Kindness and Bullying

By Hayley Horwood

Good day, I am Hayley. Have you ever seen someone bully another person and thought it could happen to you? You wanted to stand up for them, but you could not. The world could be at peace if everyone was kind to each other. I try to be kind everyday, but, sometimes, I can’t. I will be talking about how to be kind and how to deal with bullying. Kindness helps people to not bully.

Kindness is an act of being polite and kind towards the people around you. According to mentalhealth.org.uk you can be kind by giving compliments, holding the door for others, donating your old clothes and toys to people who don’t have that, and there are so much more. Something, I try to remember is the golden rule, which is to treat people the way you want to be treated. Kindness is also when you are, generous and do good things to the people around you without expecting anything in return. I look up to Mother Teresa for all the kindness she has put in the world.

Now that I talked about kindness, I am going to talk about bullying. Bullying is the opposite of kindness. Bullying is an aggressive behavior such as that people use to hurt someone. It is a repeated behavior. There are different types of bullying, verbal bullying, social bullying and physical bullying. Verbal bullying is saying or writing mean things like teasing and name calling. Social bullying is hurting someone's reputation or relationships, such as leaving someone out on purpose, spreading rumors and embarrassing someone in public. Physical bullying involves hurting someone's body or possessions like hitting, punching or pushing.

If anyone is bullying you, these are the things you can do: tell a trusted adult, ignore the bully and walk away from them, try to talk to the bully, and politely ask them to stop. If you ever see someone getting bullied and wanted to stick up for them, these are the things you can do: ask the person if they are ok and next stand up for them next time the bully does something wrong. If the bully still doesn't stop, then make sure to tell a trusted adult.

Hopefully, I taught you a little bit about kindness and how to stick up for yourself and your friends. I have a goal for every day which is to say five compliments to different people each day. You can have a goal to hold the door for someone, make something for your neighbor or give something to charity. If everyone does this, then maybe one day our world can be at peace. Although, showing true kindness is not easy it is all done with good intentions, compassions and love. I hope you enjoyed my speech on bullying and kindness. Now change your day by being nice.