

Text 1

Our experience during the Covid-19 lockdown

Speaker 1: Reed

I think that, in some ways, I'm, like, less optimistic, considering how it's been progressing. I'm doing less creative things than I was doing at the beginning. At the beginning I was sort of, like: ok, I'm set, let's go, I'm ready to do these things to make me feel better. Now, I'm kind of just, like, chilling.

Speaker 2: Zaki

It's starting to feel normal, which is completely unbelievable, 'cause this is not a normal situation at all. It's insane that this is what's happening, that this is just, like, where the world is at. It's very hard to, like, stay motivated and it's incredibly easy just to, like, get behind and get distracted.

Speaker 3: Julia

Every day is just blurring together because it's non-stop the same routine. I just feel kind of trapped and kind of stressed.

I've just been pretty sad, and I've been really lazy, and I've been pretty bored.

I've been getting super behind on my schoolwork because I can't really focus in Zoom; I kind of feel that school isn't real or it doesn't, like, count... so I get, like, super behind on all my homework and then I have so many assignments to do and I'm just super stressed out about it.

<https://www.youtube.com/watch?v=gXFjjwGIVsw> (accessed in September 2020)

Text 2

Taylah's statement

Bullying for me started when I first entered kindergarten, so I was 5 years of age. It went all the way up until I graduated high school, so I stopped getting bullied at probably 18 years of age.

The forms of bullying were in-person, so people would come up to me and name call. They would do it through isolation, they would do it through cyberbullying... Pretty much every single mode of bullying possible is what I experienced during my time.

It makes you feel horrible, and isolated, and alone, and you just question "What's wrong with me? Why are people treating me like this? What have I done wrong?"

But I'm really, really lucky that I have a very strong supportive family network. I would come home and tell them about it straight away. They tried to speak to the school on numerous occasions, and the school said that the cyberbullying aspect was out of their jurisdiction because it wasn't done on school grounds. As for the other forms of bullying, they didn't really try to assist in any way and they turned around and just said that they couldn't force people to like or be friends with me, and that I basically just had to accept that and move on.

It's really important to be speaking out about bullying, especially in the Covid climate. It's really highlighted a lot with mental health aspects, and there's a lot of mental health implications for students and people who continuously are bullied.

I don't want anybody to go through what I had to go through, and I think it's time now we keep up with educational reforms in order to educate people about what bullying is, how it can affect people and the real-life ramifications this has on people.

Bullying is prevalent in all of our society in every single aspect. It's not even just limited to schools, it's in the workplace as well. And it just depends on what type of a form it takes, so it definitely hasn't left the building. It's still very much in society and it's something that we really need to work on alleviating. Instead of trying to pull people down we really need to be uniting and pulling people up.

I'm good now, I mean, I've had enough years of experience to know how to deal with the situation should it arise, and I've kind of built up my own personal toolkit in terms of having a positive attitude and a strong mindset, and that resilience and determination to keep going and succeed in the fields that I am. Because ultimately, at the end of the day, that's typically what bullies don't want to see you do, is succeed. So when you're able to sort of show them and defy what they're saying of you, that's the most powerful thing.

<https://amp-dailylegraph-com-au.cdn.ampproject.org> (adapted; accessed in September 2020)