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Question #1: What are some things you can do to help someone who is being bullied? Have you ever helped someone before?

How Does Casey Feel?

Bullying is hurtful but more common than we think. It can happen at schools, malls, and even in neighborhoods. It is very important to not be a part of bullying, but to also stand up for the person being bullied. If you don't stop it, then you are part of the problem.

I have experienced bullying in my own neighborhood. Casey is a girl who lives on my block. Whenever she comes over to my house, it seems that other kids are already there playing. The kids say "We don't want you over here." What they seem to forget is that they are guests at my house! This makes Casey sad and angry. It also upsets me when they exclude her. I tell the kids to let Casey play because there is always room for one more. This usually works because the other choice would be for them to go home if they can't play nicely.

This happened to me once, too. I asked some friends if I could play with them but they said they didn't want any girls, except Erika, to play the game. I wish someone would have stood up for me like I did for Casey. Bullying made me feel sad and left out. I ended up going home and playing by myself.

Bullying can make people feel scared because they never know when it might happen, they think it could happen to them everyday. People can feel angry, too, because they have done nothing to deserve being treated this way. No one should ever have to experience these feelings because of bullying.

There are different things I could do if I saw someone being bullied. I could stop the bully and explain how that makes the other person feel and why they shouldn't treat people that way. I could also find an adult and ask them to help. Then I would save the kid being bullied and let them know they don't deserve being treated like that. Casey was very happy that I stood up for what is right and we both felt better about ourselves. I would do this anytime I see bullying, no matter where it happens.