



## The Power of My Pen is in the Ink

by: 6D-Mr. Kentris' Class

Bullying happens in our schools  
It's a big problem  
Many people act like it's not a big deal

We need to start being nicer to each other because we are all different and no one is perfect  
We are here for an education and if any student is scared and doesn't want to come to school, then BOOM!, just like that, their education goes down the drain

People should have their rights and freedoms respected  
Students come to school for learning, not to bully or be bullied by others  
In the morning when you are coming to school you shouldn't feel scared

It is hurting them

The bullying has to stop  
They either don't know or care how other people feel  
Bullies may have been bullied before, and now they are bullying others  
People that bully are just trying to make other kids feel bad  
What's up with that?

We could stop it if we tried but a lot of people are just too scared  
Our school can improve by giving bullies stricter punishments so they won't do it again  
Sometimes it's not that they are bullying you, it's just that they are mean  
It happens because of our differences

There is inner peace for everyone, but it starts out there  
If you see someone getting bullied you should help them and stand up to the bully instead of being a bystander  
Speak to someone you know and ask them to help you

Bullying should not be tolerated in our schools  
The community can improve more

But chances are, if you really cared, we wouldn't be having this conversation



## BULLYING

Bullying is a big problem. It can make kids feel hurt, scared, lonely, sick, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, threaten, tease or scare them. Bullying is a big problem that affects a lot of kids. But what should you do if someone is bullying you?

Avoid the bully as much as you can. You can't go hiding or skip class, of course, but if you can take a different route and avoid him or her, do so. When you are scared of another person, you are probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. Stand tall and you will send your message: "Don't mess with me." It's easier to feel good about yourself. Pretend to feel really brave and confident. If the bully tells you to do something wrong, tell the bully, "No! Stop it!" in a loud voice. Then walk away or run if you have to.

If a bully hits, kicks or pushes you, don't do the same, otherwise you will also get into trouble. It is best to stay with others, stay safe and get help from an adult. It is very important to tell an adult. Find someone you trust like your teachers, principal or your parents, and tell them what is happening to you.

~ Jazz, 4C

## Bullying!

Bullying is a way to hurt someone's feelings. We all should stand up for ourselves and be brave to a bully that is bullying us. Bullies hurt lots of people's feelings by saying "words, using their hands and feet, and by computers and cell phones and more." Don't let bullies put you down and believe in yourself. Don't let bullies ruin your future and life. Help our school not to be bullied by bullies. **STAND UP!**

By Rabia, 4C





Mrs. Thai's Class

If I see someone bullying someone I would tell them to stop. If they don't stop I would call my friends. When my friends try to stop them and it doesn't work I will tell the teacher that he or she to stop.  
By katie.

In Mrs.Thai

If I see someone bullying a person I will use my words and say stop but if they don't stop I will go to the teacher and say that one boy is bullying someone.

By Arman

In Mrs. Thai

If I see someone been bullied we can help and we can tell them to stop.

By Jotpreet

In Mrs. Thai

# STOP BULLYING

Ms. Hothi's Class 8C

## Smeet 8C

Bullying is the use of force to abuse or intimidate others. The behavior can be habitual and involve an imbalance of social or physical power. It can include verbal harassment or threat, physical assault or coercion and may be directed repeatedly towards particular victims, perhaps on grounds of race, religion, gender, or ability. If bullying is done by a group, it is called mobbing. The victim of bullying is sometimes referred to as a "target". Bullying can be defined in many different ways. The UK currently has no legal definition of bullying, while some U.S. states have laws against it. Bullying consists of three basic types of abuse - emotional, verbal, and physical. It typically involves subtle methods of coercion such as intimidation. I think that the government should have a strict rule about bullying, and schools should have anti-bullying programs and assemblies, to encourage students to be nice to everyone. I feel that Great Lakes Public School is a bully free zone.

