

As someone who used to be bullied, preventing and stopping bullying is something I help out with. One of the things I have done to combat bullying is to be accepting of all and be friends with many. Not having a “colorblind” vision and being able to see everyone’s personality and strong points instead of their weaknesses allows me to become friends with a lot of people. Without the strength of friendship, a person may feel poorly about themselves, and is an easy target to be bullied. When someone who has friends gets bullied, however, the bully and the act can be laughed off, and the bullying attempt is a failure. A bully is more likely to pick on a single person, whereas if there is a group of people, the bully will probably not attempt to bully. There is safety in numbers, so being friends and trying to include everyone stops bullying. Also, when I become friends with the outcast, nerd, socially inept, outcast, or “different” kid, I hope I am like a role model to others. Not only does it make the kid that is left out feel better about himself, it shows other people how good of a person he/she is, encouraging them to become friends with that person. That person then can have his number of friends grow exponentially, and as I mentioned earlier, has as a less chance to be bullied.

Take my sister for example. She met someone in Kindergarten that started to bully her, basically forcing my sister to be her “play buddy”, not letting her do anything else but be with her. That made my sister feel poorly about herself, and made her feel isolated from the rest of the kids, and the bullying started to get more physical. When people reached out to become friends with my sister, the girl did not pick on my sister much longer. This is what I do; being friends with the people that are social outcasts or just need a good friend, and it lowers their chance of being bullied.

Stopping bullying cannot be done for everyone immediately. However, getting to be friends with people can help that one person. Helping one person from being bullied at a time, we might eventually get to the point of a world without the problem of bullies, and the world would be a more accepting and happier place for everyone.

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