

# All HEART

student  
articles

the kind magazine



Interview  
with Dr.  
Carol  
Teitelbaum

Kind  
College

Dear Reader,

We are pleased to present you with the very first *All Heart* magazine, made by the Kindness Club at Marywood- Palm Valley. Without the support of our mentors, Ms. Denise DuBarry Hay and Ms. Kat Haber, the idea of this magazine would have never come into fruition. Thank you to Ms. Klein for all the creative inspiration, to Mr. Roop for sharing his technological expertise, and to Mr. Smythe for providing us with some amazing quotes. Thank you to Ms. Schnure and the Lower School teachers for allowing their students to meet with us on a weekly basis and helping us teach them to take the initiative to spread kindness among their peers, and to Mr. Downey for helping us spread kindness throughout the school and to produce this magazine. Most of all thank you to our artists, photographers, and writers who contributed to this magazine and last but not least, to the members of the kindness club.

KINDly,

Kelsey Mezrahi and Emilia DiMare





Teach

A

Little

Kindness

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MWPV Kindness Campaign 2010

by Kelsey Mezrahi



## **Andrea Wanless**

**We live in a competitive world. People are constantly striving to be better than the next, and being unkind is often a part of that strategy to "be on top." The Kind Campaign primarily focuses on the affects of abuse in the teenage "Girl World." But this isn't just an issue among adolescent girls. Its prevalence has increased even in the adult workforce.**

**Why are girls vicious? And how did this become a societal trend? If we were to compile a list of answers to these questions, it would be endless. The driving force behind these "crimes" varies from situation to situation, whether it stem from problems at home or low self-esteem. In any case, nothing justifies the name-calling, manipulation, threats, or rumors that are the result. No one deserves to feel victimized, especially when this type of catty bullying often leads to depression, weight fluctuation, and thoughts of suicide.**

**Despite the negative impact that unkindness has young girls, it is not the only source. Even adults, who should know better, succumb to acts of unkindness at work. I know a woman who just started working at a doctor's office. Every day she would leave work crying because her co-workers expressed their annoyance and frustration that she didn't know how to work the computer system. However, none of them took the time to sit down and help her learn. This woman didn't deserve to be treated like that. She was hired as extra help, but the actions of those around her prevented her from helping.**

**The point of the Kind Campaign is to raise awareness and to stop the rude behavior that exists in every part of society. However, simply asking people to be "best friends" is unrealistic. Not every one gets along, and the women of Kind Campaign know that. But, if you don't like someone, then don't be their friend. Done. It's as simple as that. There's no need to constantly harass someone just because they are different. Think about the Golden Rule: "do unto others as you would have them do unto you." Yes, it's cheesy. But it's TRUE. We learn this in Kindergarten; it's an elementary subject, but somewhere along the line people forget it. Remember, it's nice to be important, but it's more important to be nice.**

