



PUBLICATION OF NEW & UNIQUE ONLINE NEWS MAGAZINE JOURNAL

FOR IMMEDIATE RELEASE

GOODNEWPRESS.NET

GoodNewPress.net is a unique, open forum online magazine journal that allows readers, writers, artists, poets, musicians, and other creative thinkers to interact, collaborate and develop future publications.

NEW YORK CITY, NY – March 10, 2011 – [GoodNewPress.net](http://www.goodnewpress.net) is a unique, open forum online magazine journal that allows readers, writers, artists, poets, musicians, and other creative thinkers to interact, collaborate and develop topic(s) for future publications. The journal's primary areas of concentration are humanitarian and human rights, women and children's rights, and environmental issues, and global justice.

The first issue of GoodNewPress.net is a three-part series on **YOUTH**. Part I, which will be published on March 20, 2011, focuses on the disturbing social phenomena **BULLYING**.

GoodNewPress.net is committed to diverse, creative thinking and writing. We are also committed to journalistic integrity and transparency. Anyone interested can go online any time at www.goodnewpress.net and watch the creation of the upcoming publication in real-time. Anyone who wants to contribute to an upcoming publication is encouraged to contact [GoodNewPress.net](http://www.goodnewpress.net).

In addition to the collaborative open forum, [GoodNewPress.net](http://www.goodnewpress.net) is offering FREE ADVERTISEMENT SPACE for a limited time. We will even create an ad for you –all for FREE!

“Good News - Let's Build It Together”

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“Good News - *Let’s Build It Together*”

“*GoodNewPress.net* is a magazine journal which informs, alerts, and seeks common ground on a host of universal issues which concern all of humanity.” *Stephanie Williams, J.D.*

“:) ... that is such a brilliant & truth-filled newsy ... blew. me. away = by it's relevance & smart-spark.”

Susie Bertie

“*GoodNewPress.net* is a comprehensive, colorful, and inspiring magazine which is guaranteed to inspire any one who reads it. It's obvious there is a lot of love going into this publication. I'd love to see this presented in every age-appropriate school.”

Julie Rust, Performing Songwriter/Inspirational Speaker

“*Visually Provocative*”

Ken Rochon, President of Perfect Networker.com

“*What an interesting and powerful magazine.*”

Dr. Sheri A Rosenthal

www.JourneysOfTheSpirit.com

“*Our readership is worldwide. The magazine journal **GoodNewPress.net** is an open forum, collaborative internet publication with a global reach and unlimited potential.*”

—**Rhonda Varsane,**
Managing Editor

OUR VISION:

1. Allow the global community to participate in speaking out and telling their story on established global topics.
2. To offer publishing opportunities to persons published and unpublished including: writers, artists, poets, photographers etc. (including local High Schools)
3. To offer free ad space to organizations and individuals (on topic).
4. Allow people to experience a magazine which talks of the hard hitting current issues of YOUTH and the Global Community; as a result: we learn we have these issues in common with others; therefore reaching inclusion.
5. We cover multiple sides of an issue and share additional resources, thus teaching people how to make positive change and take action.
6. We post the magazine live on-line as we build so our readers can watch, this works as an educational tool.

“Good News - *Let's Build It Together*”

BULLYing

Issue I: PART I
March 20, 2011



“Good News - *Let's Build It Together*”

BULLYing

Issue I: PART I
March 20, 2011





H.Y.P.E. || helping youth prepare for excellence
 I Control My Future

ABOUT

The Harbor House Foundation, Inc. (H.Y.P.E.'s parent organization) was founded in 1995 in St. Cloud, Florida. The Harbor House operated for twelve years as a licensed residential home for at-risk teens, serving to "Empower teens to live life on purpose, with purpose."

Recognizing the enormous need for a more proactive approach outside of the residential homes, in 2005 The Harbor House created an arts-based program called H.Y.P.E. (Helping Youth Prepare for Excellence) to take the message of "living life on purpose" into the public and private school systems.

MISSION

H.Y.P.E. performs highly engaging arts-based school assemblies that challenge teens to make Purpose, Self Worth, and Respect their foundation for a successful life. The phrase, "I control my future," is the basis of H.Y.P.E.'s message - inspiring teens to value themselves, set the standard of excellence in their schools, and create a future for themselves that counts!



H.Y.P.E. is "empowering teens to live life on purpose, with purpose" by creating an unparalleled platform for delivering highly educational and motivational messages of healthy life choices for young people through culturally relevant art forms.

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HER VOICE/MUSIC/SONG
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julie-rust/trust](http://soundcloud.com/julie-rust/trust)

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THERÈSE **TAPPOUNI**

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BULLYing/gossip

CAN HAVE A LIFE TIME EFFECT

Does gossip hurt?

PAGE 6

Definition of gossip

WHAT IS BULLYING?

