

Maybe you've heard the old phrase:



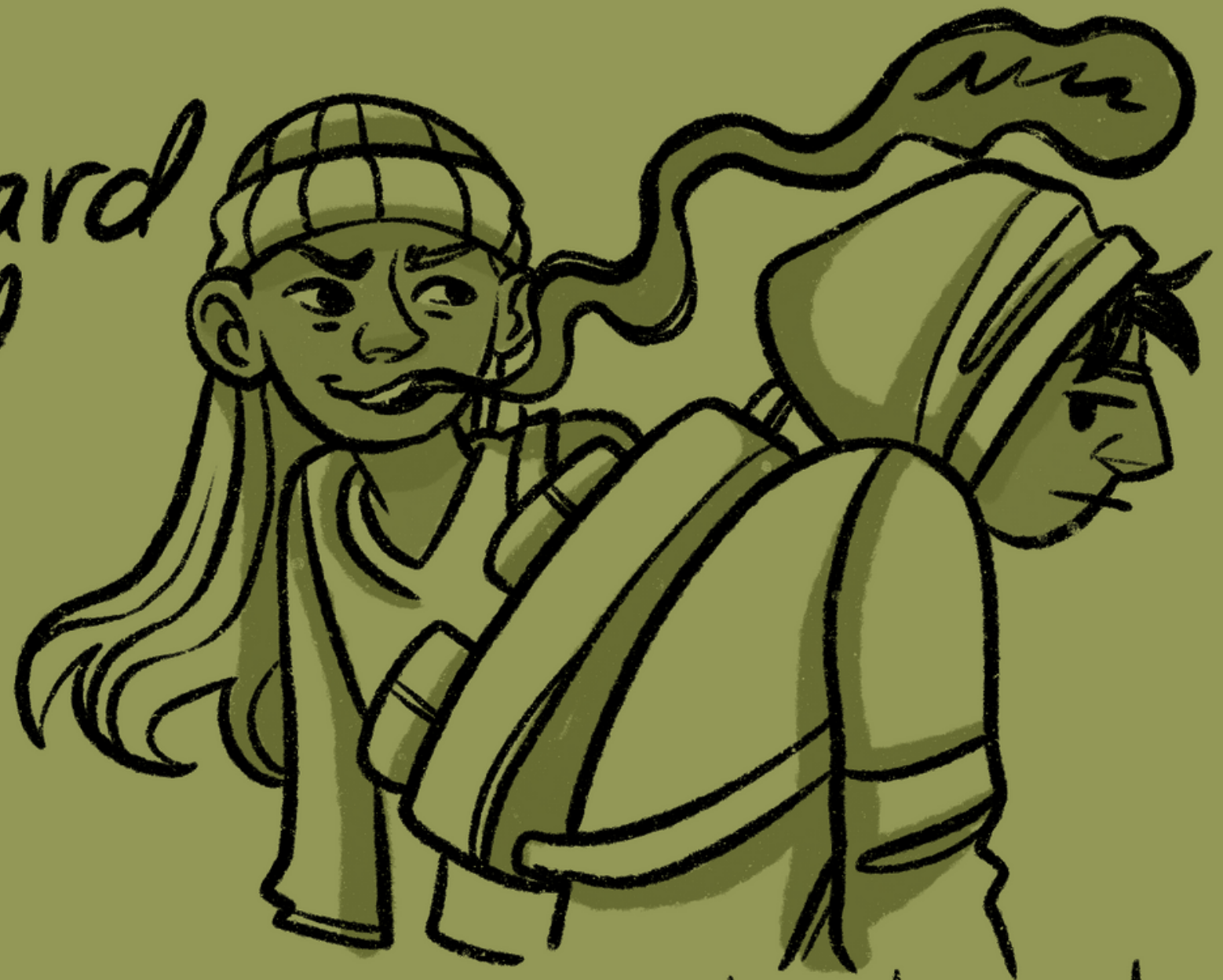
flow

"Sticks & stones may break my bones, but words will never hurt me."

The person who wrote that clearly
has never been in your shoes.



They haven't heard
what's whispered
in passing...



....Seen what gets
posted about you...



... Or been
excluded like
you have.



