

Student -to- Student

20 Pieces of Advice From Kids Who've Been

Bullied

**Roses
are red
Violets
are blue**

**Be who you are
And people
will soon love you.**



TELL YOUR PARENTS. IF YOU DON'T DO ANYTHING, THE BULLIES ARE GOING TO THINK THIS BEHAVIOR IS OKAY.

MY PARENTS
TOLD ME:

"Don't start it,
but finish it."

Y.O.L.O.

BE STRONG

and
Speak up for yourself.

YOU GOT THIS.



*P.S. Listen to the song "I Know" by Dude.
Hopefully it will help you as much as it has helped me.*

You are

perfect
just the way you are.

Don't change because of the bullies.
They're the ones who need to change.

You're amazing.

Do not accept their

Labels

**You're more than that.
Don't let them define you.**

I know your situation seems hopeless, but I am here to tell you

DON'T WORRY

Other kids are insecure. It is wrong that they make fun of you. However, you have to realize that everyone is uncomfortable in their own shoes.

YOU ARE NOT ALONE.



I am truly sorry for what you have to go through at school. I understand that school can be a terrible place, especially when you are surrounded by negative people. Talk to your teachers. I have confided in a few teachers and it did help me feel better. Once you start to reach out for help, you will see some amazing changes.

Sincerely,

Your faraway friend.

People shouldn't bully you for being different.

Different

 **is better.** 

Surround yourself with people who will

uplift you.

TRUST ME,

there are good people out there.

*My advice would be to not lose hope.
Don't let them get into your head.
I am sure there are other students
just like you searching for a friend.*



Who cares what everybody else says!
I stand up for myself.
Even though it is hard
because I am tall and have pimples.

If you think you are weird,
embrace it.

We are all weird.



Tell yourself every day

I will do something great today,

focus

on what makes you feel good.

Your life is worthwhile.

you can

overcome

this hardship

and shine

through the clouds.

You are the master
of your life.
Do positive things
with it.

I write music to help me cope.
I can release my emotions
and it *keeps me happy.*



Surround yourself
with peers
who are
optimistic
and
respectful.

The only way
you can liberate yourself
is to live your life free of
other's opinions.

A lot of people in life
will try to make you
feel small.

**What you have to do is
make yourself**

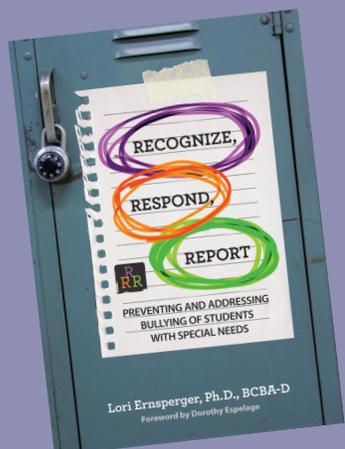
**feel
BIG**

**As long
as you feel
powerful,
you will be
powerful.**

Be proud of who you are, it makes you...

YOU

Stay **truthful** and stay **positive.**



These pieces of advice were adapted from *Recognize, Respond, Report: Preventing and Addressing Bullying of Students with Special Needs* by Lori Ernsperger, Ph.D., BCBA-D.

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