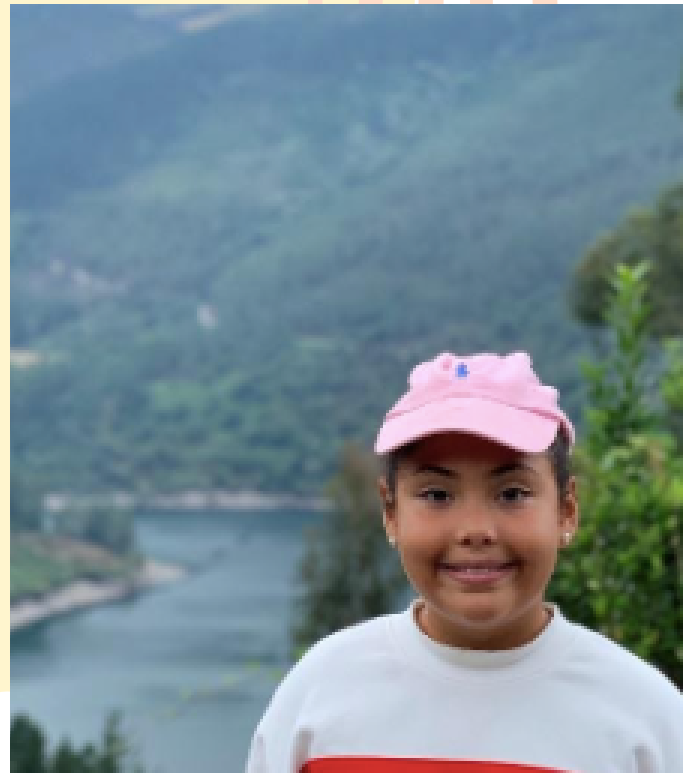
Grace Murray

Grace Murray was born on May 12, 2009 in Miami, Florida. She has attended Ada Merritt K-8 Center since kindergarten. She has an older sister named Olivia and her parents are Lily and Dave Murray. She loves to do gymnastics and draw. She is a very nice person and loves to hang out with her friends. She also loves animals. She has a dog named Mia, a cat named Boots, and two turtles named Turbo and Buddy. She loves them all very much.

Rocio Sánchez

Rocio Sánchez Quesada was born on May 11, 2009 in Miami, Florida. Rocio is first generation of US Citizen. His dad came from Spain and her mom from Honduras. She has a brother Jose David and a Cocker Spaniel named Princess. This is her first year in Ada Merritt, she used to study in Coral Gables Elementary, but she switched to Ada-Merritt in order to participate in the IB Program. Rocio likes to travel, meet new people, she is very creative, likes art, painting, dancing, singing and traveling. She is learning French, because she wants to live in Paris in the future.

Rocio is very sensitive with people and is very happy fighting against bullying. She wants to be a designer or an architect when she grows up.



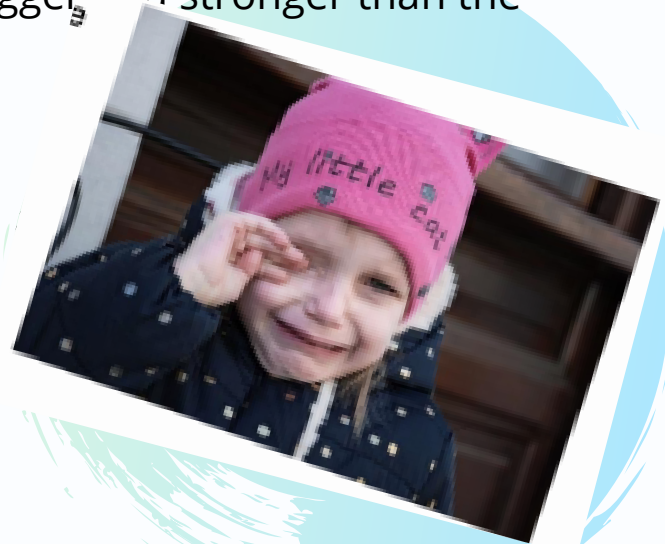
Types of Bullying

By Grace Murray

There is only one type of bullying, right? Wrong, there are several types of bullying. These include teasing, spreading rumors, physical bullying, mental/verbal bullying, threatening, stealing someone's belongings, and cyber bullying.

