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Forms of Bullying

Shriya Raja

Bullying has been a huge problem in many school systems across the world. Although it is receiving more attention today, there are still certain forms of bullying that remain unaddressed. The first and most well-known form of bullying is **physical bullying**. This includes kicking, punching, or even making threats. This form of bullying, although detrimental to one's health, is easily detectable because it is evident on one's body. The next form of bullying however, is **verbal bullying**. This includes insults, calling someone names, or spreading rumors. This affects mental health, rather than physical well-being. This can make verbal bullying extremely difficult to detect. Kids may be getting bullied at school, but feel the need to hide their feelings, ultimately worsening their mental health. These two forms of bullying tie into a form called **emotional intimidation**. This could include exclusion from a friend group, or posting a picture without you in it. Furthermore, as technology takes hold of our society and younger generations, a new form of bullying has been introduced. This is **cyberbullying**. This form of bullying is done online or on the internet through chat rooms and social media. Although it may seem like it doesn't affect our youth to a great extent, cyber bullying can be considered somewhat of a secret assassin. It may seem like everything is fine, but you never know when someone is experiencing hatred online. Now, I know I'm talking about bullying in an objective sense, but it is truly an important issue that needs to be addressed. Kids all over the world are suffering in silence because they feel as though their problems are insignificant. It is our duty to let them know that their problems are important. Their voices deserve to be heard. Kids should not have to accept society as it is. Bullying needs to stop, and it starts with us.



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Navigating Toxicity in Social Media

Nicole Clarin

Growing up in a digital age, we have been exposed to growing amounts of information. While it may seem beneficial to have the world at our fingertips, it also means that we are exposed to an overwhelming amount of opinions and backlash. Social media can be especially damaging as hurtful comments often have no consequences. It is vital to learn how to navigate these platforms for the sake of our mental health.

An essential tool to navigate platforms is the block button. Sometimes, it can be as simple as blocking and reporting hurtful accounts to clean up your feed. However, the situation can be more complex. It may be best to take a break or delete platforms altogether. If you notice that the comments are affecting you outside of the online world, it is important to take a step back. Your mental health takes priority over any social platform.



Scholarship Alert!

Fareeha Mohammad

The IT Senior Management Forum is offering a scholarship for STEM students. Download the picture below or click on [this link](#) to learn more and apply. Submissions are due December 5th!

The graphic is a promotional poster for the ITSMF Scholarship. At the top, it features the ITSMF logo (a stylized 'i' and 'f' with circuitry) and the hashtag #ITSMFgives. Below the logo is a photo of a woman holding a scholarship award. A red starburst graphic says 'APPLY NOW'. The text 'ATTENTION COLLEGE STUDENTS' is in a teal box. Below that, it says 'Apply Online for The ITSMF Scholarship' with a stack of books icon. A teal box contains the text: 'The ITSMF Foundation provides scholarships to support students in advancing their college-level education in STEM-related disciplines. Students are recognized for their academics, aptitude to lead and serve, and their commitment to further their education. Click the button below for eligibility details and to apply.' At the bottom, a teal box says 'Together, we can help diversify the population of STEM students, educators, and business professionals.' On the right, a teal box titled 'About the ITSMF Foundation' describes the organization's mission to nurture future generations of technology leaders through community outreach, STEM advocacy, scholarships, and career development, highlighting the need for diversity in the technology workforce.

PRESIDENT'S NOTE

Our theme this month is bullying prevention. The word bully means a blustering, mean, or predatory person who intimidates, abuses, harasses, or coerces people from a supposed position of power, especially to those considered unlikely to defend themselves. We are kicking off our "train the trainer program". It is open to all parents and community leaders to teach youth how to discuss their feelings and emotions. We will then be kicking off Conflict, Anger, and Self Esteem (CASE) groups for teens. The pandemic has limited the ability of our youth to handle conflict at school and home. We are here to help. We encourage you to get involved and be a part of the solution.



