

SPECIAL TOPIC: THINK, DON'T FIGHT

HEALTHY NEIGHBORS

VOLUME 2, NUMBER 2

Healthy NewsWorks Community Edition

SPRING 2015

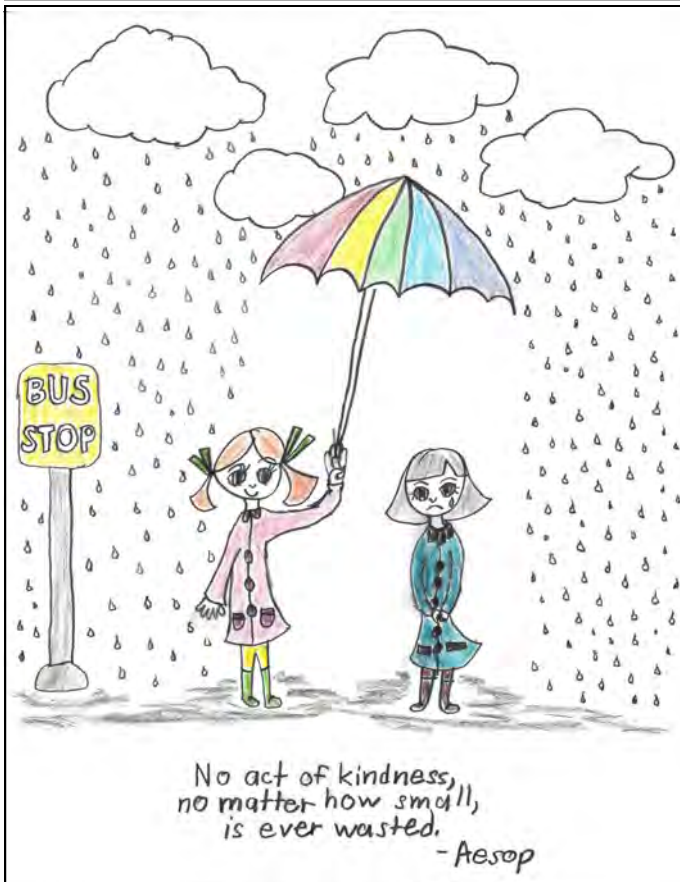


Illustration by Stella Menzies, *Whitehall Healthy Reporter*

The illustrations in this edition are among the winning entries in the Healthy NewsWorks Acts of Kindness 2015 Poster Contest. You can view a selection of the entries at www.HealthyNewsWorks.org.

Kindness can help you face challenges

Dr. Dan Gottlieb is all about kindness.

The well-known psychologist teaches kindness to help others handle challenges they face, he said. The world can be a difficult place to live in, he said.

Some people make life difficult because they bully. Bullies can harm others by saying mean things, injuring them physically, or using technology to send cruel messages.

"Bullying can make kids feel hurt, scared, sick, lonely, embarrassed, and sad," says KidsHealth.org.

In an interview with the *Highland Park Healthy Hawk*, Dr. Gottlieb said he was bullied when he was a child. "I was bullied because I was little," said Dr. Gottlieb, who hosts a weekly radio show on WHY-FM. "I was in middle school and kids took my pants and ran away."

Dr. Gottlieb said he would never forget that day. He was bullied a lot, and it hurt, he said.

He said if someone is bullying you, you need to be kind to yourself.

"Don't let them hurt you," he said. "Walk away or make sure they are not able to hurt you again."

Dr. Gottlieb also said you should tell a trusted adult if you are being bullied.

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Welcome to third community edition

Healthy NewsWorks student media program is proud to publish this special community edition focused on bullying prevention.

Think, Don't Fight has been written and illustrated by students in elementary and middle schools in Norristown, Philadelphia, and Upper Darby. The authors belong to their schools' health newspapers where they learn how to research, report, and write accurate stories about health-related topics for their peers, teachers, and family members.

Healthy Neighbors is made possible through generous support from Quest Diagnostics, Einstein Healthcare Network, Elsie Lee Garthwaite Memorial Foundation, and Dolfinger-McMahon Foundation, among other supporters.

The articles in this special edition first appeared in school health newspapers that participate in the Healthy NewsWorks program. Copies are being distributed throughout the community to encourage wider discussion about this important health topic.



Illustration by Sariyah Thomas, James Dobson Fit Fin

Be kind to others

(Continued from Page 1)

"When you keep things inside of you," he said. "It is not good for you. It is like eating really, really bad food for a long time. You are going to get sick. When you keep feelings inside for a really long time you are going to get sick."