Older generations would tell you about physical bullying. This has been around for a while. They might tell you stories about being pushed or punched by a bully. This is when someone physically hits another over time to intimidate them. Usually the bully is bigger and stronger than the victim.

One might think that physical bullying is worse than verbal bullying, but verbal bullying is so much worse. How, you might be wondering? It's because if someone hits you; you can heal, but if someone makes fun of you those words can stick. When you bully someone, the person you bullied carries around those words with them.



They get stuck in a cloud of mean words. That is when the victim starts to believe those words. They start to become self-conscious and begin to have low self-esteem.

Spreading rumors is a very sensitive thing. It is one thing if you tell the target something to their face, but it is completely different if you tell things to everyone. When you spread a rumor, you tell a large quantity of people a lie about someone. This is unfortunate because everyone will know this lie. It then becomes a problem because if everyone knows, most likely everyone will talk about it. Sometimes these rumors can start off as a truth but is twisted and is embarrassing to the person. An example of a rumor can be information of someone having a crush on someone else.

Some people say that teasing is making fun of someone in a “playful” way. However, teasing is taken very seriously. People think they are just playing around, but other people do not see it like that. Teasing can be mean and very hurtful. Usually when someone is getting teased, it’s usually about something they are already self-conscious about. For example, someone might get teased because they are shorter than their peers, or because they wear glasses.

Another type of bullying is threatening someone. It might not be threatening someone’s life, but to hurt them in other ways; emotionally, socially, or physically. Usually the bully uses the other ways of bullying as a threat to get the victim to do what they want. Threatening them, “If you don’t do this, then I will do that to you.”



The most recent type of bullying is cyberbullying. Cyberbullying is common to our generation. Our parents never had to deal with this type of bullying. Cyber bullying is when bullying occurs online, usually on social media. Studies have shown that this is probably the most dangerous type of bullying. The reason this is becoming such a problem is because it gives access to a much bigger audience.

Almost all the other types of bullying can occur virtually with cyber bullying, and now anyone can see or take part. For example, if there was an embarrassing picture taken of a victim, that picture can be posted on social media for ANYONE to see. So, if that victim would have be teased by just a few peers from their school in the past, now anyone from anywhere can do the same. Another reason cyber bullying has been such an epidemic is because the bullying doesn’t stop. In the past, once you got home you got a break from all of it. Now with cyber bullying the bully can continue to bully even after school is out; at night and over the weekend.

Bullying had been around for a long time; some are the same and some have changed or are new. No matter the type of bullying, I think we all would agree that it's bad and can be very dangerous.

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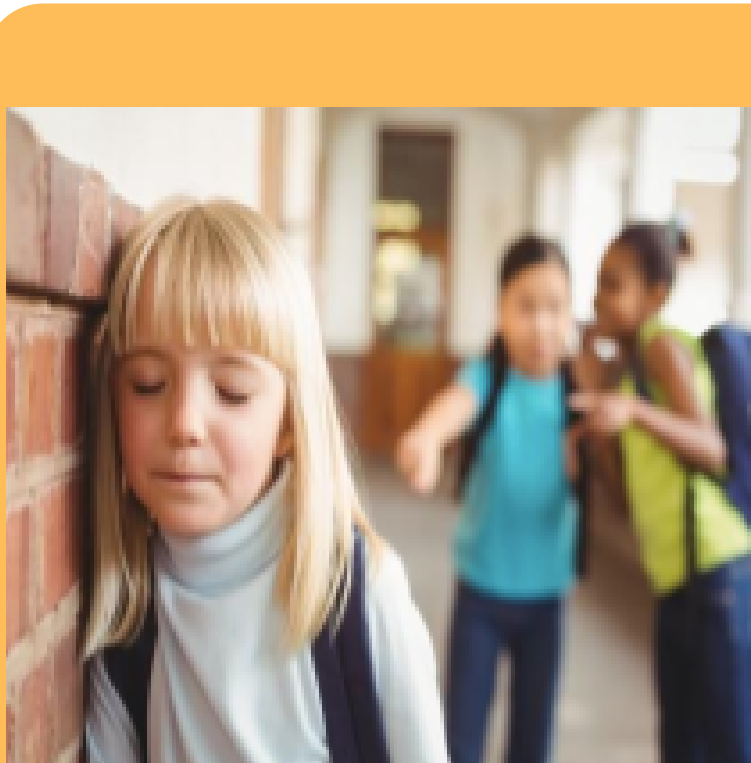
Why do Bullies Bully?