art by morgan whelchel

# BE Kind

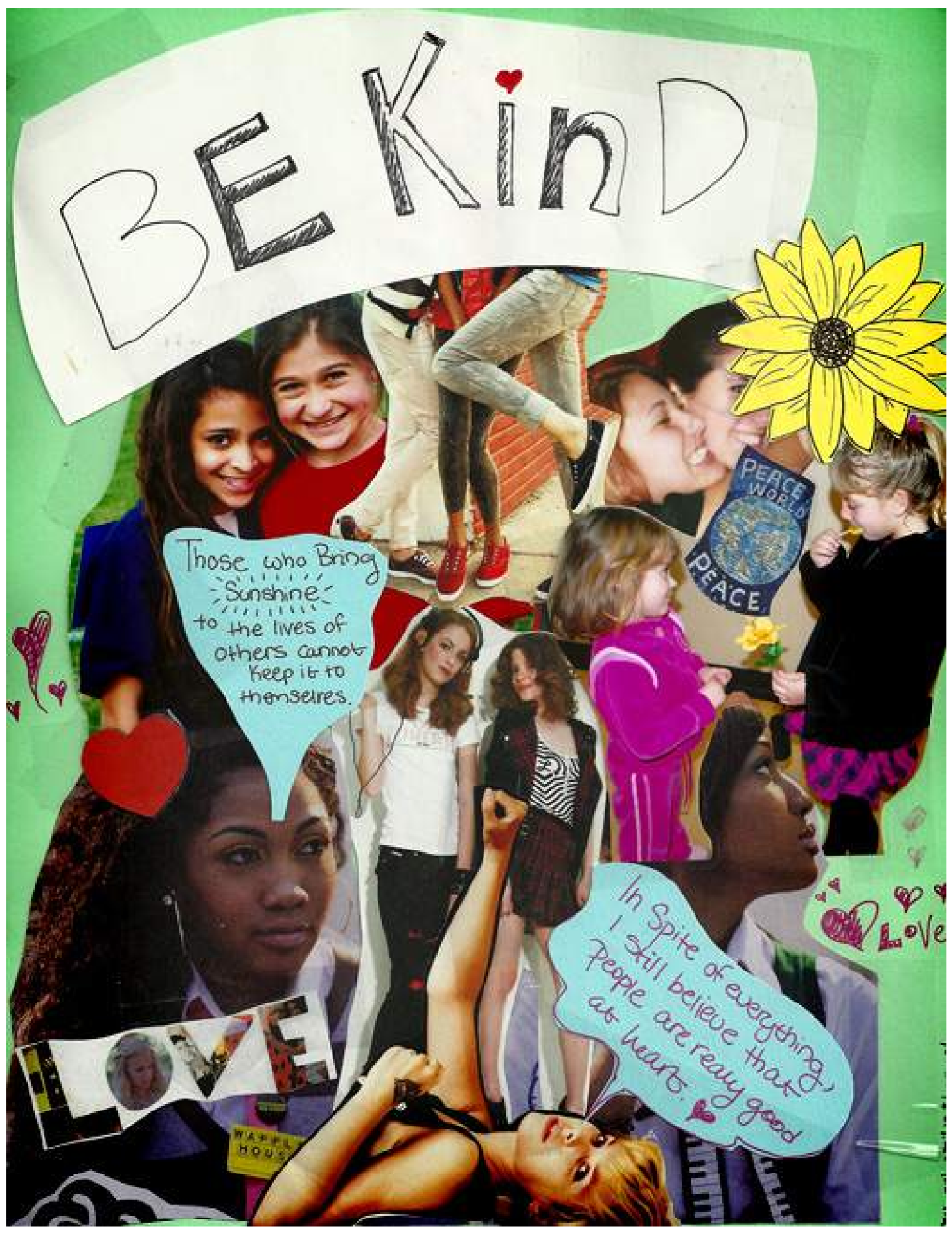
Those who bring  
Sunshine  
to the lives of  
others cannot  
keep it to  
themselves.

In spite of everything,  
I still believe that  
people are really good  
at hearts.



Love

MAPLE  
BOYS







You are a gift  
to the universe  
Believe it  
Always  
-Mr. Smith-



My Religion is very  
Simple. my religion  
is kindness.



Kindness is a language  
which the deaf can hear  
and the blind can see.



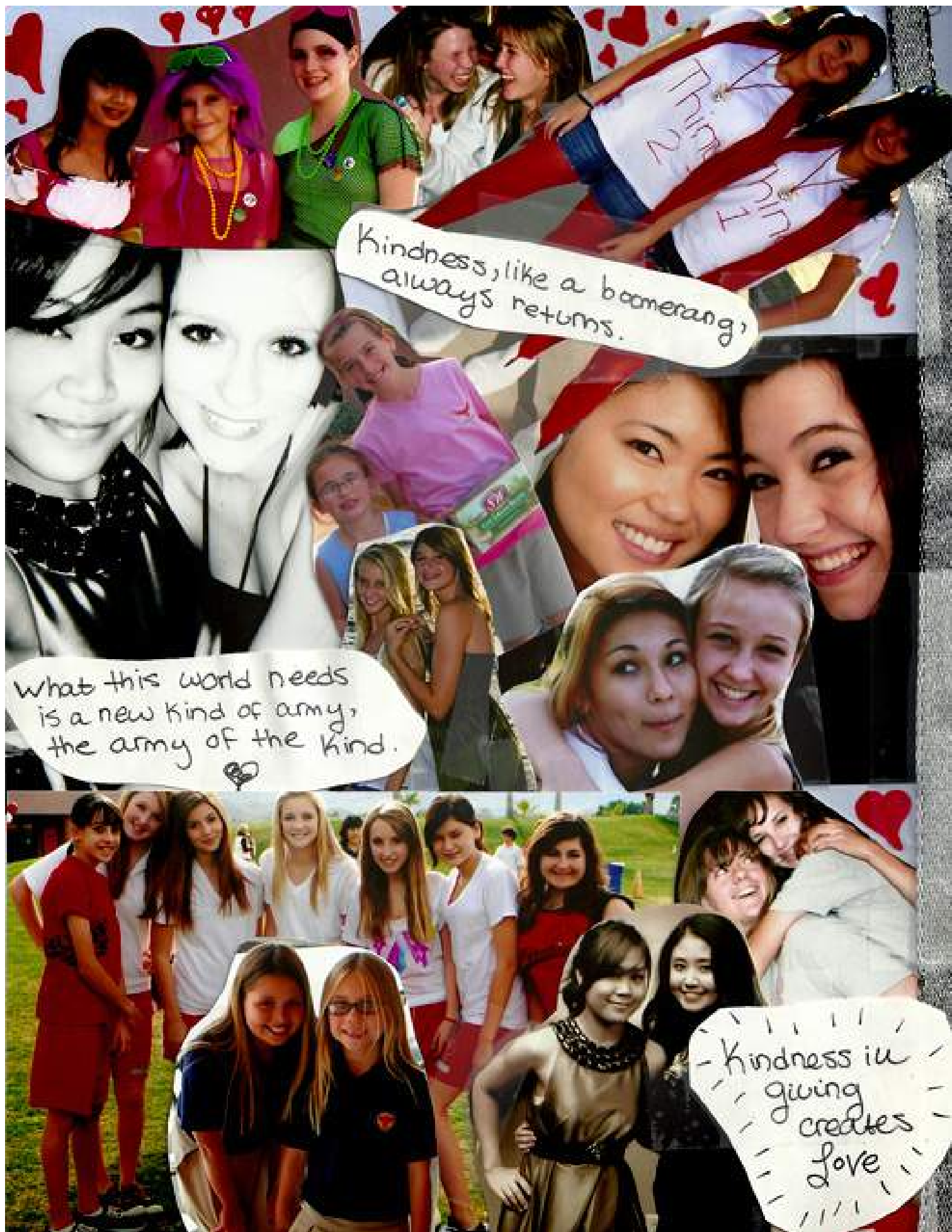
When we cannot do great things, we can still do small things with Great Love!

