

Bullying is not acceptable

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Did you know that 10% of young people have attempted to commit suicide because of bullying? And that more than 16,000 young people are absent from school because of bullying. This cannot be tolerated.

What is bullying?

Bullying can take many forms; from teasing and spreading rumours to pushing someone around and causing physical harm. It often happens in front of others

Bullying includes: name calling, mocking, kicking, talking or messing around with other peoples belongings, writing or drawing offensive graffiti, gossiping, excluding people from groups and threatening others.

Why are people bullied?

It can be because of your race, religion, appearance, sexual orientation, because you have a disability, or because of your home circumstances. People are bullied for being, black, white, fat, clever, gay, or red-haired. Cyber bullying is also increasingly common both inside and out of school.

The effects of bullying?

Bullying makes the lives of victims miserable. It undermines their confidence and destroys their sense of security.

Bullying can cause sadness, loneliness, low self-esteem, fear, anxiety, and poor concentration. It can lead to self-harm, depression, suicidal thoughts, and in some cases suicide.

The NHS has published evidence to show that, for some people, being bullied regularly as a child can also be linked to emotional problem's as an adult.

We had an interview with our head teacher at White cross, Mr Knapp, who has explained his views and opinions of bullying and how it is not acceptable

First, we asked him for his general views about bullying. He replied with a straightforward answer: bullying is terrible. He explained that it is horrible for someone to have to go through and no one should have to. He then said bullying is a very complicated thing, he thinks it happens because of peoples insecurities. People have their own problems where they can't show control, so when they can grab the control, they use it on others. He also said victims are often weak so they are an easy target and will not necessarily fight back.

We asked him if he had ever been bullied or witnessed bullying. He told us about his friend at school and people saying nasty, vile things thinking its "banter", but didn't understand that it was really getting to him. Mr Knapp found that he was always in the middle of this "banter" so he felt had to go along with it, despite feeling that he was doing wrong.

We asked him how often cases are taken to him about bullying, and he explained that in this last half-term he had two cases which were resolved.

Then we interviewed our deputy learning manger Mr Pitcher, we asked him what his view of bullying was and he explained that its can be a massive issue for everyone and it isn't something that just happens with children, it does happen with adults. He believes bullying happens because children are often comparing themselves with other people, and it mainly comes down to jealousy.

He also pointed out that bullying can also happen within family, as he was bullied by his brother. He explained that situations got so bad that his brother put him in a head lock, which lead him to black out and his brother woke him up by banging his head on the floor, he then threatened that if he told anyone then he would have worse.

He explained that people are bullied because they are different and unique, and also because they stick up for themselves. He then estimated that everyday 1 in 10 people go to him about bullying.

We came to a decision to interview a receptionist at white cross called Wendy, as they witness and receive calls on bullying; we asked her what your view on bullying is? She replied with its not acceptable at any time and that it should be dealt with as soon as possible by higher staff. And she then strictly said it's not tolerated.

Then we asked why do you think bullying happens? She mentioned that sometimes its peer pressure and that bullies are often bullied themselves and feel the need to let out there anger.

We asked her if she was ever bullied as a child or as an adult. She said a couple of girls just took a dislike to her. Wendy told us that it had happened for 3 years school did nothing to help which lead to her having to find her own help.

In conclusion, The NHS website shows that people who have been bullied are at greater risk of health problem in adulthood, over six times more likely to be diagnosed with a serious illness, it's never ok. It's never cool. It never makes you look good by doing it. You always have a choice. Be the person that is smart enough and confident enough to be friends with everyone you meet. By doing so, you're sending the message that you're self-assured enough not to care what others may think. I hope you learned something from this lesson and I hope you take it seriously. This is an issue that's been costing lives.