Activity Page: Bullying Prevention Crossword

Fareeha Mohammad

Across

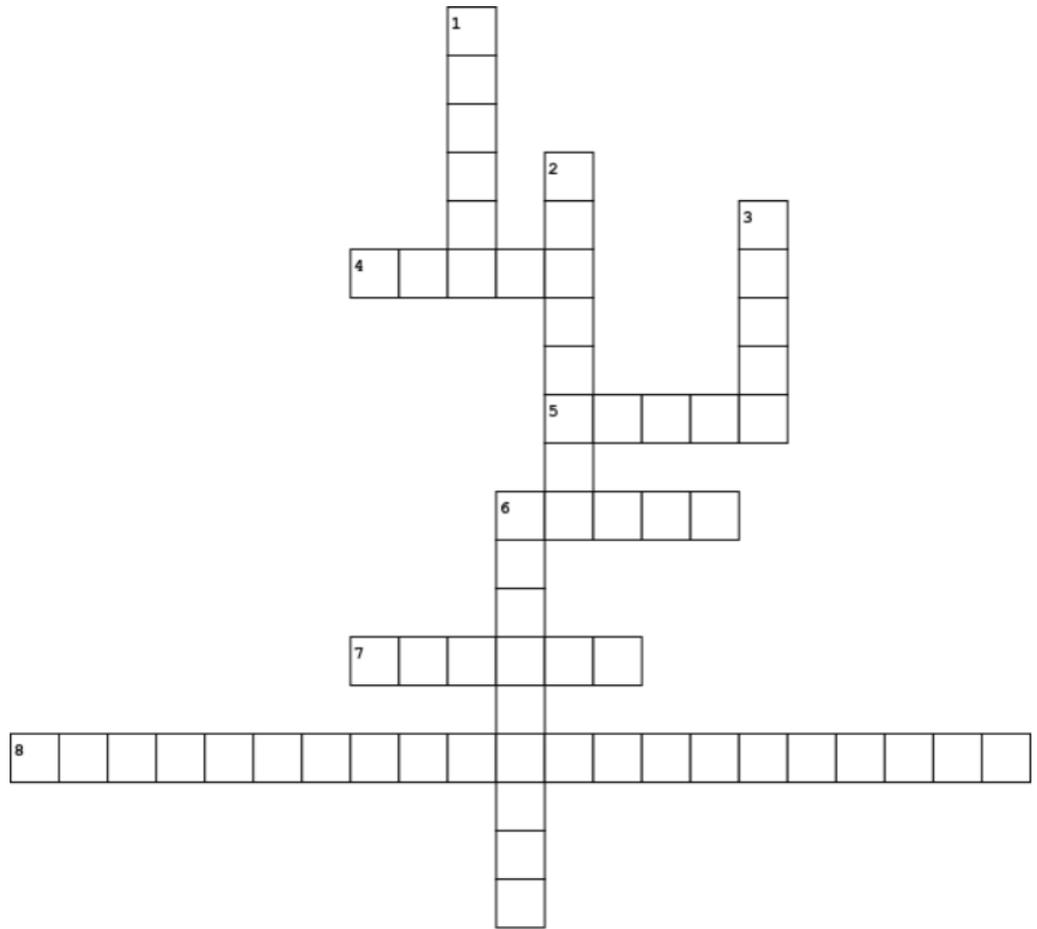
4. a mean or predatory person who intimidates harasses or coerces someone from a supposed position of power

5. a type of bullying that is done online

6. a type of button you can use to avoid someone on social media

7. someone who the bully targets and hurts

8. a combination of physical and verbal bullying (hint: two words and no spaces)



Down

1. type of bullying that affects mental health

2. type of bullying that shows up on body

3. a secondary emotion which can cause you to lash out at others or yourself

6. someone who sees bullying but does nothing to stop it

Answer Key

