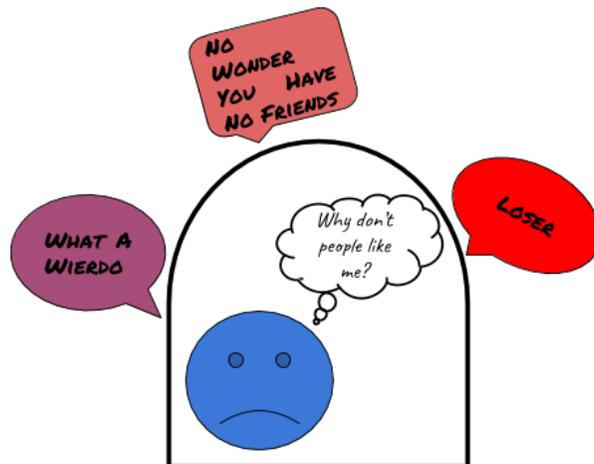


Whitnall Health News

**NEXT TIME YOU SEE A
BULLY
STAND UP AND HELP.**



MANY PEOPLE WHO ARE BULLIES MIGHT HAVE BEEN BULLIED IN THE PAST OR HAVE A BAD HOME SITUATION. BULLYING IS NEVER THE ANSWER BECAUSE IT CAN MAKE PEOPLE FEEL BAD ABOUT THEMSELVES + HOW THEY LOOK. IF YOU SEE SOMEONE GETTING BULLIED STAND UP FOR THEM EVEN IF THEY AREN'T YOUR FRIEND, BECAUSE YOU WILL STOP THE BULLY FROM ATTACKING THEM.



The Graphic on the left was made by Hailey Christiansen

Keep reading to learn more about what our students think about bullying

This issue also gives information about the importance of a health diet.

Bullying Survey Results

By Jay Fleury

Bullying is a big program in every school in America because kids like to pick on someone who is shorter, weaker, dumber, smarter, etc. A recent study I have done in my high school health classes shows some diversity

between if someone has been bullied or has seen someone be bullied. It looks like half of the people who took the study have been bullied by being called names and being left out of the group. This leads people to being depressed when they walk into Whitnall High School everyday. If they are bullied by someone or a group, the kids who are bullied don't just stay home to get away from the bullies. Most people who took the study said they would step in and help the victim and a couple said they would join in for fun. This shows that Whitnall High School has some same problems as other schools. Some people want to stop bullying by having school assemblies to teach people how to deal with bullies. In Whitnall, it looks like some people get bullied on a regular bases compared to a lot who don't get bullied at all. The students in Whitnall say every bully wants to pick on other students to show off to people and act cool. They want to be friends with the cool kids, but it just shows that people are just suck up and are desperate to have friends.



Dangers of a Sugary Diet

By Megan and Jenna Roderick

It's common knowledge that eating too much sugar is bad for you, but not many people know why it is so harmful for the body. For one, sugar contains no essential nutrients, meaning it doesn't provide anything that the body needs. All it does is give temporary energy. Sugar is bad for teeth as well. Cavities form because the layer of sugary substance that forms on teeth when they are not brushed properly after eating sweets is a perfect breeding ground for bacteria. It's easy for them to digest and they thrive off of the energy it provides. Eating excessive amounts of sugar is also linked to many diseases. Frequent sugar consumption is a direct diabetes because it overuses the body's insulin, causing abnormalities. Sugar adds to

body weight which increases risk of cancer, and it leads to rapid cancer progression because sugar gives all cells of the body, including the cancerous ones, lots of energy so they start multiplying at a faster rate. Heart disease is also caused by eating too much sugar because the excess energy causes the heart to beat faster and puts a strain on it.

