

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:

**D**aring to stand up for what's right made me feel good about myself.

**A**cting like I wasn't scared gave me more courage to help Luisa.

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

**E**ven 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:

**W**hen others do nothing while I'm being bullied, I feel sad and alone.

**E**veryone can imagine how it feels to be picked on.

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

**R**emember to always believe in yourself, no matter what.

**D**on'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:

**T**elling Jayla what to do made me feel powerful and in control.

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

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

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

**H**urting 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.)

