

Jason's Legacy Essay

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It's astonishing that a word, thought process, or an action can destroy your day, your self confidence, and sometimes your future. Bullying is something that no one wants to experience, and it's something that reaches farther than the hallways at school. It is something that doesn't always get noticed, but can make a person feel left out, unwanted, or insecure.

There was a time in 2nd grade that I still remember, not because it was something that was big; but because it was something that had a great effect on me. During lunch, I would sit at the "allergy table," which was a table specifically for students who had a food allergy, and I would sit there everyday alone because I was allergic to peanuts, yet no one else was. With that, a few kids would glance over and giggle, as well as give me weird looks. And this wasn't the kind of bullying that always gets noticed; but it was the kind that made me feel left out.

Then, another student came and sat down next to me, and just started a simple conversation. It wasn't a huge scene, but it was enough to make me feel like I actually belonged there; like I actually was a human and not some freak who couldn't tolerate peanuts! What really made me remember this was that the student didn't do anything huge, they just sat down with a person, but that had a massive impact; I still talk to that person to this day! It's easy to assume that someone else will do something so you don't have to, but then you realize being "that person" doesn't need you to be perfect, it just means you need to be aware and willing to act up, even if it's small.

To be that person for someone else it starts with paying close attention. Like noticing when someone looks lonely, or is being talked about in a negative way. Then, it's about doing something that's meaningful; maybe checking up on a quiet student, or asking someone if they're okay, or sitting with the one girl who is always alone at the allergy table. It doesn't have to be big, it just needs to make you realize that the kindness you give will always be louder than the silence they get.

In conclusion, not everyone is the same and it's totally fine to be or look different. We can find a positive way to accept those that are different from you. Lets reach out for help when we see that a student is struggling with bullying or doesn't feel accepted. Small steps will for sure make a huge impact in someone's life. My name is Sara and I wrote this essay not for a competition but to help those find the light they need. Because we should achieve dreams; not destroy them.