Dear Diary,

Wow it’s late. I should really go to bed, but I have to write this down before I forget. This past Monday we learnt about Bullying in psychology class. Our teacher said bulling happens everywhere even in religious schools and I believed her I just thought it was very rare because I had never seen it happen, or at least I thought I had. During class today I was thinking about it and at that moment I realized there was bulling going on and I was witnessing it right now! How could I not have realized this before- how could I not realize that when two or three girls were specking weirdly to one girl, I mean their voices were funny- that they were making fun of the way she talked. How dare they do that! It’s not her fault she talks that way. And she has a really hard life so how could they do that, and even if she didn’t have a hard life that gives them No right to make fun of her or anyone. You are supposed to be extra kind to her not cruel.

I always thought that if I were in a situation where someone was being bullied I would stand up for them, but I didn’t. How could I do that? Just stand by and do nothing, that’s even worse, and yes I know I didn’t process that they were bulling her until they stopped but I still should have said something. I won’t let that happen again. I will say something. The saddest thing is that this has been going on for a while now and I always wondered the first and second time they spoke like that, but after a while I just forgot.

So yeah, it happens. It happens in our school too. I told my friends about what happened and they said they didn’t realize either. I wish they weren’t like that but at least I learnt something- even a girl that can be nice to you can be really mean to someone else and that I’ve become more aware of bullying and am looking out for it.

That’s it for tonight. I really hope that that nothing like this will happen again. It just seems so unfair- the powerful picking on the weak.

Rivky

(This is an actual diary entry of mine, this really did happen)

Rivky Chayempour Psychology Project Cyber bulling

I read an article online from CBSNEWs that said the police were investigating cases of teen suicides to know whether or not cyber bullies contributed to their suicides. (They checked cases that happened in Long Island)  
  
One of the cases were soccer star Alexis Pilkington, 17, took her own life March 21 following vicious taunts on social networking sites -- which persisted postmortem on Internet tribute pages, worsening the grief of her family and friends.  
Alexis' parents downplayed the role the Internet played in her suicide, saying their daughter was in counseling before she ever signed up with FormSpringMe.com, a new social networking site, where many of the attacks appeared.  
However, someone pointed out, the incident underscores the growing trend of cyber bullying.

A bill aimed at preventing it is now being considered in Washington. Fifteen states have such laws, and Massachusetts is considering one.  
Among kids, someone noted, about 42 percent say they've been bullied online. And the relentless taunting has helped push several of them over the edge.

One of the highest profile cases of cyber bullying was that a Missouri teen, Megan Meier who, authorities charged, was driven to suicide after taunts from her classmate's mother.  
After years of bullying, Vermont eighth-grader Ryan Halligan took his own life in 2003 when a rumor about him spread across the Web.  
His father, John Halligan, says it was "like a feeding frenzy. Kids who normally didn't bully got in on the fun, both at school and online."  
In Massachusetts, fifteen-year-old Phoebe Prince and eleven-year-old Carl Joseph Walker-Hoover took their own lives after unrelenting bullying pushed them over the edge.  
  
Teenage bullying has taken center stage in the Massachusetts state house, where lawmakers are considering tough anti-bullying legislation that would require publicly-funded school administrators to take action against bullies. The legislation takes particular aim at cyber bullying over cell phones and the Internet.

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Bulling is when a bully uses his or her power, whether it is popularity, physical strength, or access to embarrassing information to harm or to control others. A bully’s behavior is usually repetitive or has the potential to happen again.

Bulling affects not only the victim but also the witness and the bully himself. Kids who are bullied negative school, physical, and metal health issues. They are also likely to experience depression and increased feeling of sadness and loneliness. Kids who bully others can also engage in violent and other risky behaviors into adult hood. They are likely abuse alcohol and other drugs, get into fights, and have criminal convictional as adults. Those that have witnessed bullying are more likely to miss school, have an increase in drugs, and have mental health problems.

Some people may think cyber-bullying is not as bad as bulling because it is not physical. They are absolutely wrong. The reason why it is so bad is because unlike bullying it can come from many sources including phone calls, text messages, social networks or other interactive websites, so someone can be bullied twenty-four seven. Cyber bulling follows them home, and reach them even when they are alone. It is also extremely difficult to trace and find who sent texts, messages, and pictures, or have them deleted.

Bullies are usually not like us. Studies show that they have a kind of paranoia. They always have hostile intention towards others. The problem is, they see something as provocation when it is not. That comes to justify their bullying. Bullies act aggressively because they process social information wrong. An example of bulling would be if let’s say someone were to spill a drink on s/he. The bully would not look at this as an accident, but as a call to arms and would say a really nasty comment or punt the person who spilt on them.

Why aren’t all kids victims? To be a victim the child has to have insecurity about something. Bullies look for kids weaker than them physically, academically or they notice they insecurity and use those things to bully them with.

According to ABC News nearly 30 percent of the students are either bullies or victims of bullying, and nearly 160,000 kids stay home from school every day out of fear of bullying.

For every suicide among young people, there are at least 100 suicide attempts. Over 14 percent of high school students have considered suicide, and over seven percent have attempted it because of bullying.

BULLYING

By: Rivky Chayempour 11-1