## Manpreet 8C

Bullying is a serious worldwide issue. It can happen to anyone, any age, anywhere, any time. People usually bully someone because the person is weak, different, they don't like the victim, they are jealous, to take out their anger or because they are bullied themselves. If someone is bullying you, don't bully back! The bullies want the reaction and any ways if you bully the bully back, you will be no different than the bully. Also, you should tell the bully to stop or tell an adult right away. If you see someone being bullied, don't just stand there do something! The adults should talk to the bully and the victim to solve the problem. If not, the bully will bully

the victim more than ever for being a 'snitch'. In our community, I think the problem hasn't really changed but now people are more aware and are trying to do something about it.

### **Hargun 8C**

I think the effects on bullying have gotten tremendously worse in schools most kids these days are committing suicide beginning at 10 years of age of bullying most children are afraid or feel that they might get bullied more if they tell that's why by the time teachers or parents find out its to late. So to prevent suicide in our school or even to prevent students from getting bullied we should create an anonymous bully box if you or someone else or if you see someone getting bullied and they wont tell put in the victims name that bully's name the victims teacher and the bully's teacher and then write down what was happening but don't write your name this way we will be able to know who's getting bullied and how we can help them and we can prevent the bully from bullying them. Then the teachers could talk to them in private and talk to the bully and the victim about it. Also with this method we will be able to keep track of the bullying going on in our school and see if we are succeeding in making this a bully free school or if we still need help to prevent bullying. I see this problem getting worse in our school i see people in grade 2 excluding one another because of different race or gender, skin color and what they wear. We need to take action now and by even preventing one bully we would save one life and imagine if everyone student in every school all across Canada did that.

### **Harsh 8C**

Bullying is a worldwide conflict that is growing stronger by the minute. A lot of students/teens are getting bullied and the only solution that they think is killing them self. Some ideas to stop bullying can be is to first tell the bully to stop. The second thing is to ignore them or be brave and have some self confidence to stick up for yourself. If that does not work, go find a teacher, adult or friend to help you in your conflict and have a word with the bully. Bullies may bully other people because they have been bullied in the past, they could be

jealous and want to look tough or they can be bullied or have a problem at home which they might take that anger and release it on the victim. To stop bullying overall around the world or in the province, they should make a law that the bullying should not take place and the bullies who bully should be thrown out of the school. Also, we should first deal the conflict out or let the bully talk about his side of the story and give them one more chance before taking this action. As a school we should have some place where the victim can secretly tell a teacher about the problem and the teacher should then invite the bully in and have a talk with both the victim and the bully to solve the conflict. If we do not take action now, another life can be taken and bullying will be stronger and almost impossible to stop.

Avjot 8C

Worldwide issue that is taking place this minute is Bullying. We are losing thousands of kids each month due to this. We have to work together and stop this immediately. There are three ways we can stop this, you have to talk to the bully, Prevention at school and lastly working in the community. Talking to the bully is one thing a bystander a parents or anyone can do. They can talk things out with the bully to tell him or her how to express their feelings and show a little respect. Bullying can threaten kids in many ways mostly at school. In school teachers should be doing activities that make a beyond between the students that they become a family. These activities should not be only be happening at school even in our communities maybe over the weekend or over the summer so the kids can learn about becoming a family rather than enemies. That how I think we can make a difference and become a family

## Stop Bullying

By Amreen

Today I'm going to talk about bullying .Till today it has spread all over the world but we can end it. By stopping it in our school we can stop it in the world. So lets get into it. There are different way's you can stop bullying. Let's talk about the first way you can stop it. If you or you're friend is being bullied. Then tell a teacher about it. Tell him or her what the bully is doing. Is it emotional, verbal or cyber. You should get some advice but if that teacher does not do anything go to another one. Do not wait for the teacher. If you don't like this idea well I have another one. It's to talk to the bully. You can ask questions like ''why there doing it.''Or''if they have been bullied.'' Never be afraid to ask them. Moving on .My last and best way is to ''STAND UP FOR YOU'R SELF.'' This is a way you should use no matter what happens. Don't only stand up for you're self but stand for you're friend that has a problem. Cause that's how bullying will be stopped. That all I have for you.