By Emily A. Gajardoni

There are many reasons why bullies bully, however one of the main reasons why bullies bully is because they are looking to gain a feeling of power, purpose and control over you. Another reason why a bully would bully someone is because they may want to release their anger or stress on someone, most times the anger and stress comes from siblings, difficult home life, and difficult relationships. Normally, people are bullied because of their physical appearance, interests, race, disability, sexuality and whatever it is that makes that person unique. Most times, when the bully gets jealous of some kind of trait, characteristic or talent a person has, they bully that person, wanting to be superior, and greater than that person.

According to the Merriam-Webster dictionary the definition of bullying is: abuse and mistreatment of someone vulnerable by someone stronger, and more powerful which is true, but have you ever thought about why bullies, bully?

The truth is there are various reasons why people get bullied and most times it is just because of siblings, jealousy, low self-esteem, some special trait that someone has, boredom, to be popular, and to join big social groups where only the “popular” kids but sometimes there are very specific reasons why bullies bully others. Sometimes, older siblings get bullied and to make them feel more secure and powerful, they bully their younger sibling, or maybe when a new sibling enters the family, all the attention turns to them leaving the other sibling to feel left out.



A study shows that those who bully are more likely to have experienced a stressful or traumatic situation in the past five years, parents splitting up, death of a relative or friend are only two examples of stressful or traumatic situations. While some people use positive behavior such as: meditation, exercise and taking therapy to relieve their stress, others use negative behavior like bullying, violence and alcohol to relieve their stress which can result in problems later in their life.

According to a "Ditch the Label study", 66 percent of the people that admitted that they were bullies were male, and this might just be of the different ways girls and boys are taught to deal with different things in life. An example of a different way that girls and boys are taught is whenever a boy starts to show any signs of emotion, he is told to man up and stop being girl, however when girls show emotion, no one even deals with it. While girls are encouraged to speak up for a problem, boys are discouraged and respond with aggressive behaviors, such as bullying, which is a way of dealing with their problem.

This also might be a good reason for more boys to commit crimes and physically hurt other people, because that is in their nature to respond with their problems in a more "aggressive" way than girls do. Besides boys bullying more than girls do, the most common age to get bullied is ages 12 through 17. This is mostly because ages 12 through 17 are all ages that kids become adolescents, and when kids start turning adolescents, some kids start to become more aggressive, some kids lose their self-esteem and become defenseless, while other kids may just change interests, which can make them have different personalities, which can change their lives.

Most times, the kids that become more aggressive, and have sudden changes in their personality become bullies, while the more defenseless kids become victims.



The kids who stayed mostly the same during the process of becoming a teen or is just an average kid who always had friends but was not too linked to social group are probably going to become bystanders.

Bullying could happen anywhere at any time, so it is important to stay vigilant for people that are getting bullied so that we could help them. If you find someone getting bullied, find an adult or try to help to defend the victim because everyone knows that bullying is not in any form right. Stand up, don't stand by, people are out there and they need help and with courage and strength, everyone can stand up to bullying. If you ever find yourself out there getting bullied, just remember, do not try to change yourself. To stop bullying, most victims of bullying, change themselves (physically and mentally) completely, which is the wrong thing to do. Maybe it's not happening to you... But it could (and then you could be prepared for it, if it comes).

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Bullying Survey

The group developed a survey to apply to some school's groups and learn more about the ambience that children live regarding bullying. Unfortunately due to the pandemic situation they could not complete this task.



Bullying Survey

Gender: _____

INSTRUCTIONS: circle the option you think is correct

1) Do you think that you have ever bullied someone?

YES

NO

2) People who bully often do poorly in school compared to the other kids, true or false?

TRUE

FALSE

3) Boys often bully verbally, while girls usually bully physically, true or false?

TRUE

FALSE

4) Bullies almost always have self-esteem problems, true or false?

TRUE

FALSE

5) Victims of bullying tend to develop irregular sleeping patterns, true or false?

TRUE

FALSE

6) Bullying mostly happens to adults, true or false?

TRUE

FALSE

7) Students with health problems are most likely to get bullied, true or false?

TRUE

FALSE

8) Most bullies discontinue violent or aggressive behavior in adulthood, true or false?

TRUE

FALSE

9) Most bullying happens when other students are not around, true or false?

TRUE

FALSE

10) If you're being bullied, a good way to make the bullying stop is to fight the person who is bullying you, true or false?