The term "bullying" feels so outdated.

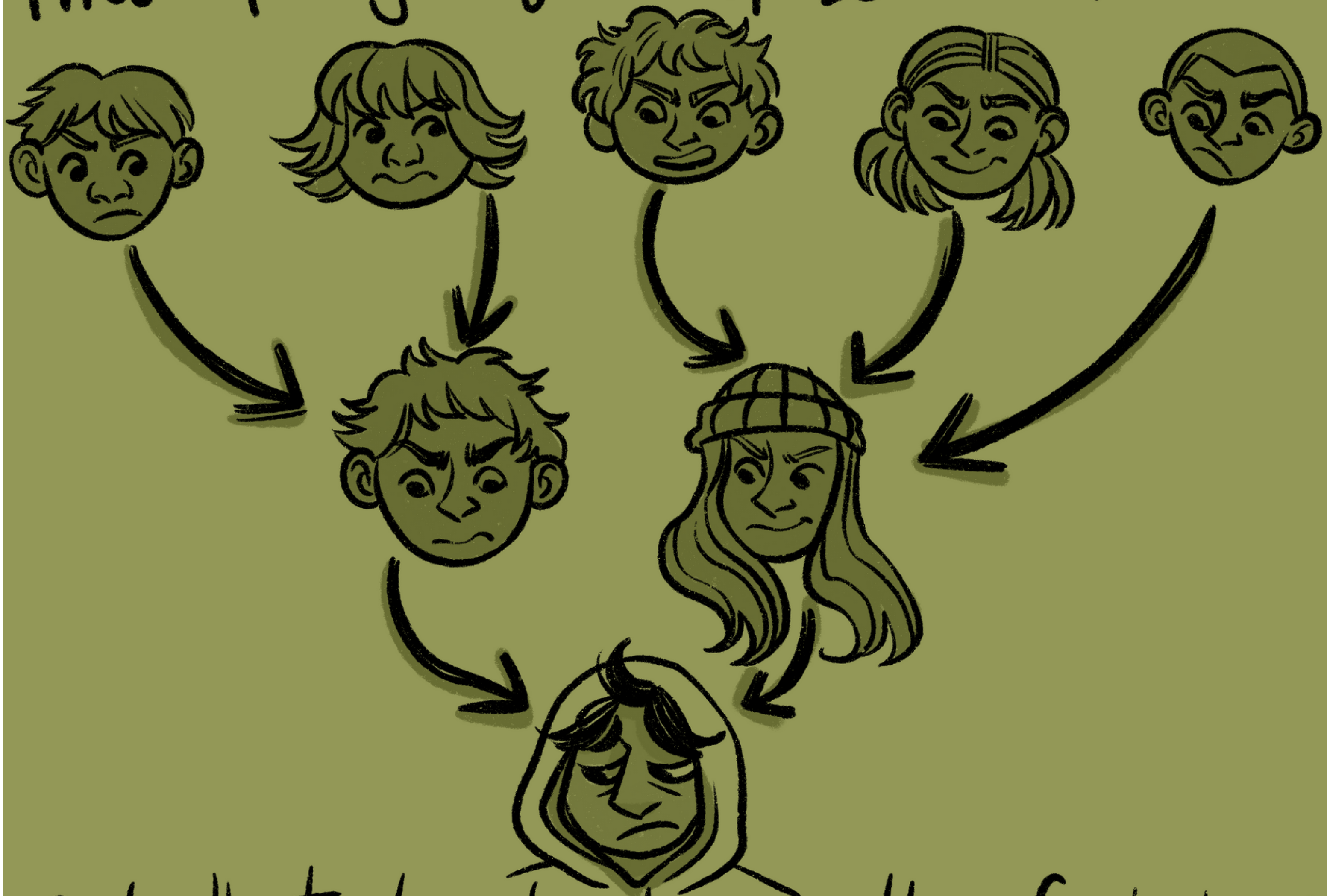


I mean, you're not getting beat up
or anything.



(Though, ok, maybe it feels a little like you're being mentally punched every day).

You know that "hurt people hurt people", that the people saying these things to you must be so sad inside.



But that doesn't change the fact that it sucks.

Don't minimize your own struggle.