## How to Prevent Bullying



Bullying is a really big problem at schools but we can stop this. Some people commit suicide because they get bullied all the time. They even don't even want to go to school or anything. You can stop this by telling your teachers and parents that people are bullying you . You could also try to tell them how would you like it if someone was bullying you and why were you bullying. You could try to try to stand up for yourself or somebody by telling them do not do it again anybody and did someone bully you and it pained so much that you had to make someone feel you pain . Avoiding and walking away helps too because if you don't listen to them it tells them that you don't care about their actions. Be self confident join something you enjoy like joining a sport club or something. That way you won't even

even remember that you are being bullied. Find a friend someone that you trust that won't run away when the bully is there that way the bully might stop bullying .Don't be emotional that means if the bully wants to make you cry don't because the bully will bully even more than before. Be brave even if the bully bothers you no matter how badly. Don't

fight back because you will also get in trouble to because you are also hitting someone. Do not show that you are really mad because the bully will hit you and it will probably hurt and do not shout at them like "you spend more time picking on kids than doing your schoolwork" or something like that because it

will also hurt too.

These are some ways to stop bullying.

## **Stop Bullying Now!!!!**

I believe our School has major bullying problem and I would love to fix this problem. Bullying is defined , when he or she is exposed repeatedly to negative actions on the part of one or more people and he or she has difficulty defending himself or herself. We can stop bullying if we stand up for everyone, we can talk to the teacher or our parents can talk to the bullies parents and then they can talk to the bully and also we can try to talk to the bully directly.

Kids who are bullied feel very sad and confused of what they should do. They are very confused so they might not even pay attention to School studies. If they are very frustrated they can also commit suicide. We should stop bullying in the School.

We can stop bullying if we all stand up for everyone. If you stand up everyone else will too. When everyone stands up in the whole school, we all will be powerful than the bully. When the bully realize that everyone is against me then definately he will feel that I am doing



a wrong thing by bullying other kids and maybe he or she will stop bullying and then turn into a really great kid. This is one of the way we can stop bullying.

Another way to stop bullying is that we can talk to the teacher about it or even the bullies parents and then the parents can talk to the bully. When they are talking to the bully perhaps the bully can understand that he or she is doing the wrong thing and maybe he can stop bullying. After that maybe he can change into a really nice kid. This is another way to stop bullying.

The Final way to stop bullying is that you yourself try to act strong and powerful and try to talk to the bully. You can tell him that bullying is a wrong thing to do you are a bully this is why nobody likes you and what if I was a bully and I hurt you in various ways and maybe then the bully can understand what you are trying to say and maybe change his mind about bullying and turn into a really really nice person to play with.

**I believe if we do these things and more we can stop bullying not only in our School but in any School. If we work altogether and stand up for everyone we can all make a huge difference in our School.**

By: Manreet

## Stop bullying!

This is something that affects many children and adults around the world. But we can stop it! What is this particular thing that affects us you may ask? BULLYING! There are many ways to solve this problem. For one we could stand up for ourselves and show that we have courage so that the bully will back off and see that you are brave. Another way to stop bullying is to tell an adult such as a teacher, parent or an older sibling. What else is out there...BYSTANDERS! They have to be stopped because without bystanders the bullies wouldn't be so encouraged to do what they do. Last but not least we can call kids help phone. Also your class can help by being by your side and taking action. We can help all these kids around the world who are being harassed or committing suicide. Together we can stop bullying!



Mrs.Murji's classroom: 207 class: 7C

By: Cailin.

## The effect of bullying

7c

The termination of bullying can cost the life of many. First bullying can be effective in many ways, verbally, physically, cyber. You should not bully because studies show that 1 out of 6 students are harassed in Australian schools. Fast fact 40% of students commit suicide who have been bullied. Bullying is bad because it can scar people for life sometimes not on the outside but on the inside. There are 3 main causes of bullying the first one is verbally. When you verbally bully someone it doesn't sound that important but if you verbally bully someone it is always with them. For example if you call someone fat and ugly they will think they are fat and ugly and will have a low-self-esteem. Next is physically bullying. When you physically bully someone they get hurt and they feel like life is an option. When you hurt someone physically it hurts outside it hurts like death. Lastly there is cyber bullying. If you cyber bully anyone it can cost their life and lower their amount of self-esteem. If you cyber bully it just seems like words but words can scar and take lives. Finally we know the effect of bullying and we will try to prevent it from happening in schools, social websites or anywhere.

