

Cartoon: Samantha Rogers

Be an upstander to modern bullying

EDITORIAL

By COURTNEY O'HARA

THROUGHOUT schools, workplaces and communities across the region, bullying is an unwanted presence that is forever adapting with the times. No longer can you go home and shut out the world. Social media has now brought bullying into our homes and every aspect of our lives.

In every case of bullying there are two sides: the bystanders and the upstanders. Bystanders are the people who stand back, laugh or cheer on the bullies. Upstanders are the people who say 'no' and take a stand against the people who abuse others.

Every single day we each get a chance to make our community a better place. But just how many of us are brave enough to venture away from the crowd to say 'this isn't right'? That cyberbullying, racism and other forms of harassment need to stop. It is obvious, by the very presence of bullying, that there are not enough upstanders in today's society.

Putting an end to harassment and bullying is everyone's responsibility. If we work together and stand strong we can build a

community where everyone feels valued and appreciated. In my opinion there are many simple ways to be an upstander:

■ If someone tells you a false accusation, don't go and tell others.

■ If you see someone being picked on, either go up and tell them to stop or go and tell someone in higher authority.

■ Refuse to be a bystander. If you see others laughing at someone being bullied tell him or her that what they are doing is wrong and that they are just as bad as the bully.

■ Make friends. If you see someone constantly sitting alone go up and say 'hi'.

■ Likewise, if you see someone upset go up and ask if they are OK. What may seem like an insignificant action on your behalf may be just what they need to feel better.

Most people find it hard to break away from the crowd to be an upstander in fear they may become the bullied. Although you feel it may be easier to play the part of being a bystander, the brave decision you make to play the upstander may be a motivating factor for other people to stand beside you.

If you are the victim of bullying please tell someone and give them the chance to be an upstander.

Honey not so tweet for our native birds

By TEARNA WOOD

HAVE you ever fed a wild bird?

Tossing a few slices of bread to hungry birds may seem like a harmless action but the damage to the bird's health and future generations should be of great concern.

Many people enjoy feeding wildlife and believe that they are helping our animals; in fact feeding wildlife can be more harm than good. A spokeswoman from Wildlife ARC (Animal Rescue & Care Soc Inc) said that many birds like lorikeets and other nectar-feeding birds have been greatly sickened from people feeding them.

Despite peoples' understanding, "honey and bread are really, really bad for lorikeets. Also some people feed them seed which may damage their brush-like tongue, needed by the birds to eat native blossom," the spokeswoman said.

When birds become reliant on human food they may stop eating their natural foods.

The processed foods we give to the birds have been manufactured in factories and may contain chemicals, and we then feed these chemicals to the birds. Dietary imbalances such as calcium deficiencies prevent the development of strong bones and beaks and can lead to malnutrition and diseases. These illnesses also can carry through to a bird's egg and may prevent the birds and their



Lorikeets are colourful characters to have in your garden, if fed right. Picture: Dylan Page

offspring from flying.

Lorikeets are real friendly characters so we know why people want to encourage them into our gardens. However, Wildlife ARC suggests we replace our honey soaked bread with foods that are

healthier for the birds. Fruits like apples and grapes, and bunches of native nectar-filled blossoms such as grevillea are best. Additionally, pet shops and grocery stores sell specially designed 'Lori mix', which the birds also enjoy.

Bullying is still an abusive issue today

By LYLAH WILLIAMSON

BULLYING has been a constant trend amongst the playground and in the classroom. The most common form is verbal abuse. From teasing, name-calling and taunting, to rumours and threats, sufferers have no means to escape now that bullies can strike their targets in the cyber world.

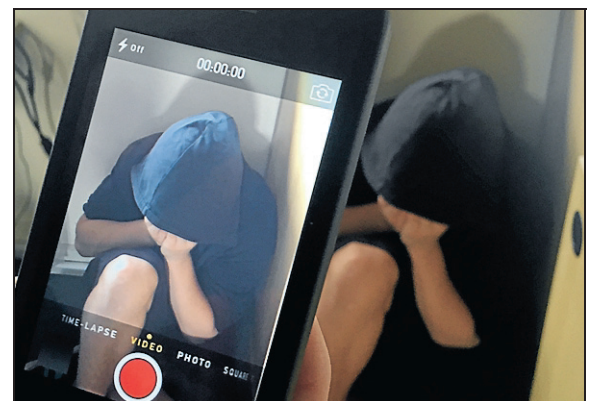
These increasing assaults could be preventable through education.

On March 15 this year over 1950 schools particip-

ated in a National Day of Action against Bullying and Violence. More than 890,000 students across Australia stood together to say "Bullying. No Way!"

Students learnt to identify different forms of schoolyard abuse, the effects abuse can have and were taught how to take preventative action through a series of workshops and activities.

Addressing issues as a community can enhance the learning young adults are having within these programs.



Bullies are now inappropriately using technology to abuse their victims. Picture: Jackson Marsay

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