There are

plenty of

for

you

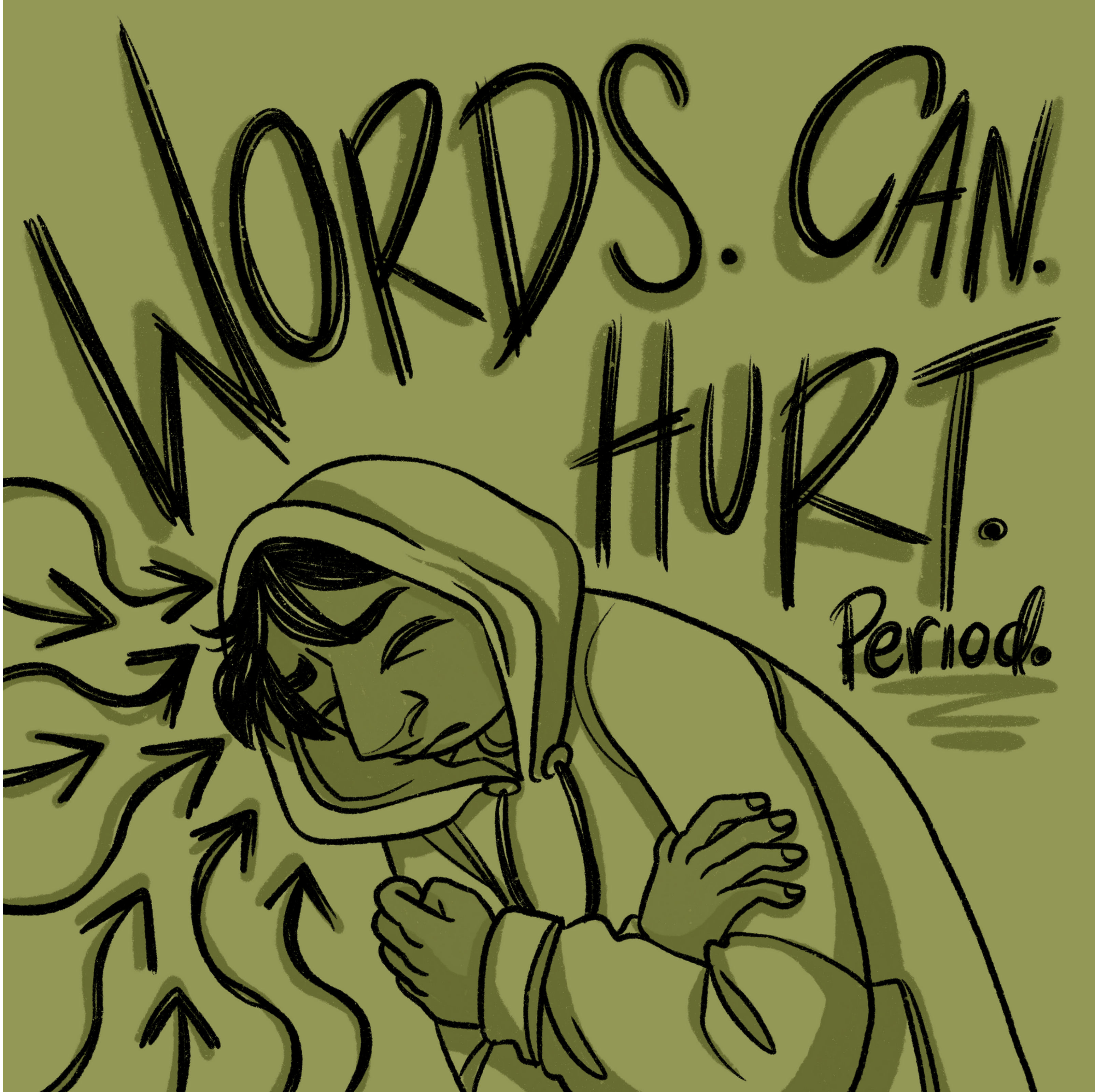
other

people

who will do that

anyways.

for you anyways.



WORDS CAN.

HURT.

Period.

There are people who believe you +
want to help you. Really.



Because no one deserves that kind
of suffering.