"You have to take care of yourself. You can't keep it in," Dr. Gottlieb said.

He said you should seek out people who will listen to you.

"There are always people who are going to care for you," he said. "Your job is to find them and tell them that you have kept some-

thing inside of you so long that you feel like you are going burst. That's the way you can take care of yourself."

The most important thing is to not let someone who is unkind to you turn you into someone mean.

Being kind is better than being mean to others, Dr. Gottlieb said.

"If everybody was more kind," he said, "the world would be better, wouldn't it?"

—By Jon Ebataleye, Gurneet Kaur, and Toshana Gosain,
Highland Park Healthy Hawk

Think, Don't Fight Check out kid-friendly resources

Here are several websites with information about bullying and how it affects people. The websites also offer ideas for preventing bullying.

BAM! Body and Mind
Centers for Disease Control and Prevention
www.cdc.gov/bam/

Girls Health
Office on Women's Health, U.S. Department of Health and Human Services
www.girlshealth.gov

It's My Life
Corporation for Public Broadcasting
www.pbskids.org/itsmylife/

Pacer's National Bullying Prevention Center
www.pacerkidsagainstbullying.org
www.pacerteensagainstbullying.org

Stopbullying.gov
U.S. Department of Health and Human Services
www.stopbullying.gov

KidsHealth
Nemours Foundation
www.kidshealth.org

McGruff the Crime Dog
National Crime Prevention Council
www.mcgruff.org

Healthv NewsWorks is grateful to its supporters.



Quest Diagnostics is Healthy NewsWorks' Community Wellness Partner and Einstein Healthcare Network is the Community Healthcare Champion.

This community edition received project funding from the Elsie Lee Garthwaite Memorial Foundation and the Dolfinger-McMahon Foundation.

We also wish to thank our Healthy NewsWorks student reporters and their teachers for helping to create this special *Think, Don't Fight* bullying prevention publication.

A Healthy NewsWorks® project
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Healthy NewsWorks is a member of New Beginnings Nonprofit Incubator at Resources for Human Development.

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Resilience: Making a comeback

It may not seem possible today, but Mrs. Angie Cantwell was a victim of bullying when she was in elementary school.

An older girl didn't like her and "would find ways to make life not fun," said Mrs. Cantwell, a nurse who is now the program director for the Crisis Response Center at Einstein Healthcare Network.

"I would try to pretend it did not bother me," she said.

Even at a young age, she realized that she needed her friends around her for support. They helped make her feel better. She was also able to talk to her teachers and let them know what was going on.

As an adult, she recognizes that she handled the bullying by being resilient. Resilience is when a person can bounce back from a tough situation. It is "what you can call grit or toughness," she said.

In an interview with the *AMY Northwest Healthy Bulldog*, Mrs. Cantwell said resilience is important.

"The world is full of a lot of stress and danger," she said. "You have to be quick to handle these things. And resilience will be very helpful for you to do that."

Resilience "makes you feel strong, empowered, and confident," she said. It can also help you feel more optimistic and good about your skills. When you

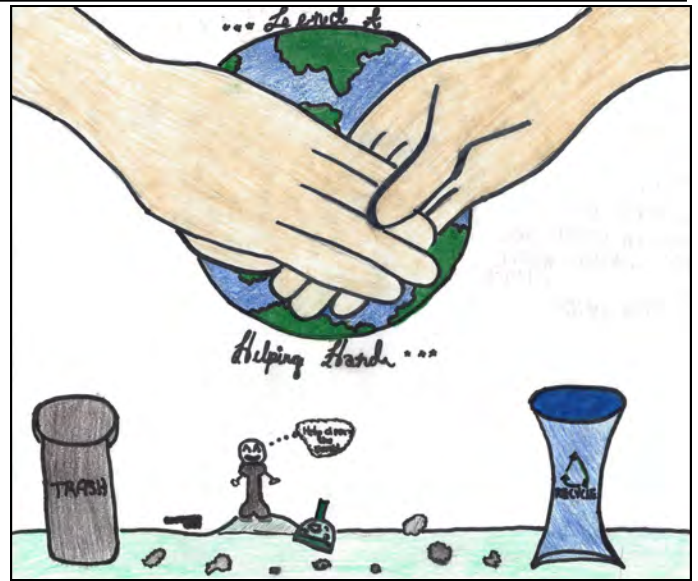


Illustration by Helen Li, AMY Northwest School

are becoming resilient, you also are learning how to manage stress, Mrs. Cantwell said.