TRUE

FALSE

Preventing Bullying in Schools

By Rocio Sánchez

Most bullying happens at school. For the school, the costs of bullying are countless hours consumed in tackling a problem that is resistant to change. Bullying results in truancies, reduced student retention, low teacher morale, negative perceptions of the school by the wider community and parent hostility.



The school campus becomes a place where many kids are marginalized and where no one feels safe. However, helping to establish a supportive and safe school climate where all students are accepted and knowing how to respond when bullying happens is the key to making sure all the students can learn and grow.

We need to learn what bullying is and what is not. Many behaviors that look like bullying may be just as serious but may require different response strategies. You can also learn about what to look for as warning signals that some of your students might be involved in bullying and watch for the kids that might be at more risk for being involved. Know special considerations for specific groups. Establish a safe climate. Often the first step to preventing bullying is making sure the students, teachers, and administrations are educated about bullying. Tools like the school bus drivers training and classroom teacher training can help. For kids, tools like webisodes can help them learn about bullying. Learn to engage parents and youth in the building of a positive school climate. Learning how to talk about bullying with youth is a critical step. Know about your obligations under your state's anti-bullying law. Learn about federal laws that require schools to address harassment based on race, color, national origin, gender, and disabilities.

Work to establish rules and policies to help let the entire school community know the expectations about bullying and procedures to report and investigate when something happens.

Assess bullying in your school and understand how your school compares to national rates of bullying.

Respond when bullying happens. Learn how to stop it on the spot, find out what happened and support all the students involved. Avoid misdirection in bullying prevention and response strategies. Utilize free federal and non-federal resources on bullying.



Ten causes why a student might bully another student:

- They are feeling powerless in their own lives.
- Someone else is bullying them.
- They are often jealous of or frustrated with the person they are bullying.
- They lack understanding or empathy.
- They are looking for attention.
- Bullies need to be in control.
- Bullying behavior gets rewarded.
- Bullies do not show empathy.
- Bullies cannot regulate their emotions.

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3.http://www.violencepreventionworks.org/public/olweus_bullying_prevention_program.page

Action Plan

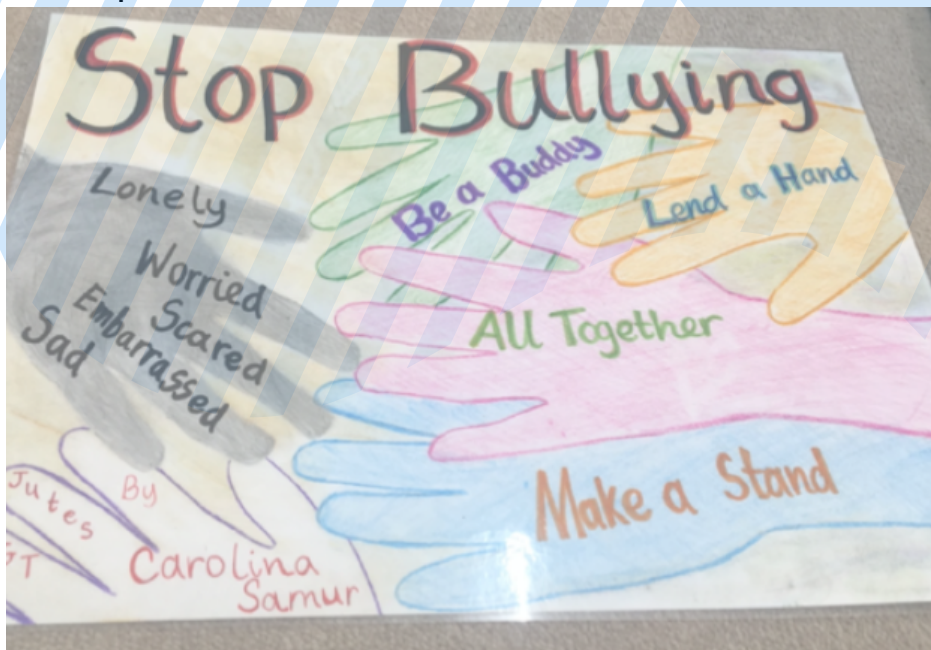
We want to prevent bullying and rise attention about this matter in our school and community.

