

Then one day ...

"Hey, Jayla! Truth or DARE—
Go tell Luisa I think
her hair is weird."



I was **scared**,
so I took the

DARE!

Now I feel
bad for Luisa and
bad for me. This isn't
who I want to be.



Jayla's Notes

Helping Luisa was a *dare* worth taking! Here are some lessons I learned along the way:

Daring to stand up for what's right made me feel good about myself.

Acting like I wasn't scared gave me more courage to help Luisa.

Refusing to take part in the bullying made Sam realize she can't boss me around.

Even when I stood by and did nothing, I knew I was doing something *wrong*.



Luisa's Notes

Jayla helped me realize how important it is to stand up for myself and others, no matter who thinks I'm *weird*. Here are some things I've realized:

When others do nothing while I'm being bullied, I feel sad and alone.

Everyone can imagine how it feels to be picked on.

If I am ever bullied again, I'm going to ask an adult for help right away.

Remember to always believe in yourself, no matter what.

Don't stand by when you see someone being bullied. Stand up and say "Stop!"



Sam's Notes

When everyone stood up together, it was *tough* to keep bullying. Here is what I've discovered about myself:

Telling Jayla what to do made me feel powerful and in control.

One dare leads to another if no one stops me or I don't stop myself.

Understanding how much my behavior hurts people (including me) made me step back and think.

Giving me a choice made me realize I *do* have control—over my own behavior.

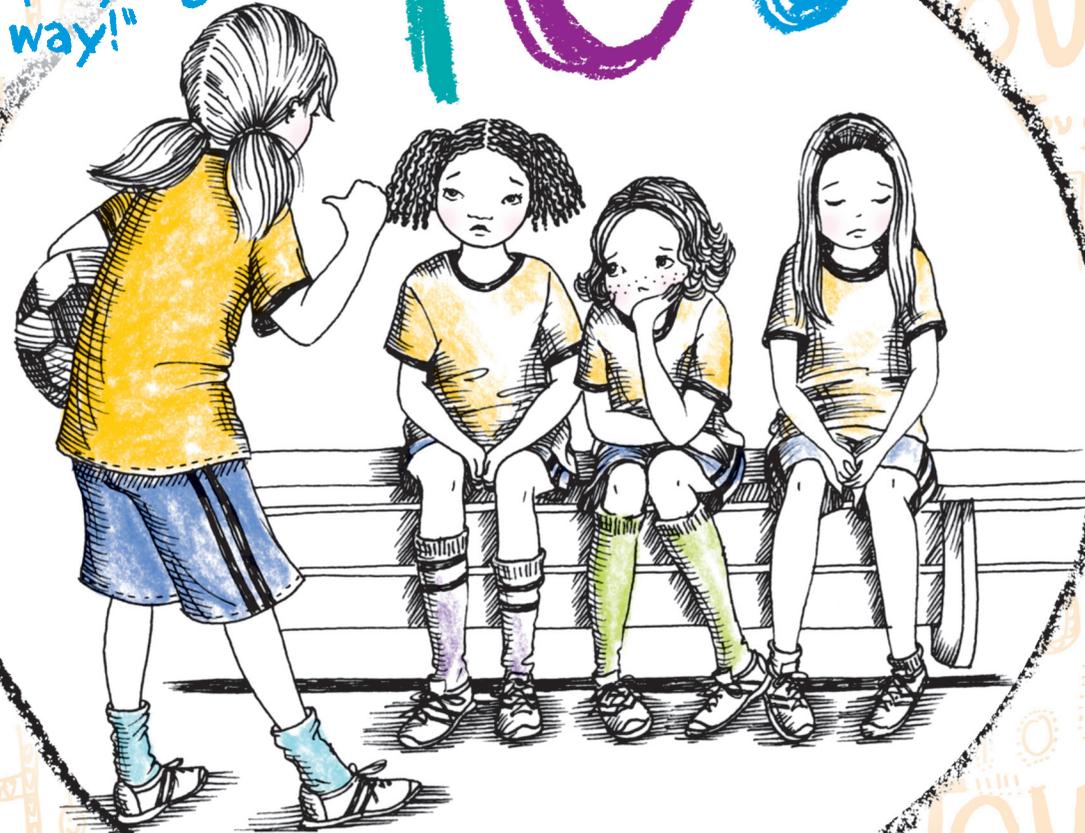
Hurting others isn't something I'm proud of, it's just something I do to try to feel good and fit in. (It doesn't work.)



If someone doesn't like the way I act,
well that's

TOUGH!

"We're playing
my way!"



Around here, what I say goes.
No one dares to tell me NO.

"Hey
Jayla,
go tell
Luisa I
think her
boots are
weird."



Sam's Notes

It's *tough* work changing my behavior, but being mean all the time is even tougher. Here are some things I've learned:

