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.”

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.

Be who you are, and people will soon love you.

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.

Don’t 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.

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.

Surround yourself with people who will uplift you.

TRUST ME, there are good people out there.

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

Tell yourself every day “I will do something great today,” focus on what makes you feel good.

Your life is worthwhile.

If you think you are weird, embrace it. We are all weird.

You can overcome this hardship and shine through the clouds.

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

Tell yourself every day “I will do something great today,” focus on what makes you feel good.

Your life is worthwhile.
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 others' opinions.

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

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.

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.