

TRANSCRIPT OF INTERVIEWS IN THE VIDEO

Charlotte: Thank you for being here today and participating in this interview. I understand that you have consented for yourself to be videotaped for putting this video on a website that I am creating as part of my Girl Scout Gold Award project. Tell me your name and a couple things about yourself.

Paige: My name is Paige. I'm in 7th grade and I live about 15 minutes away from the church.

Melisa: My name is Melisa. I work in the insurance industry. I have two teenage kids and I live in Southern California.

Cordelia: Hi, my name is Cordelia Cross. I am 22 years old. I was born and raised in Los Angeles, California. I played soccer my whole life and I just graduated college with a bachelor's in psychology.

Charlotte: What was your initial reaction to being interviewed?

Paige: I was pretty excited because I like learning about stop bullying and stuff.

Cordelia: I was excited and intrigued for sure. I definitely uhm, am very open to talk about bullying and my experiences with it just to try to create some awareness and get it out in the public and let people know.

Melisa: I was really excited. Bullying has been going on for decades and I think this is a topic that needs to be talked about.

Charlotte: Have you ever had any education or training of bullying and if you have what have you learned from it?

Paige: Uhm, I learned about trying to stop bullying in about 5th or 6th grade. And I learned that you never know what someone is going through if they're like bullying or reacting to it.

Cordelia: I actually have not. I do wish that I have had some education on bullying just so I know exactly what to look for, especially how to report it, how to go about it, you know, just to help more people out because there's a lot of different forms of bullying so I would, I haven't but would like to be more educated.

Charlotte: How would you define or explain bullying in your terms

Paige: Bullying is like making fun of someone, for like what they do or what they wear

Melisa: I would define bullying as any ongoing or repeated actions, either verbal or nonverbal, where the sole purpose is to make someone feel uncomfortable or hurt or upset.

Paige: Bullying is like making fun of someone a lot like everything of what they wear, what they do, how they wear their hair, and other things.

Charlotte: What are your thoughts about bullying?

Paige: It should stop because uh, you can really like mentally traumatize someone

Melisa: Bullying, I have different emotions about it, mostly sad and frustrated. Sad because bullying usually happens when someone is really young, it starts when you are just a kid.

Charlotte: Do you have any personal experiences yourself with bullying that you would like to share with us today?

Paige: Yes, a lot. So, like back in 5th grade, I started 5th grade. I didn't really have many friends because I did never have a very good fashion sense and so they made fun of me and I wasn't really able to make any friends in 5th and 6th grade because I was pretty immature at the time. I have a lot more friends now in middle school.

Melisa: Well, I was bullied in middle school which I think a lot of people are. That was my personal experience. But, what was interesting about that is that I was in one school and I was bullied and then for whatever reason my family, we had to move and so I went to a different school the same year. And at that new school I was actually popular. I found it interesting that in one place I was a target to be bullied and in the other school I was totally accepted for who I was.

Cordelia: I would define bullying as an imbalance of power or an abuse of power where someone is trying to hurt one's feelings or take advantage of someone and just use their power in the wrong way. There's many different forms of bullying, physical, verbal, emotional and it can be online or in person face to face. I definitely have a few experiences for sure. Uhm, I play soccer in college and I've been bullied unfortunately by my college coaches, grown men have bullied me and my teammates. It was really bad. They were picking on me with the food I ate, with who I hung out with, uhm, with how I played soccer. They didn't agree with anything I did and they made it clear to everyone verbally to my team, to me. They took it out on me with my soccer playing time. They didn't play me as much because of certain things. And then I've also seen my team mates get bullied verbally. Which is really, really bad. I have also experienced that as well. Where I have been called names, bad names, not nice ones and I have been talked about in bad ways in terms of my soccer abilities. I have seen my sisters getting bullied. Specifically, my little sister. She's been bullied her whole life and I've seen how it affects someone on the inside just seeing her experience with her getting bullied so much her whole life. Seeing that at home, like behind closed doors it really just like shifted my perspective on it and made me realize how of an issue, how big of an issue bullying really is.