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GRANT MOWER

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Take a Stand. Lend a Hand.

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Stop Bullying Now!

<http://www.stopbullyingnow.hrsa.gov/adults/default.aspx>

Gossip is idle talk or rumour, especially about the personal or private affairs of others. It forms one of the oldest and most common means of sharing (improven) facts and views, but also has a reputation for the introduction of errors and other variations into the information transmitted. The term also carries implications that the news so transmitted (usually) has a personal or trivial nature, as in the phrase "gossip conversation". In the last decade, gossip has been researched in terms of its evolutionary psychology origins.[1] This has found gossip is an important means by which people can monitor cooperative reputations and so maintain widespread indirect reciprocity.[2] Indirect reciprocity is defined here as "I help you and somebody else helps me". Gossip has also been identified by Robin Dunbar an evolutionary biologist as aiding social bonding in large groups.[3] The term is sometimes used to specifically refer to the spreading of dirt and misinformation, as in the phrase "gossip column" which dirt members discuss. Gossip is also used to refer to the spreading of dirt and misinformation, as in the phrase "gossip column" which dirt members discuss. Gossip is also used to refer to the spreading of dirt and misinformation, as in the phrase "gossip column" which dirt members discuss.



Does gossip hurt?

WHAT IS BULLYING?

What Is The Definition of Bullying?

A lot of young people have a good idea of what bullying is because they see it every day! Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.

Bullying is:

- * Punching, shoving, and other acts that hurt people physically.
- * Spreading bad rumors about people.
- * Keeping certain people out of a "group" or off a team.

- * Teasing people in a mean way.
- * Getting certain people to "gang up" on others.

Bullying also can happen on-line or electronically. Cyber-bullying is when children or teens bully each other using the Internet, mobile phones or other cyber-technology. This can include:

- * Sending mean text, e-mail, or instant messages.
- * Posting nasty pictures or messages about others in blogs or on Web sites.
- * Using someone else's user name to

spread rumors or lies about someone. There are many ways young people bully each other, even if they don't realize it at the time.

Unfortunately, not everyone takes bullying seriously, including adults. This is one of the main reasons that the **Youth Expert Panel** has worked alongside the representatives of the **U.S. Department of Health and Human Services (HHS)** and the **Maternal and Child Health Bureau (MCHB)** to develop the **Take A Stand. Lend A Hand. Stop Bullying Now! Campaign.**



SILENT FACE of BULLYing

By Rhonda Varsane

outside the home, among a victim's peer group, and in a public place
unable to escape the harassment easily, computers to send threatening e-mails,
cell phones to take digital pictures of their victims, they manipulate and later post on-line, showing
up in chat rooms, Two years ago stats tell one in three teens, report threats of, violence, or
sexual, physical, abuse, one in four, report:

victimized, text messaging, anonymously, little effort, act, carried, repeatedly, convenient time,
phone never far, constant, captive, audience, witness his, her, bombard, victim, cruel messages,
disturbing images,

broadcast, embarrassing, moments, others SEE, nine years old, Cyber-threats, threaten, agitate,
others, incite, violence, against somebody else, pressure, victim, self-harm, Cyber-stalking,
harassment, threatens, harm, highly, intimidating, receive, e-MAIL, see, again and again, chat,
room, engage, conversation, trick, revealing, private, posts, secrets, calling, "crazy", trick,
sending, photo, victim's, humiliation, trolling, post, false, information, innocent, people, respond,
contribute, perpetual, target, victimization,

Exclusion, students, learn, Canadian's, ins, outs, texting, school's, curriculum, cruel, involves,
digital, photos, capture, victims, locker-room, manipulates, photo,

"happy slapping.," bully, physically assaults, victim, recording, beating, using, cell, distributes,
recording, others, watch, assault, planned, post, YouTube, MySpace

IT HURTS ME!

Sticks and Stones may break my bones but **WORDS** will never hurt ME.

TELL SOMEONE

GRANT MOWER

I am 12 and have risen above adversity from the effects of BULLYING.

In third grade, I discovered “Project Runway”. It was great because it fit my interests of sketching dresses and fashions design, which I have done as long as I can remember.

It is amazing, other guys like doing the same thing I do and make a career out of it! I announced this dream; my life’s calling; to be a fashion designer, to my classmates. This started quite a stir; needless to say the boys were not impressed. I wanted their validation but this made things worse.

I could not concentrate; it hurt badly, the words, the comment, the actions, not only did they not understand, they were downright mean. I began failing in my grades I couldn’t function.

Mom helped me get lost in what I love; fashion design; my new found passion. I read every book on fashion history from the library.

I got to meet my idol Tim Gunn.

I am happy and feel like I fit in well as a 6th grader. Last fall I won a design competition in Dallas, my hometown. I was the youngest entrant and the only boy. The other student designers were high school and college age! I pride myself in knowing more about textiles & fabric construction than most grown-ups.

