

“ *Blowing out someone else's candle doesn't make
yours shine any brighter.* ”

STOP BULLYING

November Newsletter

Health & Mind Club



What have I even done?
Why am I pushed around just for fun?
I have told you to stop
But I am beaten nonstop
Others laugh at me
Why can't you let me be free?
No one is my friend
A helping hand;
No one did extend
What have I done to deserve this?
A normal life I do miss
I am not the only one,
Other kids also suffer;
Even when they try to run
Why do you do this to us?
When I try to protest,
You cuss
Many a times,
I have gone home crying
Can't you see the signs?
You are so horrifying
I can't sleep at night
Thinking,
What can I do to make this right?
You push me,
Hit me,
Make fun of me,
Please just let me be!

Bullying

A bully is a person who burns
in fury,
And acts too unruly;
He may be a pro or a rookie,
But will be caught once
surely.

Bullying seems like fashion,
And has become their
passion;
Immediately there should be
taken action,
Certainly it isn't a moment of
attraction.

Bullies are so violent and
mean,
They bully purely by routine;
But once they are seen,
They haven't any choice but
to come clean.

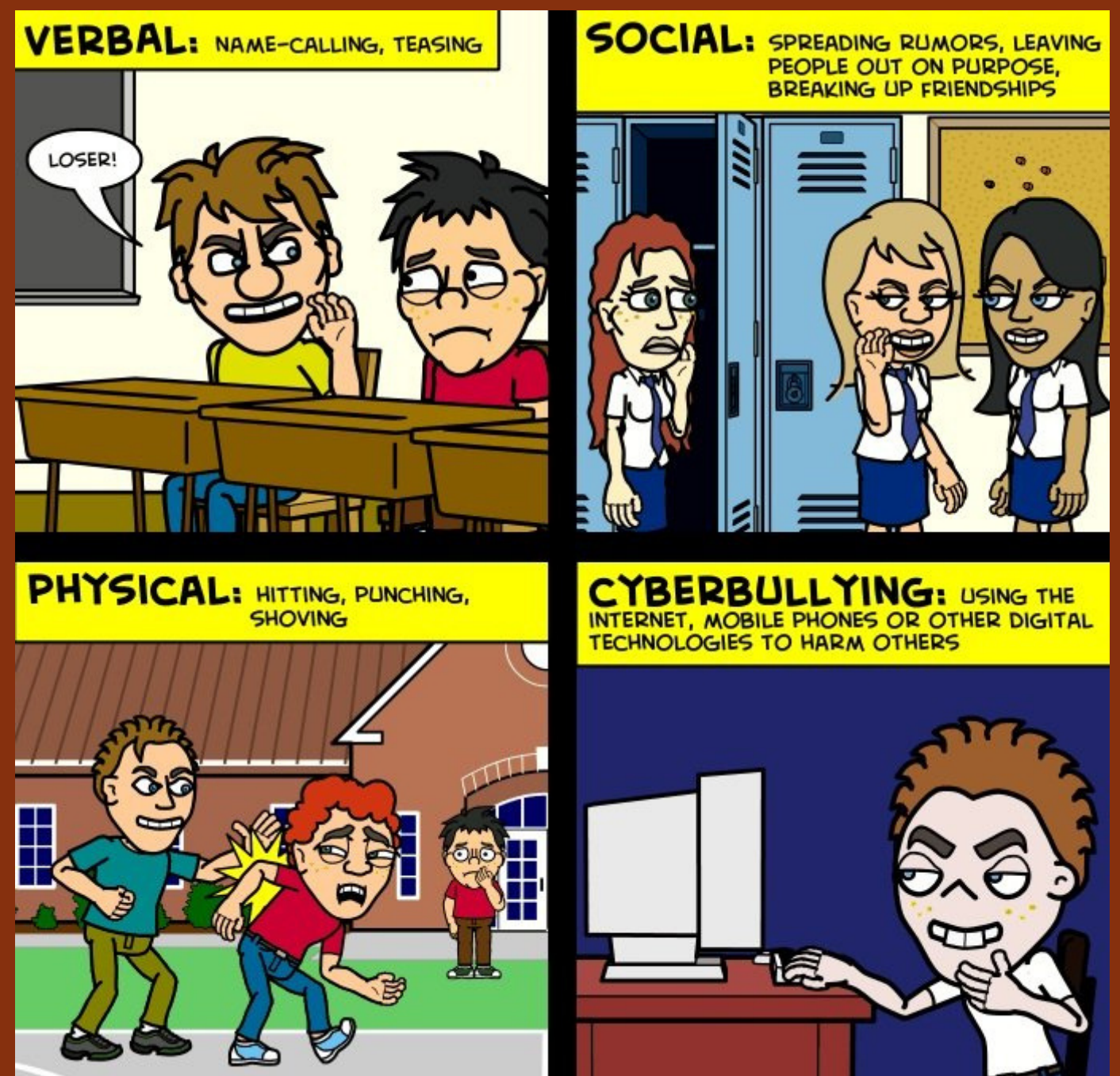
Bullying is of multiple types,
Nevertheless, all of them are
dangerous sights;
It can reach up to
unexpected heights,
And result in menacing fights.