Life is an echo, what you send out, you get back. What you give, you get.

LOVE Knows no Boundaries

Be the change you want to see in the world

Be a good finder, Find the Gold in others



Kindness, like a boomerang,  
always returns.

What this world needs  
is a new kind of army,  
the army of the kind.

Kindness in  
giving  
creates  
love





## An Interview with Dr. Carol Teitelbaum

Dr. Carol Teitelbaum, as a family therapist, helps answer some common questions about girl bullying.



Q.: How common is girl bullying?

Dr.CB: It was thought much less common than boys but it is increasing, and mostly verbal

Q.: What makes people want to bully someone?



Dr.CB: Usually bullies are insecure with themselves and want to feel a sense of power over someone else; it makes them feel better.

Q.: Are bullies typically popular in the school environment?


Dr.CB: Not necessarily, they are often feared so people are nice to them so they are not put on the list of victims. I think a lot of people don't like the behavior, but don't speak up.



Q.: Does one girl, or a click carry out bullying?

Dr.CB: Usually girls get a pack together and manipulate the others to go along.

Q.: How are some girls more prone to eating bullies?




Dr.CB: Usually bullies have experienced some shaming incident in their life and want to get some control over someone. Some feel worthless at home so they want power at school.

Q.: Is being kind difficult for some girls?

Dr.CB: Only if they have not been shown kindness through their young years.

Q.: Do some victims make themselves targets of bullying?




Dr.CB: If you engage in the behavior, fight back, or take it, it fuels the bully to do more. It is best to hold your head up, walk away, and not give any energy away.



Q.: How do different age groups react to bullies?

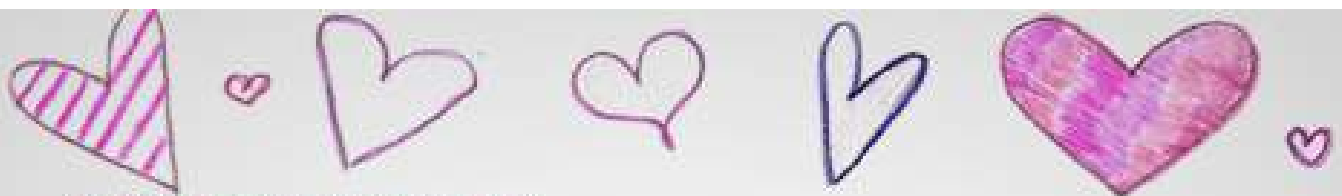
Dr. CB: Young children have the adrenaline response-fight, flight or freeze. Older children might feel shame, guilt, or self-hate. The same adrenaline response happens, but older kids have more skill in containing it and talking about it.

Q.: Hypothetically speaking, what does the friend of the girl being bullied do?



Dr.CB: They go along and either join in (the bullying) but usually they don't say anything to stop it.





Q: What do you think they should do?

Dr.CB: Confront their friend and find out why they (bullies) are using so much energy against others.



Q: In the long run, do you think the result of being bullied makes people stronger or diminishes their self- confidence?