I spend hours and hours watching videos on the internet; learning how

to bead couture garments. For those who do not know ‘couture’ means: Chanel is my favorite! I have dreamed big and have studied the steps I must take to make them come true, I have no doubts.

I am now doing great in school. I still get an occasional comment and name calling but now, I let it roll off my shoulders thanks a lot to my family. After all, I make my own weather... and it’s sunny!



Take a Stand. Lend a Hand. *Stop Bullying Now!* Meet The Cast

<http://www.stopbullyingnow.hrsa.gov/adults/default.aspx>

Springdale Middle School is full of interesting cartoon kids and adults called 'The Cast'. Find out about KB, Mr. Bittner, and other Springdale students and teachers as you learn about BULLYING.

Springdale Middle School is a make believe place where people who have been BULLIED can get help and where they have a voice, A BIG VOICE.

There are 16 cast characters you can get to know and learn from. It has two sites; one for kids and one for adults, it is also translated to Spanish. This same page give kids Quick Links to; *Webisodes [animated stories]*, *Games* and information about 'The Cast'.

We start with *What Is Bullying*; we learn *Why Do Kids Bully*, *Signs You Are A Bully*, and *Effects Of Bullying*, we then lead into *What You Can Do?*

What Can Adults Do?

First stop by the adult's *Stop Bullying Now!* Campaign Website: <http://www.stopbullyingnow.hrsa.gov/adults/default.aspx> here you'll find resources about *Bullying Awareness*, *Prevention* and *Intervention*.

No matter how you interact with children and youth, there are many ways you can **Take a Stand. Lend a Hand. Stop Bullying Now!**

Take a Stand. Lend a Hand. Stop Bullying Now! is the slogan for the Web Campaign sponsored by U.S Department of Health and Human Services Health Resources and Services Administration.

Please take the time to read *How You Can Help*, *Guide To Using Materials*, *All About Bullying*, *Cyberbullying*, and *Tip Sheets*.

The following pages of our magazine will help you set up your own campaign.

For Adults there is *How You Can Help*, *Guide To Using Materials*, *All About Bullying*, *Cyberbullying*, and *Tip Sheets* and the *Starting A Campaign* (which includes Video Workshops and Illustrated Books). There is: *Partnerships*, *News for Parents*, *Family* and *Educators*, it details *Health and Safety*, *Law Enforcement and Justice*, *Mental Health*, and *Youth Advisors*.

A free DVD Video **Tool Kit** containing free video content plus twelve Webisodes, along with **Public Ser-**



vice Announcements (PSA's) and Video Workshops. The Workshops include one PowerPoint presentation on *Bullying Among Children and Youth* and five full-length versions of their video workshop, these are very large files.

They include: Education Video Workshops; *Health and Safety Video Workshop*, *Law Enforcement and Justice* Video Workshop, *Mental Health* Video Workshop, *Youth Organizations* Video Workshop.

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Starting A Campaign

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In addition there is a Workshop Podcast on iTunes.

Starting a Campaign has all the materials you need to start. You can find the twelve page **Activities Guide**, a handbook of ideas for starting the **STOP BULLYING NOW!** Campaign for your neighborhood or school.

First you will want to download the 12 page PDF activity guide. It gives six ideas of booths set up to share information with others, it suggests a Pledge Wall and teaches you how to write and use a Public Service Announcement. It suggests you get involved with your city, businessmen and company to urge them to finance bill-boards. Ask local bands to get involved, use chalk to write on sidewalks and streets, have teen town hall meetings, this is only page five of twelve.



The site provides TV spots and PSA. On these pages we share printed material which is available for your use. You can download this for **YOUR CAMPAIGN**, from the website.

THIS IS YOUR OPPORTUNITY TO MAKE A DIFFERENCE!

All the material is provided for you, along with instructions and additional links, for help and resources.. This is a horrific subject, our children are killing themselves because of words.

WORDS ARE TO HEAL NOT KILL



Next are **TFK Extra!**, an illustrated book series featuring **STOP BULLYING NOW!** a Webisode with story lines and characters. The three volumes [books] are available for free download and printing. Please download the accompanying Teachers Guide and Questions files.