Bullying is a very unpleasant and stressful action for our children, even pushing some of them to suicide. We believe that children should be aware of what bullying is, the forms of preventing it, as well, and how they should confront it with the help of teacher, parents and the school counselor.

Our kids decide to:

1. Hang poster in the school talking about stop bullying.

Example:



Action Plan

2. Hand out bracelets with the word stop bullying to the students.



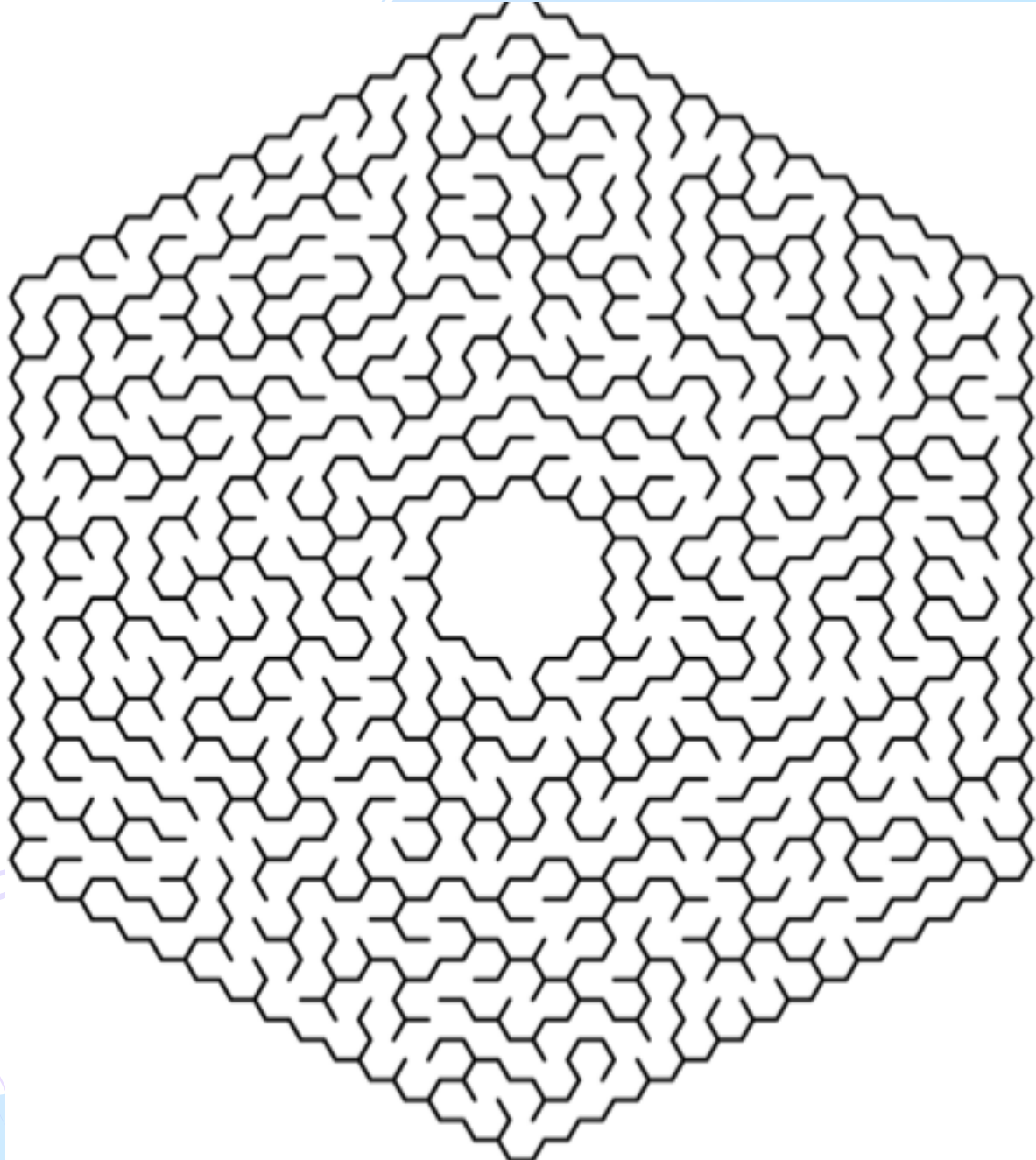
We believe that is very important all children know, identify, and respond bullied or present another child who is being bullied. We need a society fighting against bullying.

We have a mailbox in the school where children can tip about bullying, but we need to remind kids about this choice.