Dr.CB: It depends on your support group, if you have people in your life that give you positive reinforcement for guard then you can over look one (bully) or field. But if you don't have a good support from someone, it reinforces your negative self-concept.



Q: What can girls, schools, and friends do to prevent bullying in school?

Dr.CB: The issue needs to be addressed and the zero-tolerance practice policy needs to be put into place. Girls who bully often skate by because if there is no physical violence, adults don't seem to know what to do about it. That needs to stop.



Q: What advice do you have for the victim of a bully?

Dr.CB: Talk to a school counselor, make a plan, get support, educate yourself, read about it and take a stand.



Q: What about the girl being the bully?

Dr.CB: Recognize how much energy you are putting into the other people and not on your own life. By putting negative energy out it hurts your own body by increasing adrenaline hormones, which make your body stressed out. Education is so important you should also learn how to manage and confront what you are angry about.



Q: How much influence does the media have over the actions of girls?

Dr.CB: I think a lot because of the shows that put girls that are out to get back at each other because of boys, friends, clothing, styles, etc. Media makes it seem normal but it's not.



Q: In friendship, is being honest more important than lying or being nice?

Dr.CB: Being a friend means you are honest with each other, otherwise you are just casually honest with compassion and tact is what is called for. Put yourself in the other's shoes.



Q: How can kindness help girls not only in school but also in the "real world"?

Dr.CB: There have been several movies out about teachers who believe in these kids who are behaving badly or doing poorly in school, and with that one person who believes in them, they have changed.





Think About It

A lot of people wish for world peace.

They say, "I would really like it if we all just got along."

They might shrug, or conclude their sentence with a nod,

Not fully understanding the true meaning behind those words,

But what if we did understand?

What if we knew that kindness and amiability could replace hate and hostility?

What if we knew that the power of love could overcome the injustice behind inequality?

What would we be like if we accepted these ideas?

What would we be like if we turned these ideas of love into actions?

What if we looked at the world and saw it for what it could be?

We could live a world without prejudice.

One that didn't have bigotry, or bruises, or punches and shoves.

One that was without kids who hurt other kids, and girls who bullied other girls.

When people wish for world peace, they don't think about what goes on in hallways and playgrounds; they forget all about it.

But that doesn't mean we will.

*Ava Seif*

I

*At first, the knife was sharp.*

*What they said had burned her skin like blue flame on a cloudy day. It seemed so relentless, so unforgiving. And it was, for a while.*

*It ruined everything, tore down all the things she'd built so high up. It was difficult, too tough for her. So she shut off her mind. Wouldn't think about it. Couldn't. Does anybody ever*

*really want to? So the sun*

NEEDED

*rose and fell a few times*

*and eventually, she let it back in and, like all real things, the hurt*

*came back. It's all too octagonal in perspective, and the only bright*

*side is that these things fade. The pain starts to numb itself, and the*

*initial sting wears off. The longer you wait, the more you put it off,*

*the better it is and the more dull it becomes. And she was right to*

*block it out. She realizes now, after hours, days, weeks— and embraces*

*her decision. But still the blood tingles in her veins. Still she jumps*

*when lockers slam. Still she looks behind both shoulders whenever*

*the thought crosses her wandering mind. She dreams— will it ever*

*really stop? Doubtful she knows that. But still she hopes for a time*

*when their questions don't need answers. Still she yearns for legitimacy.*

*Still she walks through lonely halls, wondering if reality was ever*

*really actuality.*

a

FRIEND

*Morgan Welchel*



# Being Kind

by  
Ella Beecher



Help other people by being kind. If their feelings are hurt or they are upset you should go help them and they will soon be your friend. So do it now!!! Be kind to each person that you meet!!!



You will have many friends if you are kind. If someone is unkind you can ask them to stop politely and if they were really your friend they would understand and apologize.



That is what a true friend would do.







Ella Mauritzon  
kindergarten

Elizabeth  
Shay 1st grade



Mckinlee  
Groat  
3rd grade

# Kind Campaign



Amanda  
Morley 4th  
grade



Roxanna  
Gonzalez-  
Jimenez  
10th grade



Gossiping  
is  
Bullying

Angelic Ezekiel 11th  
grade



The highest  
form of wisdom  
is kindness...

— from the Talmud

KASWIT SUPPORTS THE

**Kind**  **campaign**

MOVEMENT. DOCUMENTARY



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THE PERFECT DOG  
ThePerfectDog.com



**PILATES POWER GYM**  
PilatesPowerGym.com



**BLUE MOVIE**  
AN ANIMATED FILM DOCUMENTARY  
BlueMovie.com



**SHOOT THE HERO**  
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