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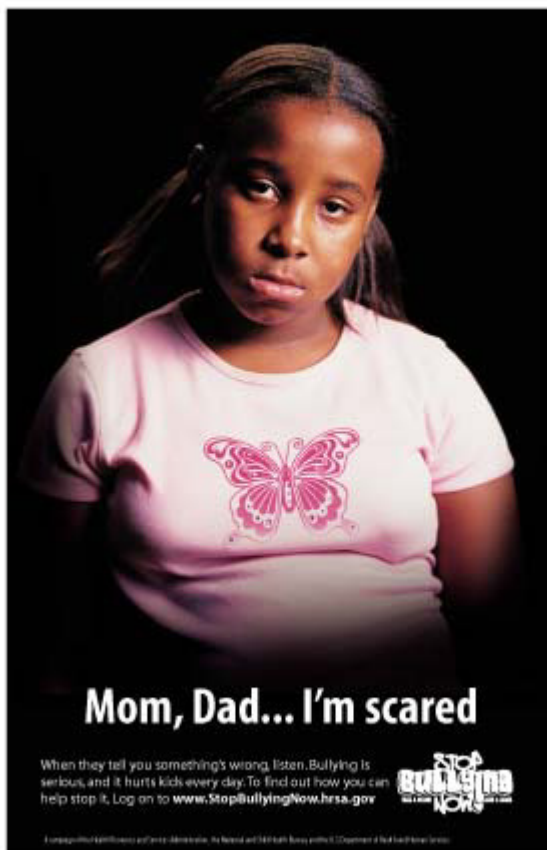




HELP ME

You can order free of charge publications and materials developed by HRSA by calling 1.888.ASK.HRSA or by visiting <http://www.ask.hrsa.gov/>
<http://www.stopbullyingnow.hrsa.gov/adults/start-a-campaign.aspx>

PARENTS THIS IS WHERE YOU START TO MAKE A DIFFERENCE



3-COLUMN (6-7/16") X 10"; 133 LINE SCREEN



3-COLUMN (6-7/16") X 4-1/2"; 133 LINE SCREEN



2-COLUMN (4-1/4") X 6-1/2"; 133 LINE SCREEN



We can never hide the truth. It travels with

PHOTO: JUSTIN MACARTHUR RAND
Author: Juno Cristi

My battle with **BULLYING;**

going to the limit and back.

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the Daniel Scogins's Story

Bullying Starts In

First Grade

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Portrait of an Adoption on Facebook

THE one WHO BELIEVES

Author: Juno CRISTI

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Photo by Ambro

“My Babysitter Looks Just Like Me”

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MILTON 501 BOWENS

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THE END OF BULLYING

STARTS WITH ME!

Daniel Scogin's Story



My battle with BULLYING; going to the limit and back.

In the past couple of months there have been numerous stories of bullying. Having been seriously bullied as a child/teen (mostly because of my sexuality) I know all too well what these teenagers are facing every day and how one can come to the decision to take their own life; I almost did.

Growing up in rural South Carolina, I started sticking out as far back as I can remember. I was loud, dramatic and

really liked hanging around girls. I never really got into sports and wanted to spend my time inside watching soap operas rather than playing outside. Though I was teased and made fun of for not being the "typical" boy, I never really felt that different; not until I got to high school.

By the time I was 13-14, it was pretty clear I was not and was never going to be "into" girls and I wasn't the only one

that noticed this. It seemed that every day some one had to make a comment about my sexuality: "fag", "homo", "queer". I even had guys try to embarrass me during the middle of class with hateful notes and blowing me kisses. For the most part I let most of this behavior roll off, but there is only so much a person so young can handle.

As I reached my sophomore year and turned 15 the teasing and bullying

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reached new levels. I was threatened, accused of hitting on guys and even beat up one day after school. Having feelings of being alone I turned to the only friend I knew would understand. The problem: it was long distance and my parents would not allow me to call (those calls were expensive back then). I got so desperate to talk to someone I would call my friend and have the calls charged to someone else (and yes, that got me into a lot of trouble).

Finally, the day came where I reached my limit; the bullying had become overwhelming, not being able to talk to my best friend was taking its toll and getting caught again with the long distance scam I was running was getting me in trouble; it was all too much. In a very sudden and impulsive act, I went into my parents bedroom, found my dad's gun, went into the bathroom and shot myself in the stomach. "It didn't work, I had not succeeded in killing myself", I will remember thinking for the rest of my life. The pain of the shot was unbearable and I as laid on the bathroom floor I could hear my brother and grandmother screaming. Everything else happened so quickly, but the pain seemed to linger! I remember being in the ambulance begging to die and wanting it to all be over; obviously some one had other plans for me.

After several surgeries, a colostomy (that thankfully was reversed), and therapy I started to realize it wasn't me; it was how I let others make me feel. Looking back on it today, I know that none of it was worth it or made any sense. Now I am just happy to be alive, happy and loved. I am not saying that since that time in my life, I have not faced struggles or demons of my own; I face each battle head on. I just know that there is nothing in this world more important than the value of human life, and

to belittle others to make yourself seem powerful and dominate is WEAK!

To the bullies out there: What ever it is that you are going through at home, trying to prove to yourself or someone else, it's not worth it. Making someone feel so badly about themselves, to the point that person attempting suicide, is nothing short of evil. Stop and think about how this person feels; how would you feel if someone knew of your weak-

are just as much to blame! How dare you allow your children to treat others this way and at times, endorse it. Think about how you would feel attending your child's funeral because bullying led to suicide!