By: Aggash sriskandarajah



## Bullying Isn't Cool

Bullying is not cool because when you are a bully, you are causing the other person to feel bad physically or mentally. They may not feel bad on the outside, but on the inside they may feel hated. Some strategies one can use to help end bullying are not to be a bystander or a cyber bully. This will allow the problem to not gain more attention. Also, you can walk away from the situation or tell a grownup such as an older sibling, parents, and/or teachers in school. Another strategy you can try is to call Kids Help Line. They are anonymous, private and confidential so they won't share your problems to anyone else. Kids Help Line can help solve your problems for you. Moreover, you can stand up for yourself by asking for advice from friends or family members. Don't be a bully because you can lower the other person's self esteem and cause them to commit suicide. Overall, if you don't have anything nice to say, don't say it.

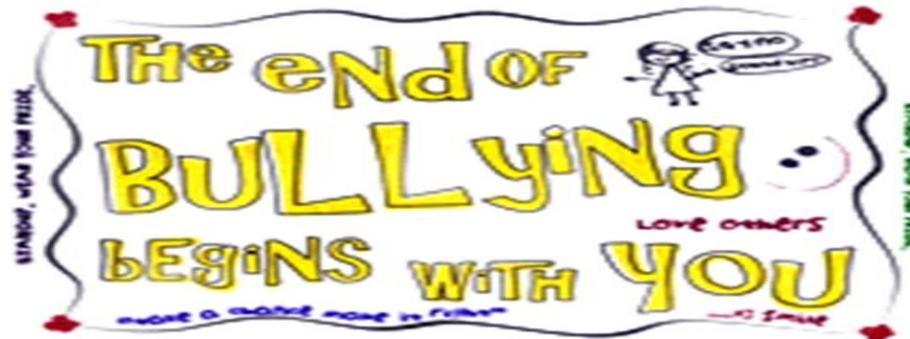
BY: YATHAVI  
MRS.MURJI  
ROOM. 207



## Bullying Paragraph

Bullying is like a flu epidemic but it affects the heart of the feelings of the child and a lot of children suicide from intense bullying. Children started and can stop bullying. Bullying is a people around the world and needs to be stopped. It happens even as we speak. I have even have experienced this must be stopped. We can stop this by standing up against the bully and even more important encourage the bystanders to help stop this. This can help stop this bullying problem

By: Nived





### Bullying paragraph

The number of people that get bullied in this world cannot be counted because there are so many. Some ways that we can stop bullying is by standing up for yourself or others. If you speak up, then the bullies will know that you are not weak or alone. Another effective way is by telling an adult. They can tell which steps to take to prevent the bullying from continuing. They can help you make your life stress-free. Also, to stop bullying, you should stop being a bystander. Bystanders just stand around and laugh at the taunts and jokes that bully makes towards the victim. It encourages the bully to hurt the victim even more. The other best way to stop bullying is to call Kids Help Phone. You can tell them what is going on and they can help and give you advice on how to stop it. The best part is that they won't tell anyone. These are some reasons as to how to stop bullying.

By: Abhijeet

## Bullying

Bullying, a common worldwide problem. This can occur to not only children but to adults too. There are many types of bullying out there in the world and are happening right now as we speak. For example, there is verbal, cyber etc. At school one of the most common types of bullying would be verbal. People often name call and say other hurtful things to offend you. But, the bully isn't the main problem, the bystanders are. Often there are many bystanders to watch you suffer and most of the time they would laugh or do nothing at all. This makes the victim weaker and weaker and in some serious cases they may even commit suicide. This results the victor to the bully. This of course won't happen if the bystanders would just take action and team up with the victim against the bully which will make the bully stop.

There are many ways to stop bullying. For instance, call the kids help phone (1-800-668-6868), call a teacher and don't stay alone. These are just some of the main ways to prevent you from getting bullied. If you're not the victim of bullying and instead you are a bystander call a teacher or in our school we can use the new bully-free box. Also as I said before team up to get the bully to stop. Remember if you're a bystander you are just as guilty as the bully.

Now I know I only talked about ways for a children to prevent bullying and not adults but what do I know about bullying for adults, I'm just a kid.

By: Jefferey

