

Bullies are victims themselves



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Every time there is a suicide that is associated with "bullying," the blame is solely on the bully, but never at a culture in need of change.

Even though bullying and suicide can be interconnected, other key factors like anxiety, depression and disconnection with the family should be evaluated.

It's easy for schools to try to eliminate violence and single out the person who bullies by labeling him/her as evil due to their bullying behavior.

Bullies might be victims themselves. The act of bullying is an adaptation due to a harsh environment and the feeling of powerlessness they are or have experienced as

a child.

According to psychologist Albert Bandura's Social Learning Theory, individuals learn how to behave and imitate other people.

If we can learn how to conduct ourselves in a respectful way toward other people, then logically violent tendencies can be learned and applied.

The fact is there are many factors that contribute for people to be bullies, usually from a violent upbringing.

Some kids are brought up in an authoritarian household which are either the parents, relative, or sibling who will physically and/or mentally abuse, as well as have a final say in everything.

Kids that grow up in these harsh environmental conditions that involve being beaten will believe they deserve it, which will cause them to be more accepting of violence.

Murray A. Straus, sociology professor at the University of New

Hampshire, and his colleagues conducted national surveys on the effects of corporal punishment and verbal aggression on children.

They found that parents who frequently use corporal punishment and verbal aggression on children have a higher chance of becoming depressed, having suicidal thoughts, performing poorly at school, becoming juvenile delinquents, and having less control of their aggression.

Once the kids reach their teen years, they will have low self-esteem, and will handle situations with violence or let themselves be victimized due to them having a difficult home environment.

People bully other people because it's a way to release stress, low self-esteem, and believing that is the social norm since they grew up with violence.

People who allow themselves to be victimized, feel shame and guilt, and won't recognized and dismiss

they have been harassed or punished.

There are other factors like media that glorify sex, hatred, and violence, American's lust for guns, redemption and psychically disciplining their kids so it's not a surprise that kids are vicious to one and other.

Anti-bullying legislature or zero tolerance for bullying at schools isn't going to help stop bullying.

There are already too many laws as it is, having a crime and punishment law for bullying is just turning a blind eye to the problem.

A positive method would be to work with the bully and his/her family to change the dynamics at home and how they communicate since violence is a behavior that is taught within families.

Another effective approach to bullying is to teach kids to treat everyone with respect, teach them values and manners, and empowering parents to alternate ways than

"power over" methods on kids.

Most people see people who do commit suicide due to harassment as cowards, which is ignorant.

It will take a lot of torment for people to consider suicide to be the only escape route for their problems.

People would point that people who commit suicide aren't mentality strong, but not everybody has the same mentality.

Being self-confident in yourself isn't something people are just born with, it is built upon life experiences and being optimistic.

Another problem is that parents are telling their kids about the dangers of the internet where most bullying has been happening these days and the world in general, not helping the kids build self-confidence and self-esteem and just being there for their kids.

In order to change bullies' and victims' way of thinking is to fix the cycle of violence they are born into.



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Sex Ed. courses should be required

Sexual education courses should be mandatory for all students in college, as the minor amount of information given in earlier courses at grade school levels does not provide enough intelligence to the subject.

Despite the fact that a majority of college students have already become sexually active, sexual education courses that are required in both middle and high school are not informative enough for the students in the long run.

While the basics may have been covered in earlier courses, important facts regarding both personal health and relationships are blatantly left out due to the lack of maturity at the time of the education.

In college, students should be mature enough to understand the seriousness of a multitude of things that tie along with being sexually active, from sexually transmitted diseases to condoms to prevent both diseases and pregnancies.

According to the CDC (Centers for Disease Control and Prevention), sexually active adolescents and young adults from the ages of 10-24 are at the highest risk of getting a sexually transmitted disease.

Also, out of the 19 million new sexually transmitted diseases each year, nearly half of them are in young adults between the ages of 15 and 24.

With a majority of the students on the Cerritos College campus falling directly into this age range, awareness and education are needed to keep students informed about what is happening with their bodies.

A more serious look at not only the health issues that can result from unsafe sexual practices but the consequences on young lives should be discussed inside of a classroom, and is necessary moving forward.

With the exception of health classes that some students may take in order to obtain a major, a lot of people miss out on vital information about their sexual health that Cerritos College should offer them to make for a healthier campus.

According to familyfirstaid.org, thirty-four percent of women become pregnant before the age of 20, with eight in ten of these pregnancies being unintended.

Pregnancies force student dropouts, which is not only bad for the student and the child but it also makes the college look bad.