To those of you who know someone that is being bullied: Stand up for them, get help to stop it. If you know a friend is in pain and needs help, be the one! You will undoubtedly make a huge



ness and exploited it for game?

To the parents of the bullies: Get involved in your kids lives and stop the behavior. And if you know about it you

difference in their life!

To the parents of the bullied: Talk to your children, force them to talk to
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you and let you know what's going on. Seek out help if you cannot deal with the issues on your own. Finally, to the gay youth and others *which are being bullied*: **Not** to sound cliché, but it does get better!

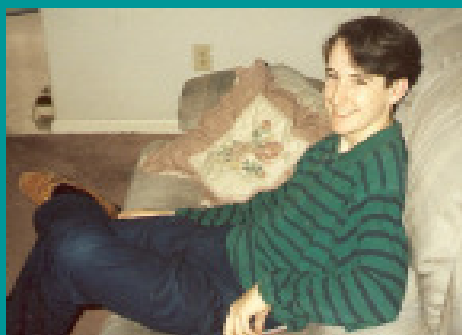
Though it may not seem it now, it will. Start by surrounding yourself with people which love you and accept you; if you can not find these people at school or home then look elsewhere!

If 1 in 10 people are gay, then there are a whole lot of us out there and we accept you. There are also many resources out there; you can start by visiting **The Trevor Project**! or you can email me and I will get you in contact with some one in your area.

Your life has value and trying to end it is not fair to you, your family and others which love you.

You are amazing and there is so much happiness and love waiting for you. Don't give up now, it's going to be worth the wait, I promise! And remember everyone, when in fear TALK to someone!

The CDC reports 60 percent of high school students claim they have thought about committing suicide, and around nine percent of them say they have tried killing themselves at least once.



Daniel Scogin during times of conflict.



Daniel Scogin addresses issues today with humor as a writer for ChicagoNow.com

‘Looking back on my life, I feel that everything that happened was meant to be. I am now living in Chicago with my partner and could not be happier. Earlier this year I started writing for ChicagoNow.com and have used it to help me talk about some of the issues I have and still deal with as a homosexual male. Surrounding myself with amazing people, I am able to face the issues with a more positive approach than I was able to as a teenager.’



Bullying Starts In First Grade

http://www.chicagonow.com/blogs/portrait_of_an_adoption/2010/11/anti-bullying-starts-in-first-grade.html

November 15-19 is Anti-Bullying Week at the schools. Like so many others, I have been reading with dismay about the recent victims of bullying, and I ache inside for the pain these young people have experienced.

I have often thought of bullying as a problem that faces children older than mine, but a recent conversation with my

first grader has given me pause. Maybe it starts right here, right now with our little ones.

At summer's end, Katie and I went to Target to pick out her backpack, lunchbox and water bottle for the new school year. After great deliberation, she chose a Star Wars water bottle to match her Star Wars backpack.

Katie loves Star Wars, and she was very excited about her new items. For the first few months of school, she proudly filled her water bottle herself and helped me pack her lunch each morning. But a week ago, as we were packing

her lunch, Katie said, "My Star Wars water bottle is too small. It doesn't hold enough water. Can I take a different one?" She searched through the cupboard until she found a pink water bottle and said, "I'll bring this."

I was perplexed. "Katie, that water bottle is no bigger than your Star Wars one. I think it is actually smaller."

"It's fine, I'll just take it," she insisted.

I kept pushing the issue, because it didn't make sense to me. Suddenly, Katie burst into tears.

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She wailed, “The first grade boys are teasing me at lunch because I have a Star Wars water bottle. They say it’s only for boys. Every day they make fun of me for drinking out of it. I want them to stop, so I’ll just bring a pink water bottle.”

I hugged her hard and felt my heart sink. Such a tender young age, and already she is embarrassed about the water bottle that brought her so much excitement and joy a few months ago.

Is this how it starts? Do kids find someone who does something differently and start to beat it out of her, first with words and sneers? Must my daughter conform to be accepted?

The confusing part for me is that I know these first grade boys. I can’t simply see them as random mean boys bullying my baby. They are good kids individually, and Katie often plays happily with them.

But when you put the boys together in a pack, maybe they start to feel vulnerable and insecure, which causes them to do unkind things, such as tease my daughter for carrying a Star Wars water bottle.

Maybe they do it to get laughs out of each other. Maybe they do it because if they are busy teasing Katie, nobody will tease one of them. Maybe they do it because they want her attention and have limited social skills at this age.

“Katie, it is okay to be different. Not all girls need to drink out of pink water bottles,” I told her.

“I don’t want to be too different,” Katie lamented. “I’m already different. Nobody else in my class wears glasses or a patch, and nobody else was adopted. Now I’m even more different, because of my Star Wars water bottle.”

