

Whakanuia Tōu Āhua Ake! Celebrating Being Us!

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Know yourself, be yourself, trust yourself, love yourself. Bullying is NOT okay it has spread rapidly across the country which is harmful to others who get bullied. Randwick Park school is celebrating bullying week to support and encourage the people who often get bullied.

Fifteen year olds in New Zealand are reporting the second highest rate of bullying out of 51 countries. A statistic of children commissioner has blasted as 'utterly unacceptable and deeply disturbing.' Survey answers from New Zealand showed just over a quarter of the students taking part reported being subject to some type of bullying at least a few times a month. That included 6.7% who reported being hit or pushed around by other students, 8.3% who have been threatened, and 6.3% who said other students took or destroyed property that belonged to them. Among the kiwi students, 12.8% reported being left out or having students spread nasty rumours about them.

From all the suffering students go through Randwick Park School has decided to have a pink shirt day to show love and care for everyone who get bullied every day, with a gold coin donation of \$1 and \$2. This made us satisfied and more interested to helping out other people. I think this is a substantial opportunity to celebrate bullying week. Pink shirt day all started in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt. On Pink shirt day many people were joyfully wearing bright colours of pink which shone in our eyes to give us and everyone a beaming smile.

Randwick Park School has also given a chance to students to participate in Bullying-Free NZ Week activities to make students learn more about bullying and help to support others. They will also learn to stand up for themselves, speak up and do the accurate things around people.

Say you know someone who's constantly making fun of someone else. Excluding the person, posting cruel lies or exaggerations about them, making them feel isolated, hopeless, trapped-maybe even scared, depressed or suicidal. The term 'Bully' is, in and of itself, a judgement. When placing this label on a person, we cast a black light on them to be bad. But the truth is, bullying doesn't happen in a vacuum. The behaviours you see coming from somewhere, and when you try to dig deep, you can find out what those behaviours really mean.

People are entitled to think whatever they want just as you are entitled to think what you want. What people think of you cannot change who you are or what you're worth, unless you allow them to. This is your life to live. At the end of the day you are the only person who needs to approve of your own choices. Nobody will ever be as invested in your life as

you. Only you know what is best for you, and that entails learning from your own choices. The only way you will ever truly learn is through making your own decisions, taking full responsibility, wholeheartedly, as opposed to baling somebody else. Don't care for those who ignore you, care for those who are ignoring others for you. Do what makes you happy and don't care what others think.

Some people who bully are tough and strong. Other bullied might be popular and thoughtless rather than deliberately hurtful. Some children may enjoy getting their own way, others may like conflict and aggression. Some may have difficulties with health, schoolwork and self-esteem. Those who are bullied in one situation may be the bully in another. Bullies stand for B-Bullying is very immature. U-Understanding why you steal my lunch. L-Laughing his lungs out. L-Leaving lies and rumours to be heard around you. I-It's not cool to be cruel. E-Everyday you seem to swear. S-Sometimes I wish you were never there.

There are 3 types of bullying and they are called Physical, Verbal Bullying and Social Bullying. Physical bullying is when you hit, kick, punch and someone touching you when you don't want them to. Verbal bullying is when you are teasing someone, spreading rumours, name calling. Last but not least, social bullying is when you are ignoring or leaving someone, telling others to not be friends with them, destroying relationships and embarrassing someone in public.

Be sure to taste your words before you spit them out.

The more you praise and celebrate your life, the more there is life to celebrate. Always speak up don't be a mouse stuck in a cage. Help everyone, be kind caring to other people. Don't let other people choose their path for you. Deep down you know the right way to go, so do the right think and follow your heart. Don't let someone bully you. Also always remember to be yourself because everyone is taken.