In the Eyes of Hate

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I am Chandrea Lack, a student at Science Leadership Academy and a student who will be a part of the class of 2020. I am in the school's CTE program digital video. I enjoy taking pictures, drawing, painting, playing sports, and finding new hobbies that would be my new set of interests. In the years ahead of me, I will do my best to work hard to become a dental hygienist. For those who are around me, i'm grateful for those who supported me and have helped me become the person I am today.

overview.

As a kid, I grew up going to school around people of very different races and cultures. It was difficult trying to fit in and it was hard making friends. Every year felt like a new beginning at a new school because everyone seemed to come and go. I was called some names at

school, but never had the courage to go to an adult to talk to them about it. I was always quiet when it came to telling my parents those things too, so the only person who knew what was going on was me. Years passed and ended up gaining one very close bond with my best friend to this day and soon enough we both saw that the friendship would be a forever lasting promise. Around 7th grade, my best friend got bullied. Parents, teachers, students, the staff and principal got involved. I never really understood why people felt the need to harm others or put them in a place where they felt stuck and alone. I always thought it was just a way of teasing someone, but pushing them too far. Stepping into high school, it seemed to get worse. The influence of social media, people of every culture at one school, the pressure of finding new friends and people you would need to get along with. It has been such a bumpy ride, but through all of that, high school students don't have assemblies or group wide lectures on bullying. I am presenting this topic to make a change. An actual change to support those in need who need someone

to talk to, someone to open up to, someone to trust, and someone who will be able to motivate them to become a better person. Bullying leads to mental illnesses and stress. That domino effect should not overpower people to do harm to themselves and to keep their feelings and thoughts inside.

why did i choose these topics?

From the summer of 2019, I have worked with a really great program that has opened up a lot of opportunities for me to follow along with. We had experiences with people from all over the Philadelphia area who carried different fields of interests our way. They have provided the students with so much detail and so much college readiness and support to where we would want to go, never leaving us hanging . TEVA has also offered such an open community, being able to work with students and staff of the LGBTQ association has been such a life changing involvement. Though we did have some hardships getting

to where we are at now, we have accomplished many new projects along the way. The students have gained so much insight onto what we need to know in the future and what will help us thrive moving on with the group. One of the projects we worked on had given me a wider knowledge of what I wanted to do to make a difference.

introduction.

This capstone that I am presenting is a project that I would have wanted to share with other schools. I read a lot of articles and online resources about bullying and saw that it was such a concerning issue, but no one or anything seemed to change about it, other than it getting worse. My goal is to help high school students overcome the ignorance and absurd actions and verbal threats of others. Bullying can vary in age, race, gender, etc. Since a child, I have been taught that bullying will not be tolerated. If you had nothing nice to say, don't say it. I have learned from the many assemblies in middle school that bullying will

come with punishments. During the transition to high school, things got to be very different. I felt as though bullying happens a lot more when we're in high school, but people let it go more easily or take it into terms that they have no one to go to for help or comfort. I have compared bullying in person and online and I think that cyber aggression needs more attention in order to slow down the spread of depression, suicide, illness, anger, humilliation, isolation and so many more negative effects.

For this case, I had prepared several questions to determine whether many students from the area and this age was affected by bullies. My goal was to send those questions out to other Philadelphia high schools to collect data from. The next steps into my capstone were to plan a collaboration with a student or council at the school in order to set up a student to student therapy session. As a student, I feel as though talking to someone my age for advice and building a closer bond helps to get stress off of my chest.

I wanted to be able to help other students on how they could relieve their stress or anxiety while meeting new people and gaining confidence. I also think this is a good way for the students to interact one on one with people from their school. My capstone will change through the circumstances going on now because I wanted to go out and film and photograph the experiences I go through into making this project successful. The challenges I have faced through this whole capstone was that it would be a very big project I wanted to accomplish doing something I love a lot, which was traveling and also helping people get through tough times and being a resource of companionship. The potential solutions I could have for this issue or for my capstone is to hopefully still be able to keep in contact with other schools and have this maybe continue in the beginning of the school year of 2020-2021. For now, I think the only solution for this conflict is to record the data I have for now and to explain what I wanted to do. I

need more time to think about what I want my collaboration portion to be and the event I would like to plan.

bullying and mental health.

Bullying is an aggressive act of violence or threat that is usually reoccurring. It is unwanted and destructive behavior that affects the physical and mental health of the body. There are many types of bullying that happens internationally, they vary in age, race, size, gender, culture, and many more aspects of the human race. Being in the act of bullying can include spreading rumors, picking fights, threats, verbal threats, and exclusion from a person. These are just some of the ways bullies perform negative operations to put others down. The attention this has caused over the past couple of years has always been an issue and the only way to help those who can't speak up for themselves is to help as a community. Mental health plays a very big role in the way people treat others and the way they treat themselves.

Bullying and mental health are both very general topics, but when put together, they are both very dangerous subjects to work with. Schools all across the globe encourage students to get their education, but if mental health is stopping them to do so, we need to work together to support and motivate students to show them that they are not alone.

core values.

Through the process of this very long journey, I needed a guiding question to set myself in place, to get myself in the direction I wanted to move forth with and to stick with that topic until the very end of the year. I needed to work on a topic that I would be very passionate about and something that would not only help me to open up my perspectives, but also a theme that would encourage other students to proceed to work and share with as well. That said, my guiding question that has been putting me on the path of success is "how do online interactions & negative threats on social media abuse today's generation?"

The next core value is research. Researching and finding out what I really wanted my focus to be had to be the hardest part of the project. I needed to dig deep through this general topic and ended up with bullying and mental health. Since this was a topic I wanted to work on before the school year even started, I got to spend a lot of time talking to adults and people who professionally worked in these areas of interest to see what solutions were made to prevent these issues from occurring.

Because of the global wide issue of COVID-19 , I was unable to finish the project I started out with. I wanted to collaborate with Philadelphia schools to help them figure out what would help the students avoid things like mental illnesses and stress because of negative energy. Instead, I was able to communicate with very generous people from my internship, who helped guide me and set the

basic theme I wanted my project to revolve around. I also collaborated with my mentor and teachers who brainstormed with me.

The presentation that I have finalized is a website. It consists of bullying, mental health, a blog, questions, and feedback. I made this in place of my original project to view insights on what other students are feeling about this topic. My original idea was to set up a student to student therapy session for students who need it.

Finally, my overall reflection of my capstone is not something I would have pictured myself doing. I was hoping to do so much more and to plan and organize this theme. But, working with what I have now, I will always stay standing up for those who can't speak for themselves and who need help opening up to the people around them to gain courage and strength to step into the big world. I hope that after

the school year I could still incorporate my original ideas to put them

into a deeper and more effective outcome.

final product.

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