Unfortunately, due to pandemic COVID-19, the action plan could not be done since the school closed and the children were sent home.

Bullying Maze

Hint: Get the victim to the adult.



How to React to Bullying?

By Liam Reus

Bullying is very common around the world and a lot of people experience it, especially children at school. However, very few people know how to react, once they are getting bullied. Bullying is something that can hurt a person emotionally or physically.

There are many different ways to react to bullying and sometimes it depends on who is getting bullied and what type of bullying it is. Even people that aren't getting bullied can facilitate as passive bystanders, when a person is present at a bullying incident, but does not do anything against it. Bystanders could tell the nearest adult that a victim is getting bullied as an example of how to react to a bullying situation.

Another example of how to react to bullying is to stay away from a known bully or a common bullying area also known as avoiding the bully. A bullying victim can also talk to the bully, tell him to stop, show him how you feel or just to stay calm, don't fight back, report what happened, tell a friend, etc.



You can also laugh it off because sometimes it confuses the bully and causes him to stop bullying that person. However, for people that are too scared to use these ways to react to bullying, they can just talk to their parents or family members alone and let them sort it out while the victim stays somewhere safe from the bully. All of these ways show a reaction to physical bullying and may help less people get bullied.

But there are also ways to react to emotional bullying such as cyberbullying. Cyberbullying normally occurs among teenagers because of their addiction to social media. Cyberbullying can sometimes be triggered by a person posting things that other people don't like or find weird. Cyberbullying happens more often nowadays and keeps growing. Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature or posting mean comments on social media.

A famous Korean popstar and actress named Sulli committed suicide because she was cyberbullied and did not know how to react to hateful comments on her social media. She became depressed and tried fighting back but did not act like she needed help, so no one helped her. Sulli's death was tragic for the Koreans, but also helped the world realize what can happen with and what people should do about bullying.

Some examples to handle cyberbullying are to take a picture of what people write and show it to someone you trust, report it to an adult or parent or find supportive groups that are kind, honest, and trustful. You can also try to ignore them if their talking to you or just not respond to negative comments on social media.



The Effects of Bullying

By Santiago Altamirano

Nowadays everybody talk about bullying and how to prevent it. But we really know what is happening? What are the consequences of bullying? According to a recent research, in the United States of America, 1 in 5 students ages 12-18 has been bullied during the school year and 6th grade students experience the most bullying (31%). But despite the fact that everyone talks about bullying and how to prevent it, it is also very important always considering the consequences since a person who has suffered bullying in his childhood or youth can suffer the rest of his life.

Children who have been bullied are more likely can be affected in physical and emotional health. They can present depression, anxiety, increased feelings of sadness and loneliness, changes in sleep, eating patterns, and also loss of interest in activities they used to enjoy. Those kids who are bullied are at increased risk for mental health problems, headaches, and problems adjusting to school.



Children who have been bullying are more often to present physical injuries, social problems, emotional complications, bullying also can cause long-term damage to self-esteem and unfortunately sometimes the death. This risk can be increased further when these kids are not supported by parents and schools. Bullying can make an unsupportive situation worse.

But consequences are not only for bullied victims, there are also effects in bullies, children that bully others, some of the consequences are:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their partners, spouses, or children as adults

Also sometimes there are consequences that occasionally nobody thinks, and are the effects that may have on the environment of the child who has suffered bullying and this is the family. Family could experience feelings of powerlessness, anger, agitation, and anxiety and feelings of failure, just to name a few.

In conclusion, bullying has many effects such as depression, anxiety and other hazardous effects. These effects can sadly lead to the all life mental diseases and sometimes even to the death. There are more and more cases of bullying and even do there is information and prevention campaigns in the country, it is necessary to raise awareness of the evil that bullying is causing to children and youth as well as their families, we have to be more aggressive in the measures that are taken to attack this problem since this phenomenon is affecting entire families and little by little is affecting the society.

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<https://www.nichd.nih.gov/health/topics/bullying/conditioninfo/health>
<https://www.verywellfamily.com/how-bullying-impacts-the-family-460805>



ORGANIZATIONS OR AGENCIES THAT SUPPORT ANTI BULLYING



1) STOP BULLYING.COM

<https://www.stopbullying.gov>

2) NAPAB. NATIONAL ASSOCIATION OF PEOPLE AGAINST BULLYING

<https://www.napab.org>

3) WORLD OF CHILDREN

<https://www.napab.org>

4) OLWEUS. Bullying prevention program.