Katie cannot control the fact that she is different due to adoption or poor eyesight. But she can control what accessories she carries to school, and she is trying to exercise that control. She has learned that there are degrees of being different, and she wants to minimize how different she is.

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Being different is a complicated topic. We say that we celebrate diversity, and we preach tolerance. But at the same time, we as adults are often fear-

I see people publicly lauding diversity and privately attacking those who are different.

It trickles down to kids teasing each other for the types of toys they prefer. So it starts now, with a couple first



ful of those who are different. I see people tease each other for being gay or poor or overweight. I see grown-ups bullying others for holding different religious and political beliefs.

graders and a water bottle. Right here, right now, we as a community need to recognize the slippery slope of bullying those who are different. We need to show our support for each other's

choices, as long as they do no harm.

I talked to Katie about all my musings. Talking about it is the best defense. I have urged her to bring the Star Wars water bottle if that is what she really wants to do, even if it makes her different. Today, she felt brave enough to bring it. I hope that she is able to eat her lunch without feeling nervous.

I would love to be able to show Katie that she is not alone, that other females appreciate Star Wars. If there are any female Star Wars fans reading this, please feel free to show your support for Katie. I will let her read your messages or comments, and I think she will be surprised by what I suspect is a vast number of female fans.

And if you have a little boy out there who wants to carry a pink water bottle, tell him about Katie and reassure him that if she can carry a "boy" water bottle, he can carry a "girl" water bottle. Let's help all our kids grow into confident adults who can appreciate being different.

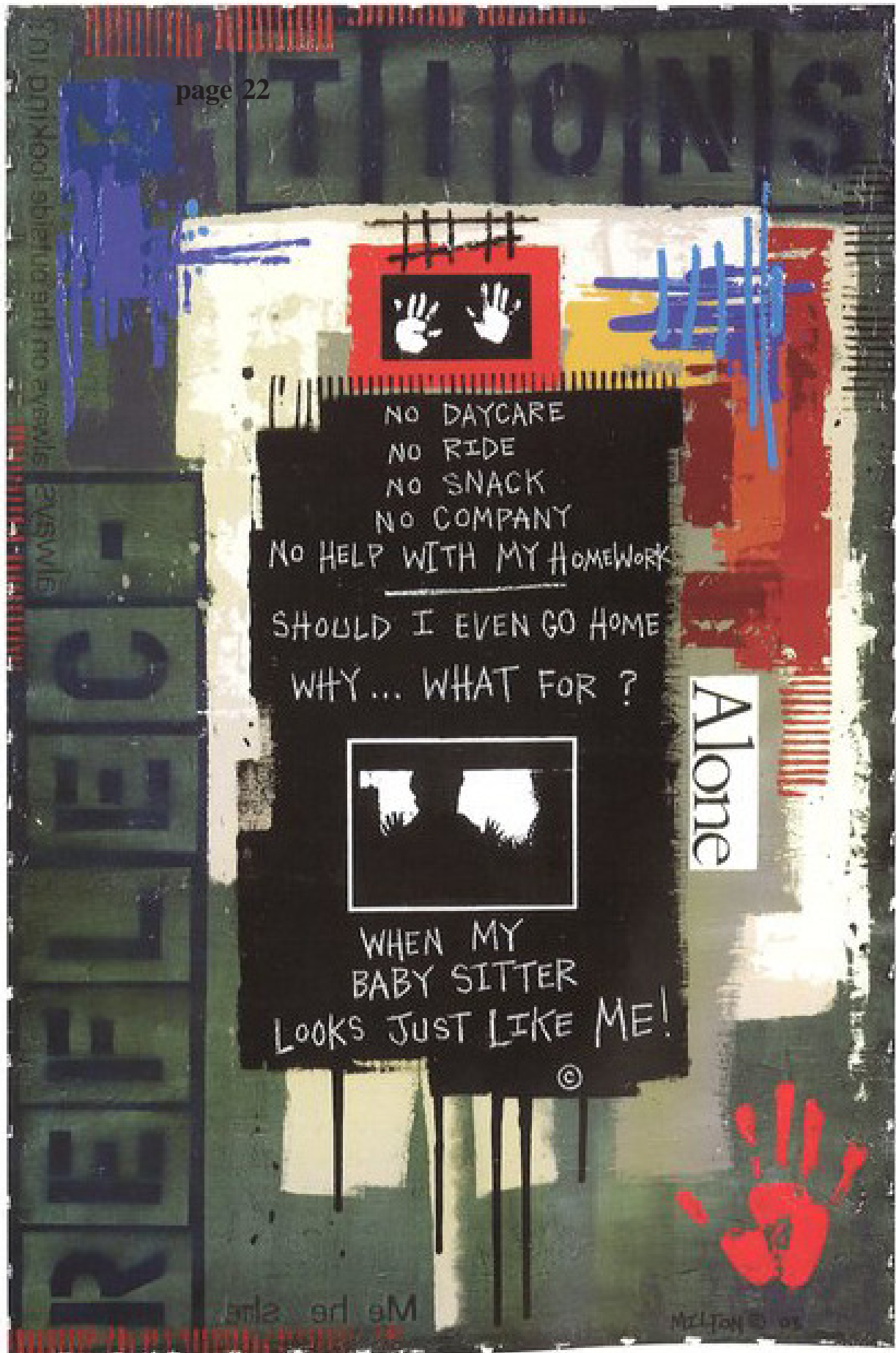
Wow! Katie is overjoyed by the comments coming in!!! My sweet first grade daughter has been sitting with me at the computer, reading aloud all the wonderful, supportive notes from readers, and her face is shining. Each night after dinner, we are going to sit together, and she is going to read several comments to me and her daddy. We are going to print the comments out and make a book for her to read whenever she feels the need. Today she wore a Star Wars shirt to school and said to me, "Tell the people about it!!!!" This is really restoring her self confidence. She did a jaunty little pirouette in her Star Wars shirt before school. Thank you, Carrie

