

# Headline: BBC School Report – Bullying is an issue

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Date: Thursday 15 March 2018

“I am 32-years-old and I was a victim of bullying from about the age of nine until almost my last day of secondary school. While primary school was manageable, for almost five years one girl made my life in secondary school hell. I just hated school and wondered every day what she would do. While mine was not cyber-bullying, it has the same affect. I wanted to write this, not to moan about what happened, but to educate people about the effects of bullying and how it shapes your life as child or teenager, never leaves you and I can say that for sure at 32 years of age. There are things from that time that you take with you forever, both good and bad. Luckily for me it made me tougher and I am now a determined successful person, but the self-esteem issue never leaves you and pops up every now and then, especially when you visit home and see the bully or when you come across a person with those same traits in your adult life.”



Bullying is a big problem and can be easily resolved. Bullying causes lots of problems including the absence of students, more than 160,000 young people are absent from school due to getting bullied. If students let an adult know about getting bullied it will more likely stop, more than half of bullying stops when a peer intervenes on behalf of the student being bullied.

If schools know where bullying is more likely to happen then teachers can look out at these areas as bullied students reported that bullying occurred the most in the following places: The hallway or stairway, inside the classroom, in the cafeteria, outside on the school grounds, on the school grounds, on the school bus and in the toilets or locker room.

The reasons for being bullied reported most often by students include physical appearance, race, gender, disability, religion, sexual orientation. More than 1 out of every 5 students report being bullied, if schools could encourage all students to talk to someone about bullying or to tell a teacher if they know someone who is getting bullied then the number could increase.

A higher percentage of male students report of getting physically bullied or threatened with harm. Here is a story about someone who didn't realise he was getting bullied at first: “When I was in 2nd Grade, I was being bullied and I never even noticed it. I wasn't quite smart around that age. This boy would always say stuff to me that I hated. I can't remember what exactly, but every day he would bug me and bully me. Lots of times because I was short. I told my teacher about it and she told him to stop, but it still went on. One day I worked up enough courage to tell him to stop myself, and he finally did. He no longer called me short, or bullied me. He just sometimes gave me a nasty look.”

Bullying can also lead to suicide; suicide is the 3<sup>rd</sup> leading cause of death for young people, resulting in 4,400 deaths a year. Over 14% of high school students consider suicide and 4% have attempted it. A study in Britain found that at least half of suicide among young people is related to bullying. This shows that bullying is a real issue and is based around schools. If more schools put up bullying programs to make it aware that bullying is not okay and can be resolved if they talk to a teacher, even if they are just a witness of seeing someone being bullied.