STAND UP AND SPEAK UP

SERVICE CAMPAIGN EVENT

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I. EXECUTIVE SUMMARY

Bullying and mental health are very serious issues that is resulting in negative actions such as self-harm and even suicide. As a high school student, it can be very hard to stay positive without motivation and a support system. Being a high school student shouldn't just be about getting an education it should also be about preparing students for the stress of the world and teaching them how to deal with it without becoming overwhelmed. When growing up not everyone has the nicest home or the nicest parents which could result in negative things, such as, mental health issues, self-harming, suicide thoughts, suicide and a whole lot more. Most students have school as a get away from home, but some are bullied at school and feel that they have no one to talk to and no one that is there to help them. Everyone needs someone to be there for them but not everyone has that all the time. Which is why we created the program Stand Up and Speak Up. Stand Up and Speak Up is a program where students can anonymously report actions of bullying to others or themselves, and any mental health issues that come with it or just mental health in general. Stand Up and Speak Up is a place where students can feel safe and know that they will always have someone to talk to. We, the creators, will respond to each student in a timely manner with advice and support to everyone.

II. PROBLEM

Students that are experiencing bullying or students that are struggling with mental health do not feel comfortable telling anyone about the issues that they're going through because they feel that no one listens or understand. Some students think that they may be hurt for telling people what's going on. Us, the creators, have experienced these things and we understand that it is hard to explain to others what goes on behind closed doors.

Bullying brings people down and leaves them unmotivated to do anything. Bullying and other negative things create very bad mental health, which is something that should be more focused on especially with high school students or upcoming high school students (intermediate) because that's when bullying becomes more serious.

According to personal experiences and responses from other classmates bullying isn't as common physically anymore its mostly cyber because of the growth in social media. Most bullies are more confident behind the screen because usually they go behind a fake name to lessen the risk of being caught.

How does the school environment influence this complex relationship?
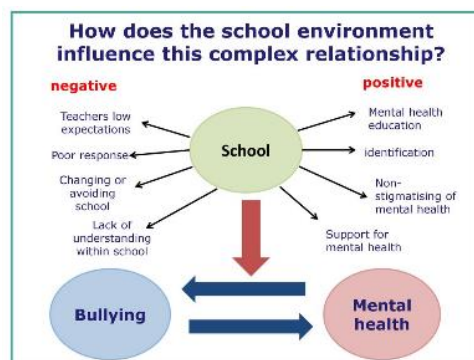
III.   CUSTOMER SEGMENTS

The types of challenges faced by students were surveyed, many students (44%) reported facing school problems broadly defined. When percentages of top 3 challenge areas are combined, over one-third of students identified the following problem domains: stress and anxiety (36%), peer pressure (34%), and family problems (34%). Smaller but significant percentages indicated that low self-esteem, unhealthy relationships, loneliness, and body image problems posed meaningful challenges to them, with the last of these affecting over one-fifth of students.

More than 1 in 3 high schools' students had experienced persistent feelings of sadness or hopelessness in 2019, which was a 40% increase in just 10 years. About 1 in 6 youth reported making a suicide plan in the past year.

		Depression	Anxiety	Suicidal ideation	Non-suicidal self-harm	Suicidal self-harm
Siblings	Non-involved	8.5	8.9	26.6	15.1	3.9
	Victim	10.0	8.7	35.4	16.2	8.3
	Bully-victim	15.1	12.5	35.7	16.1	4.9
	Bully	9.0	7.1	31.0	14.0	2.0
	Overall sample	9.6	9.3	29.0	15.3	4.5
Peers	Non-involved	8.5	8.0	24.7	13.8	3.7
	Victim	10.8	11.6	35.9	20.2	8.0
	Bully-victim	14.2	16.0	44.7	19.4	11.2
	Bully	16.9	10.2	44.1	25.4	8.5
	Overall sample	9.5	9.2	28.5	15.6	5.1

Non-Involved, Youth reporting no frequent* victimization or perpetration; Victims, Youth reporting frequent victimization only; Bully-Victims, Youth reporting both frequent victimization and perpetration; Bullies, Youth reporting frequent perpetration only.
*Frequent, At least once a week in the past 6 months.

IV.   UNIQUE VALUE PROPOSITION

With us being students, they feel it is easier to talk to us because they feel we can relate more than an adult would. When talking to an adult you may feel that your thoughts will be less valued and may feel uncomfortable when speaking about personal things. With all of us having been bullied, we understand how challenging it is to talk to adults about what is going on. It is sometimes easier to talk to friends or students your age because they can usually relate to what is going on. We also understand that bullying is something that can really tear someone down which is why our program will help to build others back up.

V.   SOLUTION (MENTAL HEALTH)

We have come up with a website to introduce to schools where students can anonymously let us, the creators, know about being bullied or struggling with mental health inside and/or outside of school. The website could also be used by students to tell us anything that's going on at home that students feel comfortable talking about. We hope that students will feel comfortable and know that we just want to help them. We hope to allow the students to feel that they can come to us whenever they need it.

Teachers would be persuaded to put up motivational quotes in their classrooms and in the hallways to keep students motivated if they're going through something or if they're just stressed out. Teachers would also be persuaded to take time in class, if time allows it, to let the students take a "mental break" just to rest and allow them a second to relax. This "mental break" almost every day would allow students to feel less overwhelmed in the classroom and the students that feel on edge at home a place where they can finally feel safe to loosen up and breathe.

SOLUTION (BULLYING)

Questions about bullying can also be found on our survey. The goal of creating this survey is to allow students a safe place where they can communicate any issues or situations that they are dealing with. We understand that bullying can be hard to

deal with alone which is why we want to be there for each student. We plan to eventually have seminars to persuade other students to use our program and to get them understand what we do to and how it can benefit each student.

Students will have the opportunity to help us plan anything that they feel would help others be comfortable talking about things that they are going through. We want this program to be student planned mostly because not only does it create responsibility for students but also it helps students that are afraid to talk more comfortable.

VI.   CONCLUSION

With our program, Stand Up and Speak Up, we aim to help students maintain a good school experience and better mental health. We understand that these years are some of the hardest yet most fun times of our lives. These are the years when we are determining who we are, these are the years of heartbreak and lots of changes. We hope to reach out and make a change in students who bully and students who are being bullied. We want students that are bullying others to understand that it is not ok or "cool" to harm others in any way, and the students that are experiencing bullying or students that are struggling with mental health to know that it is ok to Speak Up and Stand Up for themselves.

VII. BIBLIOGRAPHY & APPENDIX

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Slideplayer.com