Sometimes, it takes time to learn how to be resilient. "You can be taught to be resilient," she said.

She encourages children to surround themselves with people who love and care for them. She also suggests that children should participate in sports and other activities where they can be around positive friends and build resilience.

"It is about learning what works for you to make a situation work better," she said. "Find out how to work yourself into a better situation."

—By *AMY Northwest Healthy Bulldog*

Put yourself in someone else's shoes

Empathy is "the feeling that you understand and share another person's experiences and emotions," according to the Merriam-Webster dictionary.

Empathy can help you become kinder and less likely to tolerate bullying behaviors, says Dr. Leslie A. Isaacs, a fourth grade teacher in the Upper Darby School District and an adjunct professor at Widener University.

When you put yourself in someone else's shoes, you can imagine what that person is going through, what he or she might be feeling, and how you might feel if the roles were reversed.

Mrs. Martin, Cole Manor Elementary school counselor, said students should learn to be empathic because it is a powerful skill. You can learn to be empathic by taking a few seconds to think about how you would feel if you were that person.

Mrs. Martin said empathy helps prevent bullying, because when a person understands how another person is feeling, that person can change their actions to help the situation. Empathy sends a strong message to the bully. It shows that you care more about the victim and less about the bully's behavior.

Mr. Turner, a third grade teacher, said that "children need to be empathic because it is important to understand others' feelings so you can help them if you need to."

Being put into situations where a person can experience someone else's feelings will help them know what a situation feels like. Mr. Turner said that it will help prevent bullying because students will treat their classmates the way they want to be treated.

—By Emily Hernandez, Kathir Middleton, and Xavier Sparks, *Cole Manor Healthy Comet*

Let an adult know if you are bullied

If you are being bullied you should tell a trusted adult before it becomes a big problem, said Mrs. Hilton, counselor at Whitehall Elementary School.

"Bullying is a serious, bad behavior," she said.

It should not happen, Mrs. Hilton said. It can make everyone sad, including people who are bullying. They can get into a lot of trouble and be punished.

Bullying occurs in different ways. It can be physical, involving a punch or slap. It can be verbal when someone says mean things about another person. It can be emotional by leaving someone out of games and activities, Mrs. Hilton said.

In a recent interview with the *Whitehall Healthy Reporter*, Mrs. Hilton suggested ways to prevent bullying and to stop it if it does happen.

She said it is important to make friends and be friendly with other people. Remember to include everyone who wants to play, Mrs. Hilton said.

She also discussed how bystanders can help prevent bullying. Bystanders are people who are watching or are aware that bullying is going on.

Bystanders can be powerful, Mrs. Hilton said. They can add to the problem if they encourage the bully or ignore the problem and do nothing to help the victim.

Bystanders can play a positive role in stopping the bullying. They can say something to the bully. If that doesn't seem like a good idea, they can find an adult who can help. —By the staff,

Whitehall Healthy Reporter



Illustration by Nathaly Peralta Alberto, *Highland Park Healthy Hawk*

Be careful on the web

Be careful about what you put on the internet. You never know who will see it.

"If you are going to send something, use common sense," said Officer Peterson, Eisenhower's school resource officer, in an interview with the *Eisenhower Healthy Panther*.

He offered safety tips to help prevent or deal with cyberbullying. Cyberbullying is a cousin of face-to-face bullying. The difference is that cyberbullying involves technology such as cell phones, laptops, and computers.

Officer Peterson said it is important to think before you post. For instance, if you are angry with someone, don't send them a rude message or picture. Call up the person and talk about the problem, or sit down with him or her and have a conversation.

You should know who your real friends are before clicking the "accept" button, Officer Peterson said. Don't "friend" a stranger, he said.

Cyberbullying is a real problem. Officer Peterson said a student recently told him that she was getting cyberbullied on a social media site. He talked to the students who were involved and warned them to stop. If the bullying continued, he told them, they could face severe consequences.

If you have a friend who is cyberbullied, he said, you should be a good friend and listen. You should also encourage him or her to get help from a trusted adult. If your friend doesn't follow your advice, you should tell an adult who can help.

Here are a few other tips from Officer Peterson:

- Change your password a few times every year.
- Don't make your password obvious to guess.
- Never share your password.
- Block strange or unknown numbers, names, and messages.

—By Ashley Abarca and Nikailya Clark,

Eisenhower Healthy Panther