* Make direct eye contact with the bully and use a calm but firm tone of voice to tell them to stop.

BULLYING

* If joking comes easy, try humor to shift the energy of the moment.
* Don't try to fight the bully. Instead, walk away if possible and find an adult to get help.
* Tell parents or a trustworthy adult about the situation so they can help create a plan to stop it.
* Bullies tend to pick on kids when they're alone, so try to stay near other children and adults.
* Sit near the front of the school bus, or ride the bus with a friend from the neighborhood.

**Water pollution**

Water pollution is caused by many factors including (but certainly not limited to): uncontrolled construction sites, leaking sewer lines, stormwater runoff, accidental spills and leaks, improper discharge of wastes, mining activities, foundries, animal waste, and others. Options for water pollution solutions are equally diverse.

Freshwater is one of the most vital resources for all life on Earth. Much of the water we count on daily for cooking, bathing, and other routine activities is supplied from rivers, lakes, and other surface water sources. However, without widespread care and appropriate protection and treatment systems, our water sources are becoming more and more polluted. As a result of needs that have exceeded funding, there is an ever increasing gap occurring between the amount of public funding available and the measures truly needed for implementing the quantity of water pollution solutions.

**Animal abuse**

Reporting creulty

So what do you do if you notice an animal that appears to be suffering from one or more of these issues? Call your local animal welfare agency immediately.

In most areas, someone from the local animal control agency, humane organization, or animal shelter will be responsible for investigating and enforcing the local anti-cruelty laws, but if you don’t know who’s in charge in your city or town, you can always call the local police non-emergency number to find out who to report the cruelty to. Also, in many locales, 311 connects directly to city services, who will know where to direct you.

**Fighting cruelty**

Of course, the best way to fight cruelty is to teach as many people as possible how their pets should be treated — and what they should never ever do. Parents and educators should teach children how to safely and humanely interact with animals at an early age, as well as how they can tell if an animal is being harmed and what to do about it.

You can help spread the word by utilizing your own community to do so. For instance, you can share messages about proper treatment of animals on your social networks or offer to teach a class at your local elementary school or even pre-school.

Beyond this, people need to stand up for what they believe in when they witness animal cruelty and take a stand by reporting the behavior. The more often that abusive individuals are punished, the less likely others are to do the same thing.

**Throwing garbage**

The first that comes to mind is recycling…. the more we can recycle, the less garbage there is.

Home gardeners can also compost a certain amount of garbage mixed with soil and leaves. That reduces garbage.

When I was a child, we had a burn barrel, and burned some of our garbage.

Other solution that have at least been tried (and I don’t see as particularly desireable solution) is dumping at sea.

**Cell phone addiction**

Cell phone addiction in teenagers shows up in various forms and different everyday life situations. Kids are using their mobile devices like a drug – when they are bored, tired and lazy, when feeling angry or lonely.  
Most common mobile phone addiction symptoms are:

* A constant need to use a cell phone more often.
* Loss of sense of time while surfing online.
* Failed attempts to use a mobile device less.
* Feelings of anxiety or being depressed.
* Preferring using a cell phone instead of spending time with family and friends.
* Feeling restless or irritable when a mobile phone or network is unreachable.
* Craving for the latest models of mobile devices and the newest applications.

There is also a number of **physical effects** caused by teenage cell phone addiction, such as fingers, neck and back tension, itchy eyes, insomnia, weight change, changes in diet, fatigue, difficulties in focusing on one subject, distracted attention, etc.