## Topic: What is the ethical thing to do if you witness bullying

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## Introduction

Can you imagine the feeling of receiving threats, bad words, and physical assault !
Or maybe very tough rumors.

It's hard to say that your imagination right now is a real thing that happens every day as a result there are many people from different stages (children /teenagers/adults) suffering because of this big problem which is **<span style="color:red">Bullying !</span>**

from my point of view the main reason of the prevalence of bullying is the lack of awareness in schools , universities ,companies , media, and so on …, about bullying and its effects .

Also the space that people give to others to give opinion or to talk and joke. Because as we see in many situations people take advantage from this point by telling their opinions as I say or even talking and joking in a very rude way which can turn into bullying .

In addition there are a lot of bullying reasons for example : feeling jealous , intimidation , threats ,insults ,rumors and lies.

When people are being bullied ,their minds in some situations lead them to attempt suicide  **"Students who experienced bullying or cyberbullying are nearly 2 times more likely to attempt suicide (Hinduja & Patchin, 2018)"\*** also it can affect on them in many aspects of their live like education ,depression ,sleeping, anxiety , feeling insecurity,…

## Case study

Side One (Alex):Alex is a new addition to an est
All of the other lab members have been in the
lab for at least one year and have formed strong
bonds. Because Alex is introverted, Alex
struggles to make friends with lab mates and
feels depressed and excluded. One of the other

**\***https://www.meganmeierfoundation.org/statistics

lab members (Bailey) is very strong-willed and opinionated and starts to pick on Alex. Bailey jokes about Alex's research topic, stating that it is "pedestrian" and "elementary." Alex pushes through the jabs and starts getting really interesting results from the research. Surprised, Bailey becomes jealous and tells the other lab members and students within the department how helping design Alex's experiment led to the exciting results. Alex's hard work and dedication are diminished by Bailey's negativity and jealousy. When Alex tries to defend the research, Bailey publicly scoffs at Alex and tells Alex that the work was not interesting or novel until the advice was given. Bailey creates a toxic work environment for Alex and discredits Alex's success.

→ so from Alex side I think Bailey made a big mistake to Alex , especially that he didn't do anything bad to him . so this is not unethical thing to do when a person meet another person for the first time!, also about other members in the another lab who listened to Baileys words about Alex and his research, their action was very negative .

if I were member in that lab , and I saw that there was a new member joined to us . I would welcome him and make him know the members of our lab .Also if I feel that he want any help I will help him. Or if he make a well done research I will support him and tell him my opinion honestly. Because I were in that situation , and I found someone who was helping me in that new place, of course I will be very happy and comfortable to interact with other in that place .

Side Two (Bailey): Bailey is a senior lab member and is popular within the department, serves on many departmental committees, and is president of the graduate student association. Bailey is extroverted and opinionated, which some view as intimidating. When Alex joins the lab, Bailey tries to befriend Alex, but Alex seems aloof and uninterested in maintaining or starting conversations. Bailey thinks Alex is conceited and tells Alex that all of the work in the lab is equally important. When Alex asks Bailey for advice that ultimately helps Alex come to a research breakthrough, Bailey feels credit is deserved for the contribution. When it is not given, Bailey tells others about it to see what their thoughts are.

→From baily side , I think he could face the situation in another sway especially that he has strong position in the work , so if he tell anyone anything they will stand beside him of course , not with a new member they don't know(Alex) **\***

**\*** https://graduateschool.vt.edu/student-life/we-hear-your-voice/disrupting_academic_bullying/Academic-Bullying-Case-Studies.html

Situation from real life

a Few days ago I watched a video that affected on me , which was about a little girl called "Farida" who was having a masquerade party in her school , so all kids must wear a different clothes than usual . Wherefore her mother decided to let her wear the traditional Egyptian abaya. Next day Farida went to the school happily and satisfied with her look ,but at the end of the school day her parents noticed that Farida was crying and depressed ! as a result of her friend's bullying!

They told her very tough words, make fun of her clothes, and looked at her in the way that made her suspect that there was something wrong with her or with her clothes , especially that no one of her friends stand with her or defend her in that situation .so her parents first give her the chance to talk and express about her feelings then they started to tell her positive words like "don't listen and trust anyone words ,because in some situation people could fell jealous of you so they will try to hurt you , so don't give ant attention to that", and her hug her  *

→This type of bullying situations specially with kids can affect on them, and it can leave a bad memory in their life. You can see here the difference and how can words just words affect strongly on Person's feelings.



-If I were in that situation. I will do as her parents too , but also I will not get enough by only talking with my daughter, I would like to talk with the school teachers and suggest some solutions like: set a day to talk about this problem in the school broadcast by making a play describing the impact and ugliness of bullying on person's feelings,to send the message of how to not bully others , and if someone witness any bully situation he/she have to stop that action and protect bullies person from any harm . to the children in a way they can understand.

Or maybe make a competition of the best child that do everything in an ethical way in the school , or with his friends. And give that child a small gift to support him/her to keep going on doing good things to others.
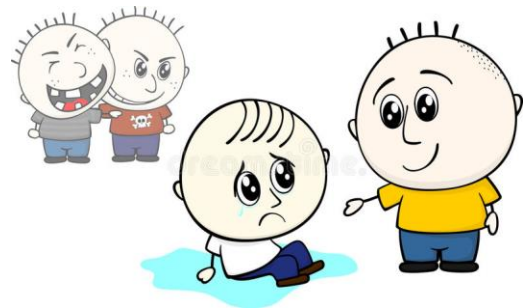
-Give my child a big amount of self-confidence that no one can affect on him/her easily.

So I think We have to teach all people how to deal with others with a nice way without hurting someone's heart only to have fun or belittle others because this falls under bullying .Also we can spread brochures everywhere , make short movies on TV to raise awareness , and Imposing penalties for bullies so that they can be an example for those who think of bullying others and to eliminate this problem .

to conclude, I hope all people to advice everyone they know , if they were witness in any bullying situation they should never join or encourage the bully in the bullying by laughing or just watching .instead of that they should do one of these solutions
1-support the bullied person.
2-stand up to the bully person.
3-told or report the situation to an adult.
As a result of their positive reaction to that situation , they will leave a major impact on others , especially if there environment or area ignore bullying situation and don't give the bullied people any attention.

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