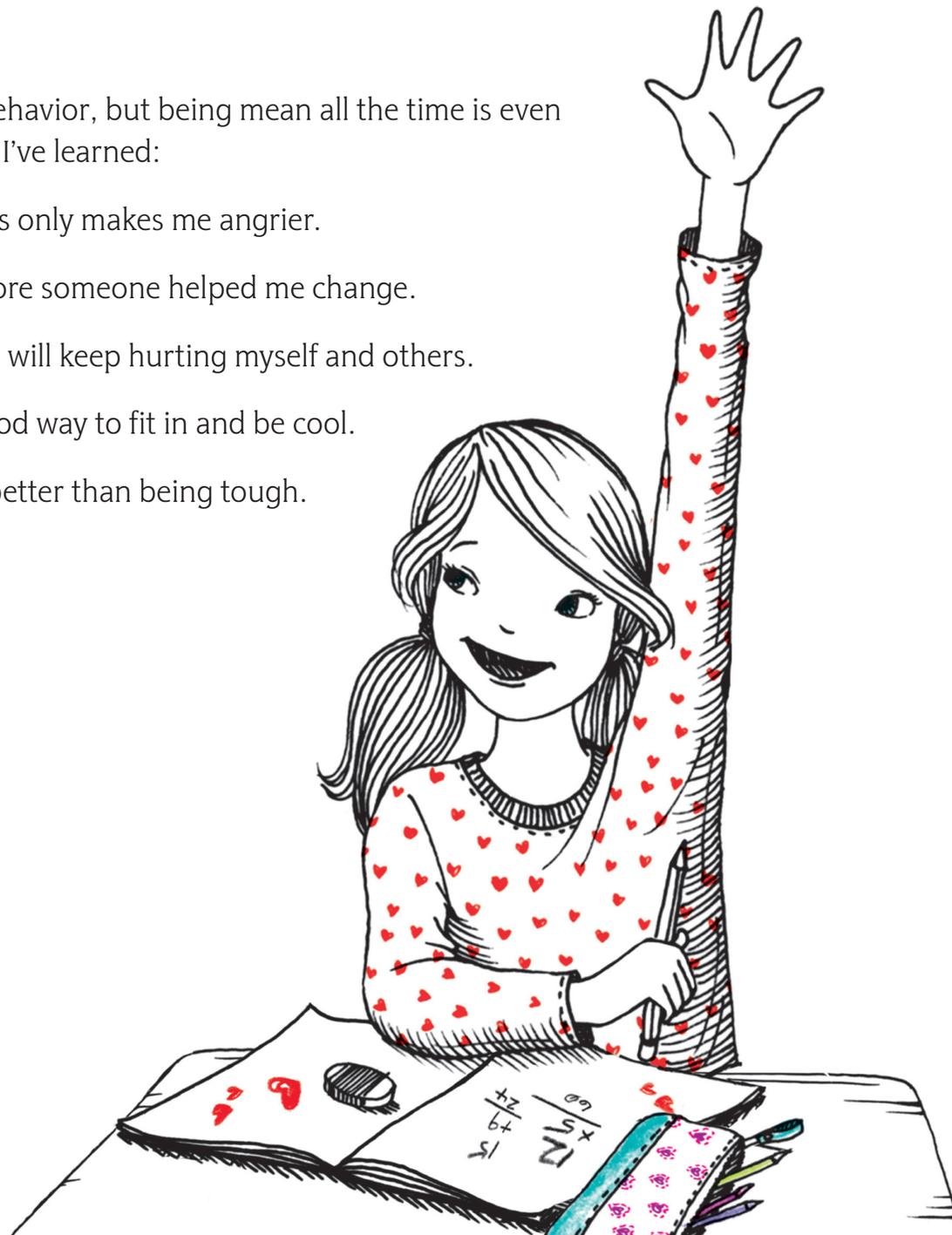
Taking my anger out on others only makes me angrier.

Out of control is how I felt before someone helped me change.

Unless I change my behavior, I will keep hurting myself and others.

Giving people a chance is a good way to fit in and be cool.

Having real friends feels a lot better than being tough.



Luisa's Notes

I'm glad Sam is giving up her old ways. I know that I'm not *weird*—no matter what anyone says. Here are some other things I learned as a target of bullying:

When everyone joins together to help, things start getting better.

Every person who is picked on needs someone to stand up for him or her.

I think all people deserve to be treated with kindness, including Sam.

Realizing that no one liked her behavior helped Sam change.

Disrespecting others means you are also disrespecting *yourself*.



Jayla's Notes

I found out that things got a lot harder when I didn't *dare* to stand up for myself and Luisa. Now I feel good about the choices I'm making. Here are some things I know for sure:

Deciding to do what I knew was right took courage.

Assisting Sam when she bullied Luisa meant *I* was bullying, too.

Reaching out to Luisa and being her friend was a good choice.

Eliminating bullying is everyone's responsibility—we all have the power to help.





I wear my favorite polka dot boots,
and she says I'm **WEIRD**.



Guess I
won't wear
those again.

Join Luisa's Confidence Club!

Acting confident isn't always easy. But the more you practice, the better you'll get. I found out that I can make some really simple changes to look, sound, and feel more confident. I can . . .

Stand up tall with my shoulders back and my head held high.

Look others in the eye—*not* down at the floor.

Speak clearly so people can understand me.

Smile and laugh if I want to!

Turn and walk away calmly when I don't like what is happening.

Tell an adult if I or someone else needs help.*

Confident
means believing
in yourself and
your abilities.

***Telling vs. Tattling**
Nobody wants to be a tattletale. But tattling on a person for something small (like picking her nose!) is very *different* from telling an adult when someone needs help. If you were being bullied, you'd want someone to help you, right?

While I am doing all this on the *outside*, I am also making changes on the *inside*. Instead of thinking negative thoughts that make me feel nervous inside, I think positive thoughts that make me feel calm and confident. Here's what I think inside my head when Sam is around:

"I am going to walk by and choose not to listen to what she is saying."

"I am *not* going to let her ruin my day."

"I am calm and confident."

"I don't have to worry about what she thinks."

"Many people like me just the way I am."

"I can always ask for help if I need it."

Can you think of other ways to look and feel confident? Share them with your friends and classmates!

