



## NCSC's 2015 Civics Education Essay Contest

### What should you do if you or a classmate are being bullied?

Third, fourth and fifth grade students

**Victoria Bliley, first place winner**

If you are bullied, you should be strong. I came up with a different meaning for the word strong. Strong also means:

Stand up for yourself

Trust friends and teachers

Remember to be the bigger person

Only talk to teachers, friends and family about this

Never let a bully get to you

Go and stop the bully

I have never been bullied before, but if I was to be bullied I would go out and always remember to go out and be STRONG.

**Dominique Luna, second place winner**

There are many solutions to stop being bullied. First, if a person is causing you harm, tell an adult. Next, if the intimidator continues to torment you just ignore them! Then, if the bully that is causing you harm doesn't get the message, set up an assembly with the bully, a guardian or a teacher. Explain what has been happening, clarify the problem, and come up with solutions. There is always light at the end of the tunnel in situations like being bullied! Don't feel like you're trapped, you always have options when there is harm brought to your life.

**Priyanka Fayson, third place winner**

I was bullied because of the food I ate, and my cultural accessories. I learned the bullies were ignorant about my culture and insecure about themselves. I realized that education was the best way to deal with bullying. Instead of focusing on the punishment, we should help bullies understand why they hurt us. It was helpful to teach about different cultures so that they understood more about me. Our school started a Culture Corner so students learned cultural diversity and understood how we were different, and similar to each other. Teaching and learning are the basic tools to end bullying.

## What should you do if you or a classmate are being bullied?

Sixth, seventh and eighth grade students

*Words Can ALWAYS Hurt Me*

**Rebecca Yermish, first place winner**

Students at my school are often teased for being in the minority. The school tries to fix this through longwinded assemblies, but those don't change the way people act towards each other. What we really need are ways to get to know each other so that we don't judge each other for our differences. Schools could do a once a week field day where students have to work in groups to solve problems. Students would soon become friendly with each other by overcoming challenges together. Once all students become friends with one another, they will no longer want to tease each other.

**Josiah Buskirk, second place winner**

Bullying hurts, humiliates, and harms a person physically and emotionally. Some bullying is aggressive, but it also occurs through gossip, smart phone, or internet. Bullying can cause depression, anxiety, and even suicide. The person being bullied usually struggles in defending themselves, so we have to help. Parents can model tolerance and respect for others. They can monitor computer and phone activity. Teachers can watch for signs of bullying and show support and concern. We can be kind to those who are targets of bullying. We can remind each other that we are all different, not better or worse, just different.

**Kai Hartmann, third place winner**

Bullying distracts you from learning and forming healthy friendships. It can affect a person both mentally and physically, by causing eating disorders, depression and anxiety. I can step in when somebody is being bullied, report the issue, and befriend the victim. Schools can use "natural consequences" to stop bullying, including community service such as maintaining a school garden and fostering an animal in the classroom so students learn compassion for other living things. Parents can volunteer so all kids receive parental guidance and positive attention. Schools and families must have ongoing discussions to raise awareness about all types of bullying!