Obviously, it's smart to avoid eating too many sugary foods as to not get diseases and die at a young age. However, fruit contains sugar, and it is considered



a healthy food. It is important to know the difference between good sugar and bad sugar. When sugar enters the body, it is broken down into two compounds. One of these compounds is glucose, which is essential for almost all living organisms. The liver converts glucose into glycogen which is used as energy. What isn't used is stored for later, but it is almost always used because it is the body's preferred energy source. The second substance that sugar molecules are broken down into is fructose. The body does not use fructose as a primary energy source. The liver automatically converts it into glycogen without using any of it, and stores it. However, when a large amount of fructose is consumed, the liver runs out of places to store it because the body does not use it for energy unless completely necessary. The fructose is ejected out of the liver as fat, causing weight gain. Fruits and vegetables do contain fructose, but they still aren't bad foods. First of all, the effects of fructose found in plants and fructose found in sugary foods are very different. Foods with added high fructose corn syrup generally have no nutritional value, meaning they don't have much protein or fiber, if any. Additionally, the amount of high fructose corn syrup in these foods is usually very high. In fruit, however, the fructose comes in small quantities and is paired with a good amount of proteins and fibers that help the body process the fructose faster so it is not stored as fat. It is almost impossible to gain weight from the fructose found in fruits and veggies, and they contain lots of essential nutrients and vitamins, which is why they're considered healthy foods, even though they contain sugar.

A good way to maintain a healthy diet and body weight is to eat sugar and sugar substitutes in regulation. Make sure to know how much sugar intake is recommended daily based on your age, gender, and height. Exercise often to burn

fat that can be caused by sugar and to maintain a healthy digestive system. Eating too much sugar can cause high blood pressure, heart disease, cancer, and diabetes. See a doctor to make sure you're not at risk for these diseases because of your sugar intake. Additionally, make sure to eat plenty of fruits and vegetables for fiber and protein to balance out your sugar intake. Maintaining proper nutrition is important!

Bullying

By Akash Gill

There is no excuse for bullying and many sadly are too afraid to speak up when it happens. World affairs demonstrate bullying among nations and leaders. Bullying is not a circumstance that is limited to a classroom, a street corner or a home. Bullying permeates the world but it has different terms. This helps the world to see it differently. Bullies move across the globe freely under disguised terminology. The newspaper is filled with stories of bullying. Anytime a person is subject to the whim of another and is treated badly this is bullying. This is true of playground bullies, bosses on a job or world leaders. Bullying is a simple term that many do not apply to anyone in power. However, bullying starts at a young age when people are perceived as weak.

There are different types of bullying. Physical bullying- Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long term damage. Verbal bullying - Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to

levels which start affecting the individual target. Keep reading in this section for techniques to deal with verbal bullying. Social bullying -Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes lying and spreading rumours, negative facial or physical gestures, menacing or contemptuous looks playing nasty jokes to embarrass and humiliate, mimicking unkindly, encouraging others to socially exclude someone, damaging someone's social reputation or social acceptance. Cyber bullying Cyber bullying can be overt or covert bullying behaviours using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include Abusive or hurtful texts emails or posts, images or videos, Deliberately excluding others online, Nasty gossip or rumours, Imitating others online or using their log-in

Early one morning in 2013, this fourteen-year-old from Indiana purposely hanged herself from a tree in front of her school bus stop so that her tormentors would see her lifeless swinging corpse. She had allegedly been repeatedly mocked as a “slut” and a “whore,” as well as enduring relentless teasing over the fact that her father had been jailed for hitting her.

Bullying can take many forms, but all forms of bullying cause harm. Even if there is no physical contact between a bully and their target, people who are bullied may carry the emotional damage of what they experienced for the rest of

their lives. That is why it is important to put a stop to bullying. If you are being bullied, then there are things you can do to deal with the bully. If you witness bullying, then there are things you can do to stand up for someone else. You can also work to raise awareness among your peers and learn about the different ways that you can ask for help for example- walk away, tell someone so the bully will stop, make eye contact with bully and tell them to stop, stay calm.

Anti-bullying

by Nicholas Burekovic

In a national study they found that 20% of U.S. students in grade 9-12 have experienced bullying. Another study showed that approximately 30% of students have admitted to bullying others. This includes teasing, spreading rumors, pushing or shoving, hitting,slapping and threatening. Bullying happens on a daily basis and can happen anywhere but a lot of people do not get involved. But 57% of the time a bystander intervenes bullying stops within 10 seconds. If we want to stop bullying we all have to do are part this includes telling a adult if you see bullying and getting involved.