

Human Rights Essay

By,

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As a citizen of the United States, Plymouth and Minnesota I have the important responsibility of protecting human rights in the great community that I live in.

In the Declaration of the Rights of the Child, an extension of the Universal Declaration of Human Rights, article ten states "children should be taught peace, understanding, tolerance and friendship among all people." This was created by the United Nations for children, but I see it in a way that applies to bullying and how I can do my part to help prevent it.

Bullying is serious problem that occurs in schools all across the country. Many people think that bullying is only physical but bullying is any mean act, word or phrase, text or e-mail that hurts another person. Bullying isn't peace, understanding, tolerance or friendship. There are three types of bullying and all are hurtful.

First there is physical bullying which is hitting, shoving, punching or kicking.

Second there is verbal bullying which is saying mean and unkind words about how a person is different from you.

Third there is social bullying which is spreading rumors, excluding someone from a group or letting others know about embarrassing information the person doesn't want revealed.

Having been a victim before I know firsthand how it feels. As a victim I should speak up about the bullying to a teacher or trusted adult such as my parents. When I am bullied I should speak out because this not only benefits me but it could possibly empower others to speak up and stop bullying.

I have also been a bully and I am not proud of that fact. I now see the causes of bullying and what I can do to help prevent it. When I was bullying, I was often bullied myself. Bullying made me feel better and more powerful, but it hurt other kids just like it hurt me when I was bullied.

When I see someone bullying I need to tell a teacher so bullies can talk about their problems and stop hurting other kids. Bullying hurts everyone, even the bully. Many bullies get involved in drugs and other bad and unsafe things as they get older.

A bystander is a person who sees the bullying happen but doesn't do anything about it. Many bystanders are afraid that they will become the next victim if they tell a teacher or stand up for the victim. The bystander actually helps the bully because they let the bully keep bullying and they know that nobody will intervene and help the victim.

As a bystander, I need to help the victim. This can be hard to do, so I have to tell a teacher or another adult so that they can help the victim. This way I will also not have to worry about being the next one to be bullied. Also, when I help a victim I should never get into the middle of the fight because I will always get into more trouble if I retaliate.

I have a responsibility to stand up and speak up and help bullying victims feel wanted. When I see a person that's alone or know they won't have a friend, I need to go over and invite

them into my group. I need to do little things such as pick people who I usually don't work with or once a month sit at a random lunch table where the "popular" kids don't sit.

Article two of the Declaration of the rights of the Child states "you as a child have the special right to grow up, and to develop physically and spiritually in a healthy and normal way, free and with dignity." To me this says that all kids have the right to grow up and live bully free lives. It is my responsibility to help prevent bullying in my school and my community.