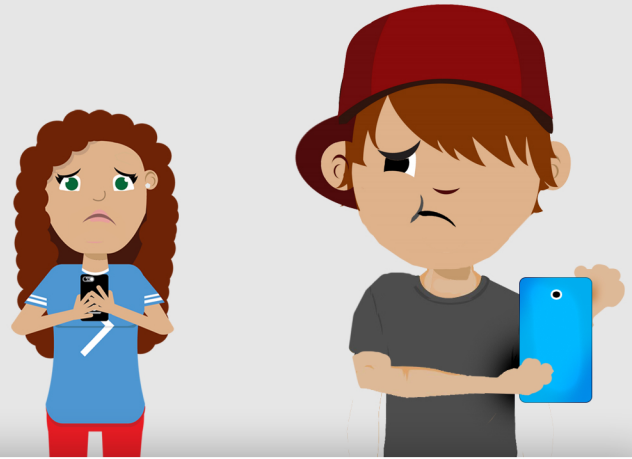


October is Bullying Prevention Month!

Poetry Heals the Heart.

Why Do You Cyber-Bully?

What are these words appearing on screen?
What are you saying and what do you mean?
The words are so callous, cutting, and cruel
Attacking my character with such ridicule.
Why do you bully, writing ill-mannered names?
Why do you snicker, tease, and defame?
Stop spreading rumors - this bullying must end
And THINK before sending so you do not offend!



Why Do I Cyber-Bully?

What are these words I'm typing on screen?
What am I saying and what do I mean?
My words are so callous, cutting, and cruel
Attacking their character with such ridicule.
Why do I bully, writing ill-mannered names?
Why do I snicker, tease, and defame?
I'll stop spreading rumors - my bullying must end
Since actions and words upset and offend!



I Have the Power to Stop Bullying!

Threatening and distressing - "bullying" defined - your power to harass... decisively declined.
Won't be branded helpless, isolated or alone - won't be labeled prisoner, victim or disowned.

I'm standing tall and proud, speaking crystal clear, expressing inner truth, quite peaceful and sincere.
I'll voice my emotions and release them from fear - share my disapproval with confidence and care.

Thus, every act that I take, and courageous word that I speak
Helps heal that rejection; I no longer feel meek.
Plus, friends who are concerned and faithful by my side
Bond their hearts in unity with unrelenting pride.

A determined human being, I'm stronger than you know
Strength is in my character with self-esteem aglow.
I have the power to STOP bullying on the rise
And rid its verbal attacks as well as vicious lies.

