

# Bullying is getting way out of hand

## EDITORIAL

By **VANESSA WHITAKER, DYLAN GORE, SAMANTHA ORLOWSKI** and **PAIGE MCGOWAN**

TODAY in our community there are many signs of bullying being directed at children and teenagers. There are different types of bullying such as verbal, physical and cyber.

Bullying is a very serious matter especially when so many incidents remain unreported.

Victims often remain silent as they are concerned that people won't listen or that being unable to deal with their attacker makes them appear weak. There is also the constant threat that the bullying may increase if action is taken to try and stop it.

People, especially children, don't realise that bullies are often victims themselves. Maybe they have suffered at the hands of a bully or are victims of domestic violence. Bullies can be people with low self-worth and can suffer from poor self-esteem. They travel in groups and usually pick on those weaker than them.

Bullying happens on social networks such as Facebook, Kik, Instagram and many more.

In Australia we have a National Day of Action Against Bullying

and Violence. This is a result of the frightening statistics of bullying. About 27 per cent of young people report that they are getting bullied every two weeks, sometimes more often.

Sixty-eight per cent of teenagers agree that cyberbullying is a serious problem and 81 per cent of young people agree that bullying online is easier than bullying in person. Studies indicate that girls are twice as likely as boys to be victims and perpetrators of cyberbullying.

About 58 per cent of kids admit that someone has said mean comments to them online. More than four out of 10 say that it has happened more than once.

Physical bullying is when someone gets punched or kicked. Verbal is when people talk about someone behind their back.

Bullying unfortunately is a very common thing and it can have devastating effects as teenagers can take their own life because they are getting bullied or because of their appearance, skin colour or language.

This affects them as they try to avoid school by pretending to be sick because of what the bullies have done to them.

The worst thing is that not all children are telling the truth to their parents, teachers and their own friends as they are too scared that they are going to get hurt from the bully again. We must speak up.



LISTENING IN: Sam Livingstone, Josiah Chappell, Liam Holt and Ben Fitzgibbon tune to 2CHR FM.

Picture: Lucy Peek

# Airwaves are attuned to us

By **ROBERT NICHOL** and **GASPAR PRINGLE**

THE Cessnock area has its own local radio station – 2CHR FM – servicing the local community.

2CHR was formed in 2000 through the amalgamation of Cessnock Radio (CKRFM) and Radio Maitland (RMFM).

It is operated completely by volunteers from the non-profit organisation Central Hunter Community Broadcasters Inc.

To provide continued functioning of the station, sponsorship and membership are welcomed. A mix of programs are offered, including a variety of music with the addition of hourly news and weather. There are

also informative bulletins and regular community notices to keep residents up-to-date with current events happening in the area.

Of interest to the wider community are the many speciality shows of cultural and social interest that bring tourists to the region.

Another service provided by the station is training courses for the budding radio presenters. Training is provided in radio skills and also in production, office and computer skills. Broadcasts cover an area that includes the areas around Pokolbin and Rothbury and out to Cessnock and Maitland as well as Wollombi and the Quorrobolong Valley. The station broadcasts from Bimbadeen near Cessnock on 96.5FM.

# Engaging students to get healthy

By **ROSA ABEID, EMILY-ROSE COWPER, EILISH EARL, BROOKE HILLIAR, PHOEBE OAKFORD, MAKENZIE SMITH** and **RACHAEL TRUDGETT**

ST Patrick's Primary School Cessnock had the opportunity to experience weekly lessons with the Sports in Schools Australia program.

Through their participation the students have been taught different types of techniques to assist with daily living. These include: hand eye co-ordination, balance and group co-operation.

The program taught the students, not only to be fit and active, but also how to eat healthier, maintaining hydration, recycling rubbish, and how to be safe around fires. In addition there were lessons on sun, water and road safety.

The Sports in Schools instructors encouraged students to interact and get along with classmates while developing an active, healthy lifestyle.

"The business started about 15 years ago when a young man bought a new shiny van and packed it with nice sports equipment," said one of the instructors. Today there are over 10 vans for the Maitland-Newcastle Diocese and they travel as far as the Gold Coast.