It's really like a silent killer. And I think that bullies don't understand how much their words hurt and how much their actions can truly like break someone.

Charlotte: Have you ever helped someone that was being bullied or reported bullying to an adult?

Paige: Actually, yes at my school there this special education program for kids with special needs. And some of the kids in my school go up to them and say they are dumb and stupid and I once stood up for one of my friends who is special needs. And I was like, "Are you dumb? Just leave her alone." And then I, we very nearly got into a fight but I restrained myself.

Charlotte: Have you ever helped someone that was being bullied or reported bullying to an adult?

Melisa: Well actually recently I witnessed one adult bullying another adult and the one adult was calling out racial slurs and saying really mean things to the other person. And so essentially, I went up to that person and told them what they were doing was wrong and that they should stop and get in their car and move on. When I went, it happened in front of a store and when I went into the store there were other adults who had witnessed and they said, "Oh that was really good what you had done, that you had said something." But, at the time I was really scared and I was questioning what I was doing was right.

Cordelia: Yeah, So, I've helped someone being bullied but I've never reported bullying actually. As I mentioned earlier, I don't really know, I've never been educated on reporting bullying or what that looks like, so I wasn't really sure how to go about that. But I have, so I have reported one incident but it wasn't like, specifically during college when I was being bullied by my college coach I reported it to compliance which is a system built in the NCAA to protect student athletes and to hear your voices. But, unfortunately, nothing happened after I reported it. So I felt like there was, every single time after I was being bullied there was not point in reporting it because nothing was done.

And I have helped someone being bullied. It was more of like emotional support. There wasn't much I could have done in the situation because it had already happened but I just offered my emotional support and offered an ear to listen and hear their experience and how that affected them, just be a shoulder to lean on.

Charlotte: What message do you have for anyone who is coming to "You can never just walk away", to my website. What do you have, what advice do you have? Anything else you want to share?

Paige: When you see bullying don't watch, act.

Melisa: My message is that there's hope and for them to be strong and optimistic for the future. The thing is we get caught in our moment in time so we think middle school is going to last forever, high school is going to last forever whenever you're being bullied in that situation. But it won't last forever so just to be strong and let things roll off your back and talk to a trusted adult and see if they can help you out.

Cordelia: Yeah, I would say that it is really important to understand the value of words and um, understanding how bullying can really truly affect someone. If you've never been bullied then you might not understand. But, you need to understand that your words have a lot of value and meaning behind them. You don't see what is going on behind closed doors. You don't see what someone is going through. So if you see them show up at school and you're bullying them because of something, maybe they smell bad and you bully them for that and you call them names but you don't know, maybe they can't afford water or electricity to shower they can't afford like deodorant or things like that to keep their hygiene up and you have no idea and they can be struggling in that way. So I think just understanding that compassion is really important. And, if you don't have anything nice to say then really don't say anything at all. Because, like I said, words are very, very hurtful and they have a lot of power behind them. And you never ever want to hurt someone in that way. And, suicide is a really, really big thing and that's, bullying causes that. You never want it to get to that level with any one no matter what and that's where it goes so I think just understanding again the power that words hold. For that last part, I think also, bullying comes in so many different forms and fonts and it's like you really should look out for it. And just in general, bullying doesn't just happen in elementary school or middle school, or when you're a teenager. Bullying can happen again like in college, like my experience. With older people it can happen in the corporate world. It can be an imbalance of power in any system at any age so just being aware of that and understanding and knowing what to look for. It's important to educate yourself because a lot of people don't get education. Like me, I haven't and wish I did.

Charlotte: Thank you for participating in the interview. It is valuable for you to share your experiences because others will come to the website and will find someone, or could find you and you're like "Oh, I share the same experience or similar experiences as that person".

So by doing this you are not only helping yourself but you're also helping anyone else that could be being bullied.

Thank you for coming today.