

Bullying essay



**ASSIGN
BUSTER**

Just Need to Stay Strong People say real friends are hard to find. I never had any reason to believe this because I had the best friends anyone could ever ask for.

At least that's what I thought. Demi Lovato says, " People say sticks and stones may break your bones, but names will never hurt you, but that's not true. Words can hurt. They hurt me. Things were said to me that I still haven't forgotten. " After two years of torture I found out what Demi meant when saying that. Bullying has to come to an end. Trust me; I know what it's like to be bullied and what stuff can happen to someone after they have been bullied.

Absolutely no one deserves to be treated like that. I had gone into high school with three best friends, practically my sisters. I will call them Smartie, Ellie and Anon. Although they were all my best friends, Anon didn't hang out as much with Smartie, Ellie and I. She preferred to hang out with just me most of the time, and that was perfectly fine with me.

It felt like grade nine had gone by so quickly because of us having each other and having a great time. I clearly did not know then that everything for me was going to change. Ellie and Smartie started to drift away and they started leaving me out of their conversations, jokes and everything. I was confused, lost and sad, but with all of that happening Anon was still there for me whenever I needed her. It was very hard not having them considers me as their friend anymore, and I had no idea why. While this stuff started happening we had been in the same cooking group in class.

I would go up to them and attempt to talk to them about the project we had been working on and they would just look at me and laugh. They would even whisper in each other's ear, glance over at me and laugh. I had no idea what to do, I felt humiliated! So I decided that I would ask the teacher if I could switch groups. I thought that was definitely going to be the solution to this humiliation, but no I was most definitely wrong. I started to notice that they had started to bully me. I would be with Anon and a couple of her friends and Smartie and Ellie would come over and ask them all to step away for a second so they could talk.

As they talked to them all, I was just forced to stand there and look pathetic and lonely. They had isolated me from everyone else. From there it had escalated. It went from emotional bullying to verbal bullying. What I did not know about Ellie and Smartie was that they think I am fat, and not only did they think it but they wanted everyone at school to think it as well. Every time they would see me in the hall they would scream out “ whale”. That had turned into my name for them, but, they did not think that was hurting my feelings enough. So they added a few extra things to the calling of my new name.

Whenever they saw me in the halls, they would then scream “ whale call” and they both would make the sound a whale makes. Also, when we would pass each other in the hall they would make gagging noises like as in I was making them want to puke. After those things had become their daily routine, I became very afraid to walk the halls of my own school because I knew when they would see me they would scream those thing at me again. I then decided it was time for me to hide in the library. I felt safe and that

maybe even the bullying would stop, that only lasted for a week. Since I had found a hiding place away from them, they decided to find a new way to bully me, a way that I could not hide from. This method is called cyber bullying; this is one of the most emotionally harmful ways of bullying.

They started tweeting about me and posting statuses on Facebook. Some of the statuses including things like: I hope you know you're dying alone. I will snap your neck. I really wish I can inform you of the hate I feel inside for you, you dirty female.

One even included a threat to slit my throat. All of the bullying they put me through went on for two full years. They were honestly the hardest two years of my life. It was really hard to go through the stuff I had gone through and I have the scars to prove it.

I now have depression, paranoia and social anxiety. I am one weird, crazy, confused and scared girl. While the cyber bullying was taking place I had wrote down every mean status and comment they had posted about me in a journal. I don't know why I did that but every once in a while I take that journal off the book shelf and I read every last thing they has said about me. Yes, it makes me feel very sad and unlucky that I had to go through that from two girls who I thought were my best friends, but also reading it over again makes me remember that real friends are hard to find and that I should be grateful to have two amazing friends in my life.

My actual real friends have been by my side throughout it all. They really are my sisters. Even with my trust issues, I know that they will always be there for me just like the fact that I will always be there for them no matter what

the problem is. I would not have found out that if all those dramatic events in my life did not happen. It's hard for me to say this, but it is true, I am actually lucky to have gone through what I have. I now know Anon and Amanda are my real friends. Bully's feed off of the weakness and fear of their victims. So by taking Anon and Amanda's advice, which was to make it look like what they say about me doesn't bother me, they had eventually stopped bullying me.

Overall I chose the Demi Lovato's quote, " people say sticks and stones may break your bones but names will never hurt you, but that's not true. Words can hurt. They hurt me. Things were said to me that I still haven't forgotten. " Because it is completely true.

The majority of the things Smartie and Ellie had said about me I will never be able to forget either because hurtful words are like scars, they are permanent. Although they will never leave, I shall continue looking to the bright side and try to forget. I just think bullying occurs way too much in our society and it needs to stop.