

220 E Bishop St
McPherson, KS 67460

May 15, 2019

Cheryl Johnson, Director of Child Nutrition & Wellness
Kansas State Department of Education
Landon State Office Building
900 SW Jackson Street, Suite #251
Topeka, KS 66612

Dear Ms. Johnson,

Hi, My name is (Redacted) I'm 13 years old I have 1 brother and 4 sisters. I live with my dad, uncle, siblings, and my best friend Mickey. I'm from Mcpherson ks. My subject is Bullying people with different sexuality. This is important to me because I had some friends that have tried to hurt themselves because of bullying. Bullying is an injustice because it can hurt people emotionally and physically.

According to *James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M.*, "In a national study, 40% of LGBTQ adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25."(www.thetrevorproject.org). People feel the pressure of bullying more because people are made to care more about what other people think rather than what they think. They are put in a box that restricts them rather than letting their real self show. This is awful because I lose their friends and family which can have an effect on people like depression and then they commit suicide too.

LGBTQ people face discrimination with jobs. The Human Rights Campaign told this story: "Dana Rivers, a high school teacher in Sacramento, Calif., wrote a letter to colleagues in May 1999 explaining that she was undergoing a sex reassignment surgery from male-to-female." She said that

later, "In June of that year, the school board sent a letter to all 1,500 families in the district disclosing Rivers' status. Four parents wrote back in protest. The school board fired Rivers in September based on those parents' complaints." (www.hrc.org) . This is important to me because I know and am related to people that are different and it makes me worried that they will be affected when they try to get a job.

There is not a solution to stop Bullying People With a Different Sexuality, but you could help educate people by having them imagine that they or their kid was getting bullied and hurting so bad that they wanted to hurt/kill them self.

Sincerely,

(Redacted)

Reanna Eilrich

604 Dullknife street

McPherson, KS 67460

May 15, 2019

Cheryl Johnson, Director, Child Nutrition & Wellness

Kansas State Department of Education

Landon State Office Building

900 SW Jackson Street, Suite #251

Topeka, KS 66612

Dear Ms. Johnson

My name is (Redacted) and I am 13 years old and I am from McPherson, Kansas and I go to McPherson Middle School. The topic I will be talking about today is bullying. People bully others because they might be insecure about themselves and don't know what to do other than bully people. People bully popular people because then they might feel like they will get popular from bullying others. Bullying is a serious problem because of cyberbullying, school bullying, and the impacts of bullying on the bullying itself.

For starters, one type of bullying is cyberbullying. Cyber bullying can kill people and one death is one to many just from getting cyberbullied. Just this year 4,400 people have died this year from cyber bullying. (dosomething.org) says 3.2 million get bullied each year and that is way too high for this whole entire world and it is sad to know that this many people are getting cyberbullied. People can kill themselves because they get cyberbullied. This is just some reasons we should take care of cyberbullying, and there are many more.

On the other hand, the next type of bullying is school bullying. (newsela.com) says that one in every 5 girls get bullied at school because girls can get into more drama and can have more feeling

than guys do so it is easier to hurt girls feeling. At school popular kids bully others kids just to get popular and they think bullying people. Also people get bullied at school and they get depression because it gets so bad. People get insecure about themselves and start to bully people because of the insecurity they have of themselves. That is why we should stop bullying at school and teachers should care that students are getting bullied. (dosomething.org) says that 1 out of 4 teachers say nothing is wrong with bullying and only intervene it 4% of the time at school.

Last but not least, the third paragraph is what will happen to kids that do bully when they grow older. (stopbullying.gov) says that kids that bully others and they could start getting into alcohol and get drunk later in life and could end up doing something to yourself or others. The kid who bullies could also get married and could have children and could end up abusing his or her children and could kill them or get them hurt. Same with his or her husband or wife. Kids that bully others and grow up to adults could vandalize things and get into fights easier than other adults could. Kids that grow up from bullying others could get criminal convictions and could spend most or all the rest of the time in jail. This is why you shouldn't bully or you could get yourself in some pretty big trouble down the road in your life time.

