

# Whitnall Health News



## Safety Tips to Potentially Save Your Life

By Krysta Buss

There are so many risks that all of us face in our day-to-day life not even realizing it. Applying certain safety tips to things you do could potentially save you from dangerous situations. Personal safety tips are things you can do to avoid bad situations, or help you if you were to get into one.

Tips to avoid dangerous situations can range from bringing a cell phone with you, to letting others know where you are going and when. One of the most important safety tips I can give you is trusting your instincts. Your body can tell when something is wrong by giving you signals such as the feeling where you are sick to your stomach. These instincts don't just happen for a reason. To trust them is a choice that could keep you safe and away from bad situations.

If you are ever in a place where you feel uncomfortable or in danger, draw



In this issue students highlight the importance of making safe choices



We also learn more about the dangers of bullying and drug use.



immediate attention to yourself by making noise so that people can tell where you are. But, you should also do everything the attacker tells you to. To disobey him/her could put you in a even worse situation. Make sure to be in a populated area with people around if possible.

Although we may not see it, keeping yourself safe is a big part in keeping your life. It will affect you mentally, physically, and socially as you will be more aware of what you are doing in your everyday life.

## Drug Prevention

By Griffin Markee

Today I will be talking and telling you about reasons you shouldn't do drugs and why they are bad for you. The first reason you should stay away from doing drugs is they aren't good for you in general and they will make you addicted. They will make it so you don't want to do anything, you just want to focus on the drugs instead of sports, your friends or your family. Another reason you shouldn't do drugs is they're illegal. You could get in big trouble if



you get caught by the police and you have drugs. Another reason is it affects your physical health. If you have marijuana, it has 5x amount of tar as cigarettes. If you inject drugs with a needle, those can be fatal right when you do them. Drugs can also affect your career because if you go for a job and have been addicted to a drug, you can fail a drug test and not get the job. Overall, these are the reasons why not to do drugs they will affect you with your friends family and jobs.

CHECK OUT THIS VIDEO MADE BY GORDY NIEMAN TO LEARN MORE ABOUT PERSONAL SAFETY

<https://youtu.be/C53r9IbS9D0>

A yellow and black caution sign that reads "CAUTION BE ALERT PLAN TO BE SAFE!". The sign is rectangular with a black border and a yellow background. The text is in bold, black, sans-serif font.

# Anti-bullying

## by Courtney Clark

Each year, over 3.2 million students are victims of bullying. Approximately 160,000 teens skip school every day because of bullying. Short and long-term effects include panic attacks, not being able to sleep, sleeping too much, nightmares, self-esteem problems, and anxiety.

A survey was taken to learn more about bullying and anti-bullying in our school. These were the responses:

How many times during this school year have you seen someone being bullied?

4 - Never

2 - Sometimes (a few times per month)

1 - A lot (a few times per week)

0 - Every day

Have you ever been a victim of bullying?

5 - Yes`

2 - No

Have you ever been apart of an anti-bullying movement in any way?

3 - Yes

4 - No

When asked how bullying affects people, students answered that it makes people sad, depressed, and lowers their self-esteem. It makes people feel alone and want to turn to negative things.

When asked about the effects of bullying, most of the responses include that it causes sadness, lowered self-esteem, drug use, and thoughts of suicide. The abuse causes long and short-term effects that can cause trust issues that take years to recover from.

Students believe that spreading awareness about bullying affects people by making them feel safer and like the bullying could stop. When more people know about bullying and the effects of it, the problem is more well-known and there is a larger chance of bystanders stepping in to help. It can also encourage existing victims to seek the help they need.

When bullying ends, students said people feel relieved and good. They begin to rebuild their confidence and self-esteem. However, it depends on the person.

Many of the students believe that the best choice in a situation where someone is being bullied is to tell a trusted adult. It is also important for the victim to stand up for themselves and tell the bully to stop. Spreading awareness and being kind are two ways to end bullying.

We also asked students if they have ever stopped someone from being bullied. 4 people said no because they never had the chance to, and 3 people said yes.

Anti-bullying affects your mental and social health. It makes you feel better and think better about yourself. You start to feel less scared about what people think and it makes you confident. You might become less shy and feel encouraged to talk to new people, causing you to make more friends. It strengthens relationships with family and friends as you tend to not push them away anymore. If you are a victim of bullying, places you can go for support include bullying meetings, a trusted adult such as a parent or teacher, a sibling, or a friend.