What is bullying?

It is an unwanted and aggressive behavior that involves a real or perceived power imbalance.

There are a few types of bullying:

- 1. Verbal bullying**
- 2. Social bullying**
- 3. Cyber bullying**
- 3. Physical bullying**



Along with the usual types of bullying, cyber bullying and social bullying have become more prevalent with the spread of social media. This is affecting many kids in serious ways and we all need to work to prevent this.

It is your responsibility to stop
it,
And draw a limit;
For if you quit,
You will also fall in the pit.

Bullies must be taught a
lesson,
For there will be many in
succession;
They are no longer just a
person,
But a human dwelling in
aggression.

Report it to whomsoever you
can,
To friends, teachers and
everyone;
Before they began
To harass even one.

Together we can stop this,
And bring about a
magnificent bliss;
We, at the H & M Club,
Will act as the bully
prevention hub.

Thank You

**People getting bullied should
tell an adult they trust,
whether it's their parent,
teacher or even a sibling. It
may seem difficult to bring
up but the people around you
only want the best for you,
and can help you stand up to
the bullies on your own.**



**People who are being the bullies
should put themselves in the
shoes of the people they are
bullying and realize how hurtful
it is. You may find it fun while
doing it but will later realize
how difficult it can be because
what you did in your past will
always haunt you. However, it is
never too late, once you realize
what you're doing is wrong, you
can still go and apologize. Which
may not fix everything, but it
can help both sides feel a little
better.**



Now for the people who don't bully or are not being bullied, there is a way you can help too. If you ever witness such a situation where someone is bullying another person, you should stand up for them. Or inform an adult if you think you won't be able to handle it.

While confronting the bully, avoid starting a fight, just warn them about the consequences. Try to talk to the bullies and let them know that what they are doing is wrong.

Our job is to create awareness and reach out to those people because sometimes you never know, the people who are being bullied might have a reason too. Not an excuse, but a reason. They may be mentally frustrated and have no one to guide them. So, if we help them out they'll understand and not only stop bullying, but feeling understood could help them feel better too.

The person being bullied can be helped by making them feel better by engaging with them in good conversations.

By having meaningful conversations and showing emotional support to people being bullied, we can help them gain back their confidence. Similarly, it is important to confront and explain to the bullies in a polite manner as to what they are doing is wrong. In this way, we can overcome hate by love, kindness and encouragement.

So, Stop Bullying and Start Caring!

IT'S OKAY TO
DISLIKE SOMEONE,
OR EVEN DISLIKE
SOMEONE FOR NO
REASON. BUT IT'S
NOT OKAY TO
DISRESPECT,
DEGRADE, AND
HUMILIATE THAT
PERSON
HPLYRIKZ.COM

Poem 1: Nandini Gupta
Poem 2: Krishna Anand
Article 'What is
bullying?': Andria Jewel
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DON'T LET
ANYONE'S
IGNORANCE, HATE,
DRAMA, OR
NEGATIVITY STOP
YOU FROM BEING
THE BEST PERSON
YOU CAN BE.