



# @NYWUSA News

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## What is Physical Bullying?

Fareeha Mohammad

Physical bullying is the most commonly considered form of bullying and involves the use of violence or intimidation. Here are some tips to keep physical bullying at bay/from escalating:

**1. Be confident:** bullies like to pick on those that appear weak or defenseless. By appearing confident, such as standing straight and making eye contact, you are less likely to be a victim.

**2. Be calm:** staying calm makes it less likely for a situation to escalate. If you talk to the bully, do so when no one else is around, so they're less likely to be embarrassed and overreact.

**3. Walk away:** walking away is often the safest way to get out of a situation. Stay calm and walk confidently, like you would with a friend.

If the situation gets serious, seek help with those you feel comfortable. It's important to remember that you can discuss incidents with parents, teachers, counselors, or anyone else that you look up to.



## What is Verbal Bullying?

Gabby Chong

The main forms of verbal bullying include insults, taunts, and name calling. Verbal bullying doesn't just happen through spoken words; it can occur through writing and social media as well. Verbal bullying

### MISSION STATEMENT:

"The purpose of OMI is to instill resiliency skills through education and developing life skills to "at-risk" youth in hopes that they will become productive members of society. To provide opportunities that will focus on the entire mind, body, soul and spirit."

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can often harm the victim more than physical bullying can. This doesn't go to say that physical bullying isn't serious, but verbal bullying can deeply harm the victim's self-image and self-esteem. The effects of verbal bullying on the victim's self-



image of their worth can lead to severe anxiety

and depression. Sometimes, verbal bullying can be confused with a lighthearted joke that doesn't seem important to call attention to, but in many cases, what is perceived as light teasing affects the victim's mental health more than you might think. Verbal bullying should not be taken lightly, so if you ever witness or experience it, don't be afraid to stand up and ask for help from someone else.

## What is Cyber Bullying?

### Takoda Wells

In a growing age of technology, bullying has made an online appearance. Here are some ways you can protect yourself from cyber bullies and stay safe on the web:

1. Be kind to those you meet on the internet.
2. Think about what you post online and the effect it will have on others.
3. Communicate with your parents about how you use the internet.
4. Keep your passwords private.
5. If an unfriendly situation occurs, step away and come back later.

Remember, if the conflict persists and leads to continuous bullying, notify a trusted adult. Cyberbullying can be hard to tackle, but with these tips every internet user can stay safe and have fun!



### PRESIDENT'S NOTE

This month is National Bullying Prevention Month. On October 20 we celebrate Unity Day, a day set aside to encourage kindness, acceptance, and inclusion. A lot of recent bullying is online. I feel it is important for this generation to know they are special and amazing. There is no one like you and if someone can't see that and tries to attack you, remember who you are. When people do the wrong thing to you, you have a two choices: you can get bitter or better. I chose better, won't you join me?



# Activity of the Month:

To show you support anti-bullying, complete the word search and tag us @nywusa with your picture!

## Anti-Bullying

E G N I L L U P H I T T I N G Q P  
U W S D C K J X Z R K O S K Q V O  
G C E Y Y S G N I T I B W E J S W  
K G L N B N M O I D F X S B J J E  
Z E F Q E C P E R Z S Z F F W W R  
E L E W R O H D F F F U O X P Z F  
P T S A B J B K P U N C H I N G O  
G S T E U A U N C K I G D S T R R  
H A E W L S L B A C Y E Y M S C G  
G K E Z L Q L P C N Q W N U J L O  
G K M C Y Z Y D X X G N N W S U O  
X N Z X I W I V V S V Y U U J J D  
E M I Q N I N O T U M H Y B Z U R  
J O V Y G W G N I K C I K Z D Q U  
N O C R R F J G M I T C I V T K P  
A S I P Y C G C N M J H H A T M C  
A N I X F A G N I H S U P H X Z K

Crying	Punching	cyber bullying	kicking
biting	hitting	pulling	pushing
victim	self esteem	Power for good	Bullying