



# The NOODLE

Open up and say AHHHH!!!



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**W**elcome to the August 2021 edition of *The Noodle*, written and published by the FYC. For this issue of *The Noodle*, members of the FYC were asked to write about bullying. This topic allowed members to share their thoughts on why bullying is not right and why you should not do it. We hope you will take a few minutes out of your busy schedule to learn about our experiences and enjoy our thoughts and opinions in this edition of *The Noodle*!

## Believe in yourself!!

### Current Members:

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## Why We Shouldn't Bully

Bullying. It can be carried out in many ways (verbally, physically, etc.) but it's something no one should do to start with. Lots of times you hear of bullying going on among children at school. Sadly, children with disabilities are oftentimes a target for this. Just because someone may look or act a little differently than you, doesn't give anyone the right to bully. Bullying can come with long-term consequences. It can harm someone's self-esteem and ego, and cause them to always live on-edge, which also can affect their mental health state. The world would be a better place if bullying never occurred.

by Derek Carraway



## Incidental Bullying

Bullying can be defined as unwanted aggressive behavior against another person or group of people. Often the behavior is repeated and can cause serious problems in people's emotional states. You no doubt have heard about such clichés as a bully in the cafeteria demanding lunch money or someone on the internet hurling insults at another person, but I want to talk about a different type of bullying. Sometimes people participate in incidental bullying, not even realizing that they are doing it. This may be as simple as someone teasing a friend too much, and not realizing that what they are doing can be interpreted in a negative way. It is important to remember that bullying should be determined from the perspective of the victim, not the aggressor.

I think most of us have been on one side or the other of this issue, maybe even both sides. Many people who are bullies have been bullied themselves. Some examples of behaviors that can be considered as bullying are threatening harm, name-calling, spreading rumors, and excluding someone from a group. Personally, I have experienced incidental bullying when people made jokes about my disability or excluded me from activities because of my wheelchair. I even had a person who bullied me by threatening to report me to the school for bullying him! (My para at school assured me that I was not, but because he did it so much, he made me think that I was.) Another problem I've had my whole life is people who made fun of me because I was unable to do something on my own. I know they intend to be encouraging but pointing out my inabilities does not make it magically possible. It just makes me feel inadequate. Hopefully, we can all learn how to be careful with our words and actions.

*by Serena Wetmore*



## **Bullying Not Allowed!**

We should not bully because it can harm people. It is cruel and insulting to others who are weaker, smaller, or vulnerable. I think that we should be nice to others and not bully them. We should help them and protect them from being bullied. We need to treat other people with care and respect.

The Centers for Disease Control (CDC) says that bullying is “an aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.” The following is a list of the types from the CDC:

- Physical, such as hitting, kicking, and tripping
- Verbal, including name-calling and teasing
- Relational/social, such as spreading rumors and leaving out of the group
- Damage to property of the victim
- Electronic or cyberbullying

We should stop bullying because it could cause all kinds of awful things, such as loss of self-esteem, depression, anxiety, loss of appetite, suicidal thoughts, and poor educational progress. What can we do to stop it? If someone is physically hurting another person or damaging their property, we can call 911 to report it. If we see other types of bullying, we should step in. We should tell the bully to stop and to leave. We can call parents or teachers of the victim to report it. If the bullying causes severe problems, we can suggest therapies that will help the victim get over the effects of bullying.

I don't remember being bullied in my life, but maybe I was and just didn't realize it. People with disabilities have a much greater chance of being bullied. I saw in a research study called "Bullying and Disability" that 65% of children with disabilities were bullied compared to 25% of non-disabled children. Bullying is a bad thing, and I will try to make people stop if I see it.

*by John Howard Baldino*

## Why We Shouldn't Bully

You never know what a person is going through at home, school, or work. Not all people hang around someone that is nice, or have good parents in their life. There may be someone already bullying that person while you are bullying that person.

This just adds to the fire. You don't want that person to think unpleasant thoughts or to have to take medication. You don't want to be the cause of that person taking their own life. Bullying causes pain. It's like getting punched in the face and it always feels bad. When you say or do something mean, that is considered bullying. The hurt never goes away. It sticks like a nail in a piece of wood. Remember bullying hurts your friendships.



When you bully someone, you make that person feel low. Instead, we should build someone up and make them feel happy, and show them kindness. We should be kind, think about something nice about that person, or just try being that person's friend. Always remember: a little bit of kindness can brighten up someone's day.

Here are three reasons why we shouldn't bully:

- It can lower someone's self-esteem. Self-esteem = confidence in one's own worth or abilities; self-respect.

- It can give someone depression. Depression = a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.
- They will try to commit suicide. Suicide = the act of intentionally causing one's own death.

*by JJ Humphrey*





## How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at [www.floridayouthcouncil.com](http://www.floridayouthcouncil.com). The program is open to application year round. We hope to hear from you soon!



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