**Bullying**

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My name is Ella Guinand, and I will be discussing the major issue of bullying. As we kids are starting to mature, we need to discuss this topic more seriously. Bullying is the repeated behavior of a person being aggressive or violent to someone else on purpose. Bullying can be physical or verbal abuse. Some examples of bullying may be, name calling, spreading rumors, excluding others, and many more.

Another type of bullying is cyberbullying. Cyberbullying is one of the main types of bullying. Cyberbullying is just as effective as traditional bullying. Cyberbullying is when a person is harassing, threatening, or embarrassing someone else through electronic communication. Different from traditional bullying, Cyberbullying is through technology. Some examples of where cyberbullying may occur are, group chats, interactive games, emails, calls, and comments on posts.

All types of bullying may have severe effects on a person such as anxiety, self-destruction, poor self worth, stress, and depression according to stopbullying.gov. When someone is bullied, they may feel scared, afraid, or hurt. Bullying may take place somewhere with minimal supervision such as playgrounds, cafeterias, parks, school buses, sport settings, and other locations. You should always tell an adult if you witness bullying behavior. Adults can help the situation and make it better.

Now that you learned a little bit about bullying, let’s discuss how to stop this serious issue in our society. One way to stop bullying is to be an upstander and not a bystander. An upstander is someone who stands up for a person that is being bullied and for what they think is right. Some examples of how you can be an upstander are supporting others when they are getting hurt, comforting someone, standing up for what you believe in, and doing what is right, even if it's not popular or easy. Unlike an upstander a bystander is someone who just watches bullying happen and does not stand up for anything. A bystander may be afraid to stand up to the bully or may fear being rejected by others if they try to stop the bullying behavior according to theconversation.com.

In conclusion, all types of bullying have negative consequences in our society. You should never be a bully or a bystander. We should all work together to be upstanders and stand up for what is right. If we do this, we can put an end to this serious problem of bullying in our world. And remember a change can happen with you. Thank you.