As you can see, bullying is a very serious problem and should get help as soon as possible from an adult. Students get bullied by cyberbullying, school bullying, and what happens to kids that do bully at a younger age. I think that bullying should matter to all teachers and should care about students getting bullied. It makes me want to cry when I see people getting bullied. I think it is sad that people get bullied and people should get someone if they do get bullied. That is why I think bullying should get stopped as soon as possible.

Thank you for your time,

(Redacted)

115 N Chestnut
Mcpherson, KS 67460
May 15, 2019

Mr. Kent Reed
School Counseling Program Consultant
900 SW Jackson St
Topeka, KS 66612

Dear Mr. Reed,

My name is (Redacted), I am 13 years old, and I am from Kansas and go to McPherson middle school. There is a problem with people making jokes about other people online that isn't seen as legitimate bullying. Almost 50% of kids have been threatened online repeatedly. I think there should be ads about cyberbullying and how people need to watch what they say if their just trying to joke around with someone. The ad could also help the victims realize that maybe they weren't trying to be mean. It should also acknowledge that bullying can cause mental health problems or diseases.

As a matter of fact most cyberbullying happens when people are just trying to joke around and be funny but it is actually hurtful. On the article Cyberbullying versus Traditional bullying states this from a survey they made "To top it off, 95% of youth said that what happened online was meant to be a joke and about 5% was actually meant to harm someone." This is important because if we prevent kids from saying something that might be mean then it will bring the overall number of kids being cyberbullied down. It could also stop kids from bullying in person because they could come to realization that what they are doing is hurtful.

Secondly empathy can switch the way the bully thinks of a person and what they're doing and saying to the person. If you have empathy you are able to feel what the other person is feeling, as stated on sciencedirect.com on the article Are children involved in cyberbullying low on empathy? A systematic review and meta-analysis of research on empathy versus different cyberbullying roles. You should have empathy for the victim so you can tell the bully off. If there is on ad on the side of a social media apps the "friend" that is making the joke might realize it is bullying and stop. If the bully doesn't realize this than bystanders can stop the bully. Once the bullying stops than there will be less people with mental health problems.

Last but not least, bullying can cause mental health problems such as depression or anxiety. The website National institutes of health states states that, "Unlike traditional forms of bullying, youth

who are the targets of cyber bullying at school are at greater risk for depression than are the youth who bully them," With the majority of kids having a cellphone and social media it is one of the most common forms of bullying. Granted that cyberbullying is one of the most common forms of bullying we should be aware of that and should stop it or prevent it.

In short most cyberbullying starts as just a joke, we need to have empathy for those that the joke is aimed at to tell the bully to stop if it is hurtful. If people don't stop cyberbullying it can cause mental health problems for instance anxiety. I feel very bad for those that are bullied because it is so hurtful and can stop you from being you and living your life. I think there should be more ads about preventing bullying and even some sort of blocker that will have a pop up that can be set off by keywords like hate or ugly.

I hope this letter has influence you to use these possible solutions.

Sincerely,

(Redacted)

1017 Sycamore Place
McPherson, Kansas 67460

May 15th, 2019

Mr. Kent Reed
900 SW Jackson St
Topeka Kansas 66612

Dear Mr. Reed,

I'm (redacted). I'm a 13-year-old seventh grader at McPherson Middle School in Kansas. The topic that I'm addressing to you is bullying. I care about this topic because it is happening around the world every day to young children, teenagers, and even adults. This is important because many parents lose their kids that have been bullied or threatened. I have friends and siblings that I care about and would not want to go through what others have when their friends are bullied. Bullying is a huge problem because there are many ways to bully, suicide is being caused by it, and most bullies don't get a consequence they should.

Unfortunately, many ways to be bullied are being experienced by adults and children, while some ways are low-key or subtle, others are easy to spot. There are 4 or more ways to be bullied, examples are, physical, verbal, social, and cyberbullying. Bullying is becoming more and more frequent among today's youth in locations like school and online, according to recent bullying statistics. 282,000 students are physically attacked in secondary schools each month. About 42 percent of kids have been bullied while online with one in four being verbally attacked more than once. This shows that many kids and teenagers are being more and more affected by bullying because more forms are being reached by bullies. Bullying is unfair and is affecting kids all over the world today by using all the ways to harm them.

