

## J-Challenge 1

### Bullying Prevention Month

Brenna Jones

Each year bullying continues to be a problem in the American school system. In recent years, schools have created programs to combat this social epidemic by discouraging negativity and hostility, but at schools like Hermann High School, bullying is minimized when students like Sam Holland (12) make it their goal to interact with people from all over the school and make the school environment more positive.

“I think it’s important to be nice to everyone because everyone wants to fit in and be wanted. Everyone’s heard the saying ‘treat others how you want to be treated,’ and it is very true but often overlooked, so I try my best to be nice to everyone I meet,” said Holland.

Holland is involved in his school and community, participating in basketball, drama club, Student Council, FBLA, and choir; he is also the senior class president. Through these activities, he is able to befriend students from different classes and groups, and inspire a social dynamic that stretches across grade levels.

“As a leader of this school, I am usually positive, and being involved in multiple other extracurricular activities, I want to share that with others. I’m that guy that will see a kid in the back that doesn't talk that much, and I'll say to myself ‘I want to become friends with that person,’ so I'll try to get them out of their comfort zone and get them more involved,” said Holland.

Holland added, “I believe it's the environment as a whole [that influences bullying]. If people are okay with it happening, it's going to continue to happen. That being said, you have to change the environment to be positive and not have bullying be okay. Bullying is almost impossible to stop completely, but if you change the environment, it’s no longer going to be acceptable for the students who might be tempted to do such things.”

Holland works hard to greet everyone he meets in the halls with a smile.

“It starts with the little things,” said Holland. “Every morning I come in, say good morning to all my teachers, good morning to my friends, and even compliment people and hope they will return the favor for some other person. Then I continue to try to be positive throughout the day and become friends with anyone, no matter their popularity.”

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## ORIGINAL

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#### Bullying Prevention Month

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For as long as schooling has been implemented in American society, bullying has been a problem. In recent years, schools have been creating programs to combat this social epidemic by discouraging negativity and hostility, but at schools like Hermann High School, bullying is eliminated by the students themselves.

Students like Sam Holland (12) make it their goal to interact with people from all over the school and make the school environment more positive.

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Holland is very involved in his school and community, participating in basketball, drama club, Student Council, FBLA, and choir, and he is also the senior class president. Through these activities, he is able to befriend students from different classes and inspire a social dynamic that stretches across grade levels.

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Holland and many others in Hermann High have taken initiative to stop bullying through positivity rather than reprimand, and it is making an impact on the school community.

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While the actions of schools have helped to minimize bullying, it is the students who hold the power to stop bullying altogether. It is the community and connections formed that make students happier, healthier, and kinder people.

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