<https://www.clemson.edu/olweus/>

5) STOMP OUT BULLYING.

<https://stompoutbullying.org>



SCRAMBLE

BY: Emily A.Gajardoni

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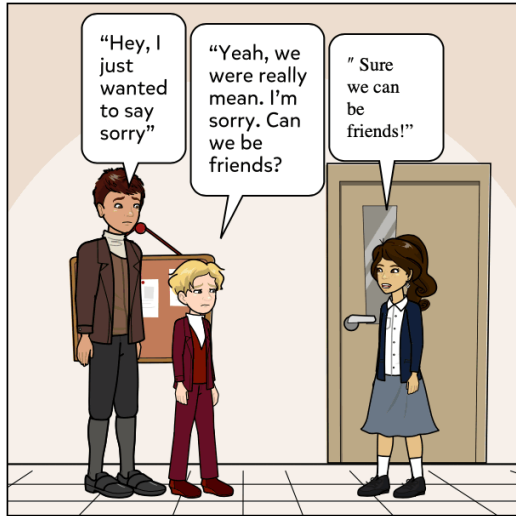
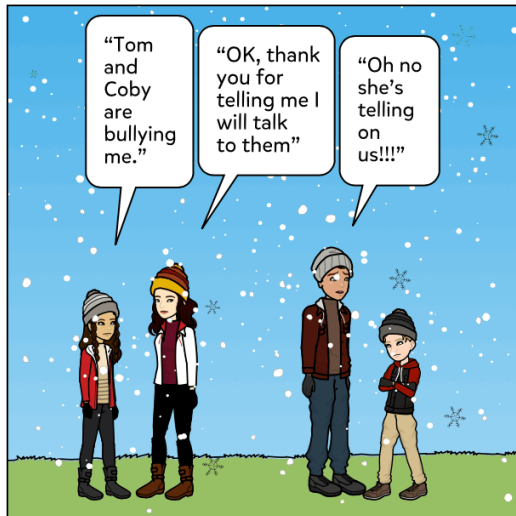
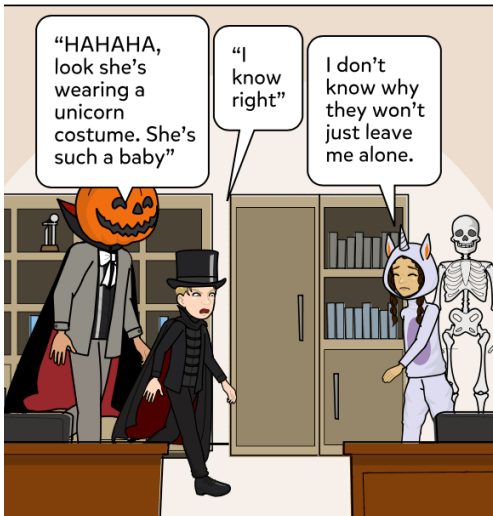
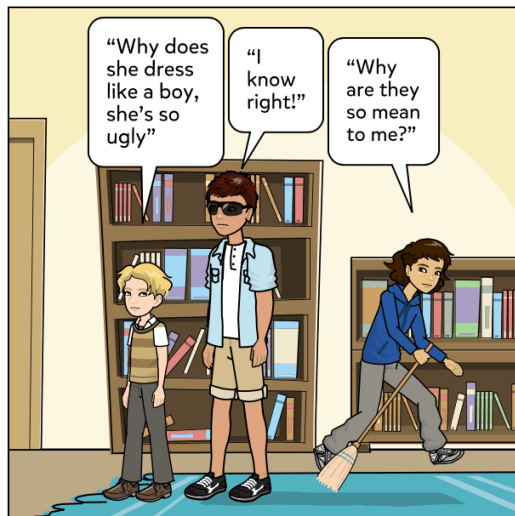
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violence

Comic



The background of the entire page is a photograph of a sunset or sunrise over a body of water. The sky is filled with soft, golden light and wispy clouds. In the foreground, the dark silhouettes of several people are visible. On the left, two people stand on a rocky outcrop, one appearing to be writing on a surface. In the center, two people are holding hands, standing on a similar outcrop. On the right, another person is standing on a rock, reaching out with their hands towards the water. The overall mood is one of hope and unity.

NO HATE, MATE

By:
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#stopbullying