Of course, some students may not walk away with any more information than they already knew in regards to their sexual health after completing the course.

However, the impact that this course could have in possibly saving some ones life completely outweighs the possibility of a few students already having enough awareness for their own well being.

Instead of only taking classes that may be general education and filled with information that you will never use later on in life, students should jump at the opportunity to take a class that will make them more informed on both their personal health and how to stay healthy with their partner(s) moving forward.

The introduction of sexual education courses at Cerritos College could make for a smarter, healthier and happier community, and enable students to graduate with not only their degree but the knowledge of how to be smart and healthy in their personal lives.

A 16-week school semester will not work well



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The idea that college semesters should be shortened to 16-weeks is silly and ridiculous. Doing so would create an even more hostile learning environment for students than is already present because it would condense the same amount of material that needs to be taught into a shorter time frame.

Think about the impact to students. Talk to professors about if shortening the school semester would help or hurt how they teach their classes.

Ask students that have taken 9-week courses what their opinion is on shortening the semester to 16-weeks.

Sure, if you are taking a "fun" course, it may not impact you all that much, but if you take a course that has serious implications on your educational goals, you will see the difference.

Imagine needing a math class to graduate and needing to learn the same amount of material in a 16-week semester that you would be taught in an 18-week semester.

The workload would not shorten just because the semester does. You would still be required to learn the same amount of material in less time.

And what about the students that struggle in a particular subject? Those students would still have to keep up with the rest of the class.

That would be the equivalent of telling you to join a class two weeks into the semester and expect you to be on track with the rest of the class.

Not to mention the impact that shortening the school semester would have on the Cerritos College employees.

Employees that sign a contract that is based on the time that they work on campus would be greatly affected because that would mean two weeks less of pay for them as well as their families.

The negatives far outweigh any positives that anyone could ever argue as to why cutting the semester to 16-weeks instead of 18-weeks would be a good idea. It is a horrible thought and any conversation about it needs to be stopped immediately.

Letter to the Editor

Dear Editor,

I would like to request that you reconsider printing mindless jabber on the school's newspaper.

Lets remember that we are in a college full of adults who seek intellectual stimulation.

I'm talking about the questions you choose to ask random students.

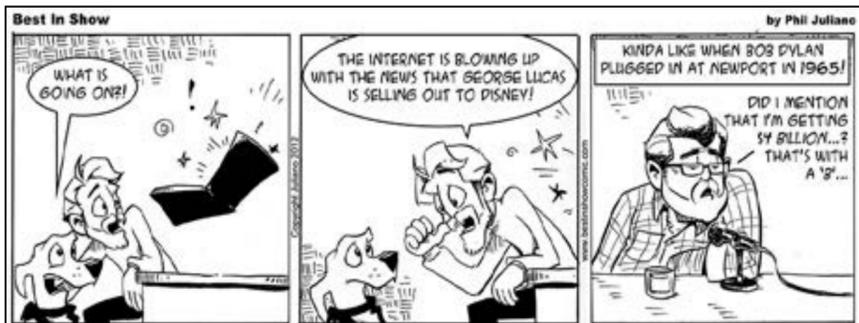
The last Talon Marks issue I read asked students what they fear most about Halloween. Seri-

ously? And by the way, where are you finding these simpletons that provide these answers?

I truly love reading which is why I felt that it is my duty to call you out on the poor quality Talon Marks portrays.

-Janeth Briceno

Have an your own opinion? Is there something that we wrote that grinds your gears? Or is there something that you really like or would like to see. Feel free to send us an e-mail to the editor at editor@talonmarks.com



This week in history

• **November 14, 1969**
NASA launches Apollo 12, the second crewed mission to the surface of the Moon.

• **November 14, 1972 - The Dow Jones Industrial Average closed above 1,000 for the first time, ending the day at 1,003.16.**

• **November 15, 1956**
Love Me Tender, Elvis Presley's first movie, opens in New York.

• **November 15, 1939**
In Washington, D.C., US President Franklin D. Roosevelt lays the cornerstone of the Jefferson Memorial.

• **November 17, 1973**
Watergate scandal: In Orlando, Florida, U.S. President Richard Nixon tells 400 Associated Press managing editors "I am not a crook."

• **November 18, 1999**
In College Station, Texas, 12 are killed and 27 injured at Texas A&M University when the 59-foot-tall Aggie Bonfire, under construction for the annual football game against the University of Texas, collapses at 2:42am.

Information from
<http://www.thepeoplehistory.com>