As a result of bullying, kids have suicidal thoughts and think of ways to hurt themselves. The National Center For Injury Prevention And Control says, " In the past decade, headlines reporting the tragic stories of a young person's suicide death linked in some way to bullying (physical, verbal, or online) have become regrettably common. Bullying has serious and lasting negative effects on the mental health and overall

well-being of youth involved in bullying in any way including those who bully others, youth who are bullied, as well as those youth who both bully others and are bullied by others, sometimes referred to as bully-victims. This is important because it shows how families and friends lose their loved ones because of the effects of bullying.

At the moment, most bullies don't get bad enough consequences because most bullying still occurs after their punishment. Some states have anti-bullying laws, however, very few have addressed the problem. The Conversation.com says, " Indeed, the vast majority of these laws call for nothing more in response to bullying than the punishment of the bully. Often, this means the bully will face suspension or expulsion from school. While sending students home from school does communicate that bullying behavior is unacceptable, it does little to teach them how to improve their behavior. When students are suspended or expelled from school, they typically sit home with nothing to do. This is unlikely to stop bullying. " This evidence proves that bullies are not being given punishments that show how intolerable bullying is!

To conclude, Bullying is a huge problem because there are many ways to bully, suicide is being caused by it, and most bullies don't get a consequence they should get. Bullying can be changed by making the laws stronger. Not every state has a law for it but they should. Every school needs policies and a bullying prevention program, and disciplinary procedures establishing consequences for violations of policy. Another way to prevent bullying is to have the kid/ adult go to juvenile detention or work an amount for community services because to some people, bullying is a criminal offense. Mr. Kent Reed, I would like for you to make people more aware of bullying and what it does to help assist in this injustice happening all around the world every day. This would be important for you to do because it would make a big change if teachers had meetings with students knowing if any bullying was going on, and teaching students and teachers about how to handle it and make it stop.

Thank you for taking this into consideration.

Sincerely,

(redacted)

602 Hancock
McPherson, KS 67460

May 15, 2019

Mr. Kent Reed
School Counseling Program Consultant
900 SW Jackson St.
Topeka, KS 66612

Dear Mr. Reed,

Hello, my name is (redacted). I'm 12 years old and I'm from McPherson, Ks. I am a 7th grader at McPherson Middle School. I realized that bullying is a serious thing. This issue is important to me because of all the damage bullying can cause, and I have seen my friends being bullied and I have also been bullied. When this happened it made me feel scared and upset to think that I couldn't really do anything. Bullying is an injustice because it is happening in families, and it is happening online.

Bullying is such a serious problem that it can happen between family members and friends. Bullying between family and friends is called relational bullying. And it can make you question if you should trust your family or friends, teen and tween tend to be involved with this type of bullying by spreading rumors and gossip around the school or social media. According to Very well family, "Relational aggression is an insidious type of bullying that often goes unnoticed by parents and educators. Consequently, teens and tweens that engage in relational aggression are often able to bully, control and manipulate others all under the radar of adults." to my opinion it's mostly girls that do the bullying. This is important to me because bullying is a serious situation and it can get worse over time. And if family and friends get involved, as in they bully you, you won't be able to trust them either. Everyone has a bully and family can be one of these bullies.

On the other hand, physical bullying is a bigger problem. Physical bullying is where a bully is hurting their victim. According to Andrea Cohn and Andrea Canter, "over 3.2 million students are victims of bullying each year (www.nasponline.org)." The effects that physical bullying leaves are mostly anxiety and depression. Kids tend to skip classes to avoid their bully them. The National Education Association states that "Approximately

160,000 teens skip school every day because of bullying (www.nea.org).” Physical bullying is one of the biggest problems today.

The point I'm trying to get across is that schools are paying little or no attention to bullying and that it needs to be fixed. Many people are getting hurt because of bullying and the teacher aren't doing anything about it. Mr. Reed, I would like for you to help teachers and school counselors pay attention to the students more so they can be aware of what is going on with each student. Thank you for taking the time to read my letter.

Sincerely,

(redacted)