The students had lots of fun while improving their skills and knowledge.



Cartoon: Macauley Blissett

# Community issues tackled by smart kids

By **ARIA LUXON, CRYSTA FORBES, HAYLEY EVANS** and **LIARNA THOMAS**

STUDENTS from St Patrick's Cessnock have been proactive in investigating and finding solutions to problems faced by local communities.

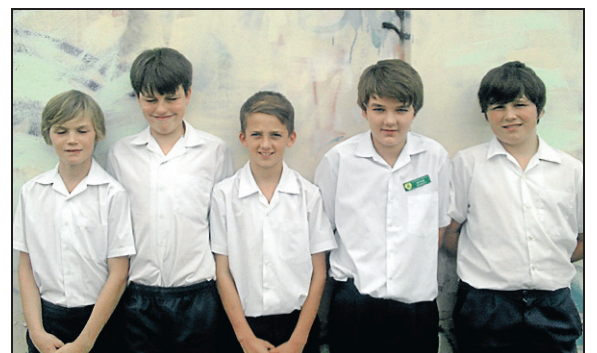
They listed some concerns and surveyed residents in the local government area. One of the main concerns was vandalism and how best to stop and prevent this problem.

A suggestion was to operate more activities in

the community during the school holidays to keep young adults occupied and to install security cameras in areas of high vandalism.

People felt it was important for residents to take action by reporting vandalism to the police.

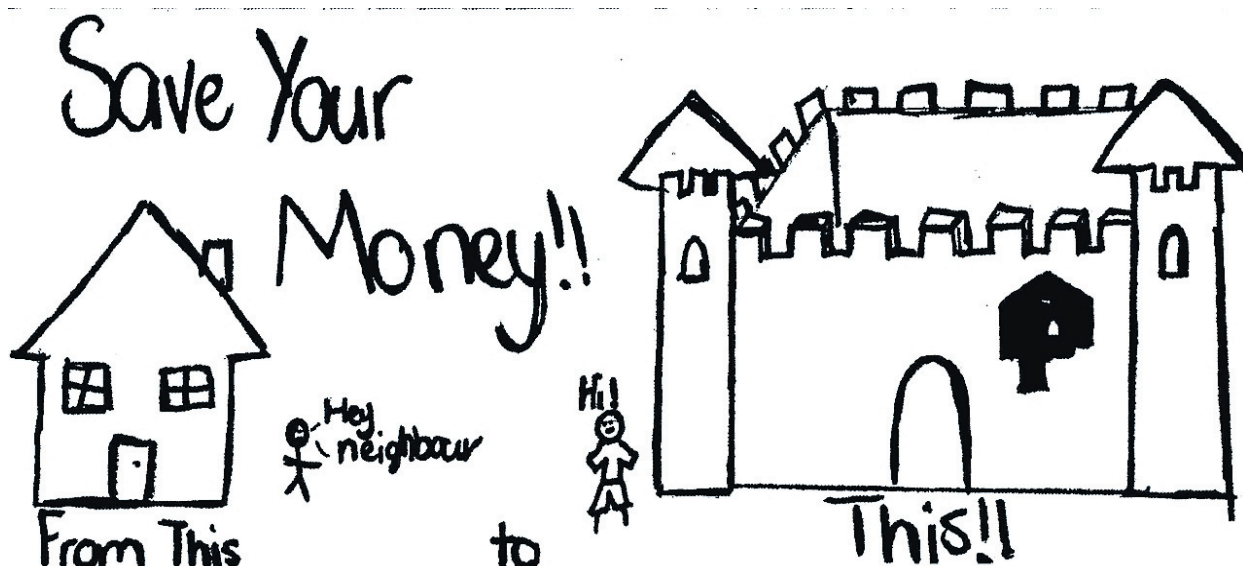
Littering in drains and park areas was another concern. Students have decided to write to the council about providing a bulk waste pickup for Cessnock residents. This service is provided in other areas and may alleviate the litter problem.



TEAMING UP: Students Ryan Saunders, Reece Garforth-Burke, Blake Archbold, James Franklin and Bryce Abdilla have concerns about littering and vandalism in their area.

Picture: Liam Hastie

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