To keep up with Katie, please "like" **Portrait of An Adoption on Facebook**. I post all my articles there.

**The one who believes in
gossip is also capable of
creating it.**

**Author: Juno Cristi
Photo by Ambro**





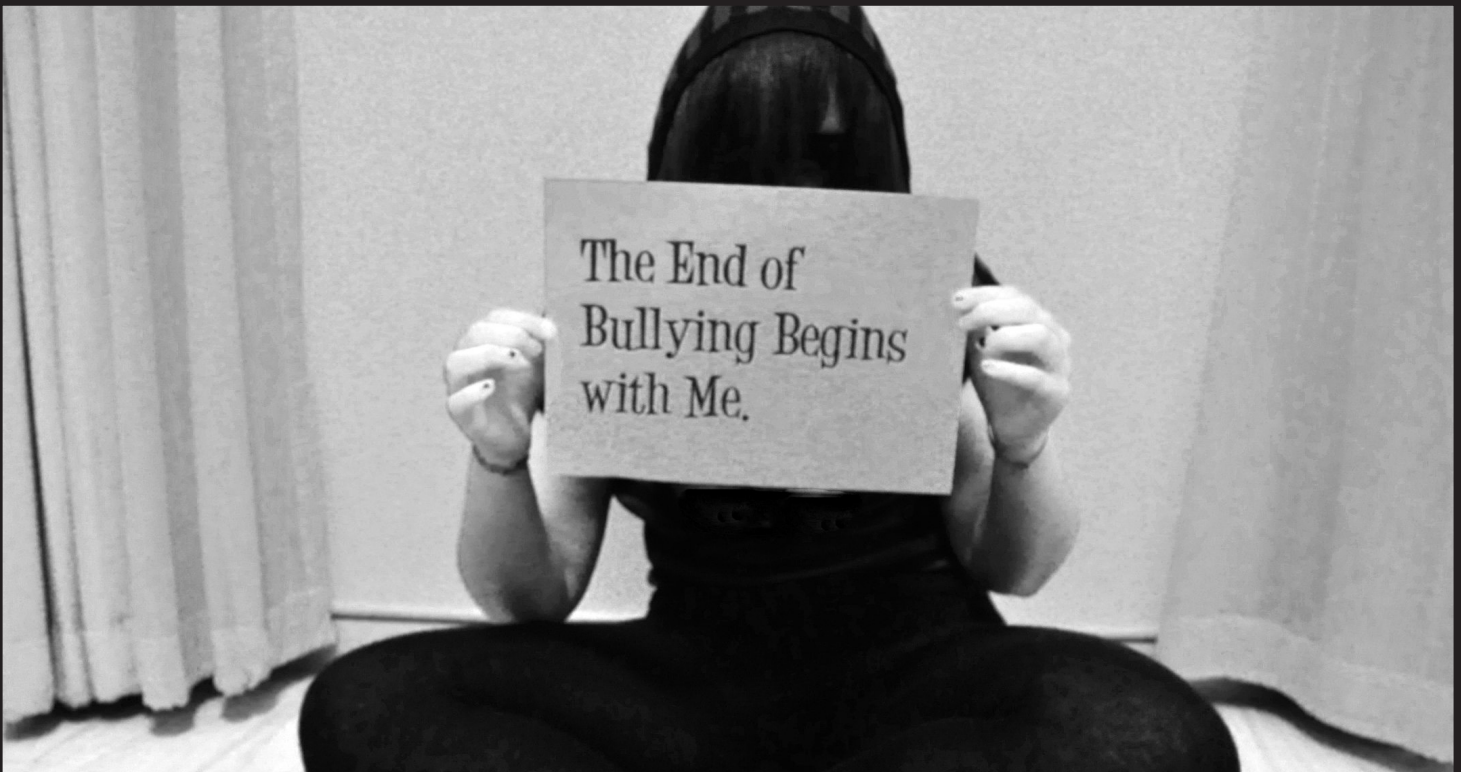
My Babysitter Looks Just Like Me, 2003, mixed media on paper, 41 x 30 inches

BULLY

FREE

ZONE





The End of Bullying Begins with Me.

