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Course: UNV-104

Date: 3/27/2024

Instructor: Sean Diana

**Expository Essay: Outline**

***Directions:***

1. Please review your Topic 3 readings and the “Planning and Getting Started” section of “The Writing Process” media piece.

2. Fill in the outline and references sections below. Use a minimum of three peer reviewed resources to support your subtopics (one resource per supporting paragraph). Make sure to use complete sentences when completing the outline.

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| **Expository Essay Topic: Three ways bullying can negatively impact children.** |
| **Essay Title: Negative impacts of bullying in children.** |
| 1. **Introduction:** (*Begin with a hook sentence to capture your audience’s attention, then provide a brief background of the topic and end with your thesis statement.)*
	1. Hook: Bullying affects many children worldwide which can lead to long-term risk for psychological, physical and emotional outcomes to any age group.
	2. Additional background information:

There is age, social risk factors and gender factors in bullying. Older kids tend to less likely to talk about their victimization. Boys will be more frequently involved in physical altercations where girls tent to present more indirect bullying. Bullying happens mostly when there is minimal supervision and when around other classmates/people.* 1. Mapped Thesis statement (***review Topic 3 DQ1 for feedback from instructor***):

Research has proven that bullying can cause anxiety, depression and a decrease in academic performance in children.  |  |
| 1. **Support**

**Supporting Point #1 (subtopic 1): \_\_\_\_\_\_Depression in children \_\_\_\_\_\_\_\_\_\_\_\_\_**1. Topic sentence for this first sub-topic:

 It is known that bullied children are more likely to suffer from mental issues later in life.1. Two to three ***paraphrased*** supporting details from your research ***with in-text citations***
	* Supporting paraphrase 1:

It has been proven with studies that bullies may be at higher risk of depression compared to other children who are not actively involved in bullying. This shows that bullies themselves are battling something that they probably don’t speak about. Or they can use bulling as a coping mechanism to cope with their depression. (Conners et al.,2009).* + Supporting paraphrase 2:

Bullying in school has become a huge problem. In the US, bullying has become something so common that most kids experience every day. Exposing our children to bullying, our children will be introduced to risk factors that will affect the way our kids will function and grow. (Conners et al.,2009). |  |
|  **Supporting Point #2 (subtopic 2): \_\_\_Behavior changes in bullied kids \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**1. Topic sentence for this second sub-topic:

The effects of bullying can lead to physical and mental health problems, including damage to the immune system, poor development of a child's self-esteem, emotional well-being, intelligence and social skills, and in extreme cases, suicide. (Isabel et al,.2022)1. Two to three ***paraphrased*** supporting details from your research ***with in-text citations***
	* Supporting paraphrase 1:
	* Peer bullying victimization is defined as intentional harmful behavior that the bully commits repeatedly and over time in a relationship characterized by power imbalances which can later lead to mental/ psychological problems. (Isabel et al,.2022)
	* Supporting paraphrase 2:

There is an urgent need to stop the rapidly increasing rates of bullying and suicide among young children. Here it is important to limit the negative behavior of the bully. However, bullying is a reward to the person doing the act as they gain power in their group their behavior continues and so does the bullying it’s sad to say but it seems like its never-ending at times and it has been said we should focus on child victims since there is a lack of early-childhood information on child victims of bullying.(Isabel et al,.2022). |  |
|  **Supporting Point #3 (subtopic 3): \_\_\_\_\_\_\_Anxiety in children\_\_\_\_\_\_\_\_\_\_\_\_\_**1. Topic sentence for this third sub-topic:

 Bullying is a sign of maladjustment, and because bullying carries a lot of stress, it may also be linked to worse health. Compared to parents of children who do not engage in bullying, parents of bullies typically provide less support for their children. As a result, there are worse parent-child interactions and higher levels of fear, insecurity and Anxiety.1. Two to three ***paraphrased*** supporting details from your research ***with in-text citations***
	* Supporting paraphrase 1:

It has been proven that bully/Victims report high levels internalizing problems and a poor mental health (Forero et al,.1999). Anxiety and depression have been found more prone with male bully/victims. (Baldry,.2004) * + Supporting paraphrase 2:

A good connection with one or both parents helps mitigate the detrimental effects that victimization and direct and indirect bullying have on children's mental and physical health because parents can offer support and guidance to their problematic children. (Rigby,.2000) |  |
| 1. **Conclusion:** (*Paraphrase your thesis statement, summarize main points, and make final remarks.*)
2. Paraphrase thesis statement:

It has been proven that most of the world is being exposed to unacceptable behavior. Behavior in which can lead to harmful effects to our psychological and emotional well-being. The support that educators and parents can provide to shield kids and teenagers from the harmful consequences of engaging in bullying can be lifesaving.1. Summarize main points:

Overall, I believe with the help of teachers and present parents I think bullying can be limited. But it’s something that constantly needs attention because our generation is constantly changing. Simple things like listening, offering help/advice, or help in solving a problem and showing that you care can come along way. Parents and educators may be able to prevent depressive symptoms in even the most vulnerable children and adolescents by adopting these habits. |  |
| **References** Organize all references you will use in the essay and list them in the space below in alphabetical order based on author’s last name. Be sure the reference page is double-spaced and formatted to have hanging indents by ½ an inch, with the first line hanging and all others indented. See the APA Style Guide located in the [Writing Center](https://www.gcumedia.com/lms-resources/student-success-center/v3.1/#/tools/writing-center) of the [GCU Student Success Center website](https://www.gcumedia.com/lms-resources/student-success-center/v3.1/#/) for help with formatting references and citations. Within the essay, this reference page will be on its own page at the bottom of your essay.Baldry, A. C. (2004). The impact of direct and indirect bullying on the mental and physical health of Italian youngsters. Aggressive Behavior, 30(5), 343–355. <https://doi-org.lopes.idm.oclc.org/10.1002/ab.20043>Conners-Burrow, N. A., Johnson, D. L., Whiteside-Mansell, L., McKelvey, L., & Gargus, R. A. (2009). Adults Matter: Protecting Children from the Negative Impacts of Bullying. Psychology in the Schools, 46(7), 593–604. https://doi-org.lopes.idm.oclc.org/10.1002/pits.20400Solis, I., Serna, L., Stephen, J. M., & Ciesielski, K. T. R. (2024). Early behavioral markers of anxiety and reduced frontal brain alpha may predict high risk for bullying victimization. Child Psychiatry and Human Development, 55(1), 71–81. https://doi-org.lopes.idm.oclc.org/10.1007/s10578-022-01372-1 |