

## Say a Few Kind Words

No matter what happens, there's one thing you should always try to do: take time afterwards to say something kind to the kid who was being teased. Even if you don't know them that well, you could say something simple and basic that would give them comfort. You might say, "That was really mean what they did" or "I'm sorry you had to go through that" or "Don't listen to him, he's a real jerk sometimes."

It's amazing what a few kind words like this can do. Someone who is being teased is going to be feeling pretty bad afterwards. They're probably embarrassed. They imagine everyone laughing behind their back. They may feel like the whole world is against them. They might not have very many friends, and may assume that everyone agrees with the bully. They think, "Others hate me as much as she does."

If you can take 10 seconds of your time to say something kind, it will help them a lot. When someone is feeling vulnerable like this, it can mean the world to them to know that at least *someone* is on their side. Your caring gesture may be something they remember for the rest of their life. So not only will it make *them* feel better, but you might feel pretty good about yourself knowing that you helped.



Imagine that you come across a scene where kids are teasing a new girl in school. She talks differently than everyone else and came to school wearing a different style of clothing. They're pointing their fingers, making fun of her outfit, and mocking her voice by repeating everything she says in a funny tone. You can see she's trying really hard not to cry.

Later that day, you see her sitting down all by herself on the school bus. In the space write down a few things about what you could say or do to help make her feel better:

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