



## Are you being bullied?

If you're reading this, chances are you're dealing with something tough, and I'm sorry that you're struggling. I've been there myself and it's not fun! Bullies make life hard, and they can really make you feel awful. It's okay to feel frustrated, scared, or downright angry. But listen up because you've got more strength inside you than you might realize. Even though it doesn't feel like it now, this too shall pass!

**Disclaimer:** If you find yourself in a situation where you're facing physical abuse or are afraid that the bullying will escalate to violence, it's important to prioritize your safety above all else. Your safety comes first, always. If you're able to, try to remove yourself from the immediate danger as quickly and safely as possible. In some cases, it may be best to switch to a home-school program.

## Here are some tips to help you take care of yourself:

**Feel What You Feel:** It's normal to feel like your emotions are all over the place when you're dealing with bullying. Give yourself permission to feel whatever you're feeling, whether you're mad, sad, or angry. Your feelings are valid, and they deserve to be acknowledged.

**Be Your Own Bestie:** When things get rough, be kind to yourself. Treat yourself like you would treat your best friend—with patience, and compassion when you need it. You're worth it, no matter what anyone else says.

**Lean on Your Crew:** You do not have to go through it alone. Reach out to someone you trust whether it is a friend, family member, teacher, or counselor. Having someone in your corner can make all the difference, and you deserve to have people who've got your back. If

you don't have a trusted adult you can talk to, you can reach out to us on our website for assistance.

**Find Your Happy Place:** Bullies might try to bring you down, but they can't take away the things that make you happy. Whether it's blasting your favorite tunes, shooting hoops, or burying your nose in a good book, make time for the stuff that makes you smile.

**Stay Present:** When things feel overwhelming, try to focus on the here and now. Take a few deep breaths, ground yourself in the present moment, and remind yourself that you've made it through tough times before and you'll do it again.

**The best revenge in life is your own success!!!** Bullies thrive on making you doubt yourself, but don't let them dim your shine. Hold onto your dreams and goals and keep working toward them with all you've got. Your future is bright, and nobody can take that away from you.

**Remember Your Worth:** Bullies may try to tear you down, but they can't change the fact that you're awesome, just the way you are. You're smart, you're talented, and you're worthy of respect. Don't ever forget that!

**You've Got the Power:** You're stronger than you think. Believe in yourself, trust in your abilities, and know that you have the power to rise above whatever challenges come your way. You've got this, and we've got your back every step of the way at The Kindness Objective.

### **You're Not Alone, You're Never Alone**

Just remember, you're not in this alone. There are tons of other kids out there who've been through what you're going through, and there are plenty of people who want to help you through it, including us. So, keep your chin up, keep fighting the good fight, and remember that brighter days are ahead. We promise!

With love,

Melissa Marquais

Founder of The Kindness Objective

[TheKindnessObjective.org](http://TheKindnessObjective.org)