This picture is dedicated to Phoebe Prince, and to every other person that has ever been bullied. **May her soul Rest In Peace.**

Phoebe Prince committed suicide because of Bullying, at the age of fifteen. it's really heart breaking to see how Teenagers, of our age can be so heartless and bully their own kind of people to the extent where that person can't take it anymore.

we need to raise awareness.

Bullying, i used to find it funny that our Teachers in school kept talking about it so much, but now... i understand why. Phoebe Prince's story really moved me. and i hope it moves you too. read it at <http://www.foxnews.com/opinion/2010/04/06/dr-dale-archer-phoebe-prince-south-hadley-mass-bullying-death-da/>

so together, we can stop bullying! :)

Teens Against Bullying is a REALLY cool website and they want to promote the Phrase, "The End of Bullying Begins with Me." so do check it out and you'll get some awesome ideas in your head. :) together, we can stop bullying! what it can do to one, it can do to many. and no one ever deserves to get bullied. no one.

The suicide of Phoebe Prince, on January 14, 2010, led to the criminal prosecution

of six teenagers for charges including statutory rape and civil rights violations,[1] as well as to the enactment of stricter anti-bullying legislation by the Massachusetts state legislature.

Nine teenagers from South Hadley High School were indicted as adults on felony charges by a Hampshire County grand jury. Charges ranged from statutory rape for the two male teenagers involved (both adults under Massachusetts law) to violation of civil rights, criminal harassment, disturbance of a school assembly, and stalking.

The investigation has revealed that certain faculty, staff and administrators of the high school also were alerted to the harassment of Phoebe Prince before her death. an inconsistent interpretation in enforcement in the school's code of conduct when incidents were observed and reported.



you **y** care

CONNECTACCEPTRESPONDEMPower
CONNECTACCEPTRESPONDEMPower

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cyber-bullying
bullying-cyber

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Journal to Change **YOUR** Life:

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Bullying:

Help your child handle a school bully

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Bullying

YOU

You are never alone. You are not responsible for anyone who chooses to take their own life. As friends, family and loved ones, all you can do is listen, support and assist the person in getting the help they need.

CONNECT

the person to resources and to a supportive, trusted adult.

ACCEPT

and listen to the person's feelings and take them seriously.

RESPOND

if a person has a plan to attempt suicide and tell someone you trust.

EMPOWER

the person to get help and to call The Trevor Lifeline (866-488-7386).

Because...

suicide is the third leading cause of death among 15 to 24-year-olds.

Because...

LGB youth are up to 4 times more likely to attempt suicide than their straight peers

Because...

depression is treatable and suicide is preventable

Because...

when You CARE, you can help save a life!



bullying-cyber-bullying cyber-bullying-cyber-

Rhonda Varsane

How many deaths from bullying were cyber-bullying? This means of bullying has a much stronger effect/affect. It is actually hard-wiring the comments into the brain by the use of multi-media. So it is felt more, it involves more senses, it imprints on more memories. It is like crack, everything is attached to everything, every moment, every sound, every place; every picture, every friend, the classroom, on and on.

Bombarded, every moment, as each moment the feeling becomes exponential, the pain grows; it grows so strong you can not get away from it. You see it as part of you, it is part of you.

Can you, as someone who has never been bullied, feel the over bearing pain? The pain so strong your surroundings blur, you can not focus, it makes you sick to your stomach, you cannot eat, you can-

not concentrate on school work.

To top this off the number of people involved in the bullying grows. The pushing of the re-send button, the forward button, the copy button, sending the mail to all on their address list, on the computer, on the phones, on the ipods/touch.

You are now overwhelmed with the knowledge that everyone KNOWS. Knows what! A distorted lie. The purpose? To intentionally hurt a human being. Many times it involves a small fragile soul, someone who is different.

We have not celebrated differences, instead it is fodder for some. The differences of people are focused on as bad within the adult world, propelled by their hate, how can we expect our kids to act differently?

We all eat, drink, cry, celebrate, hurt, think, wish, grieve, love, hope, trust, give, take, believe. We are the same. Our differences are age, color, religion, social economics, education, location, and sex. So what? I am taller than you, I am poor, I am fat, so what, so what. I am no less than you. You are no less than me.

BUT, pain is the same from Bullying. Few adults would have the experience needed to handle this. Why do we expect our kids to. Like Traumatic Shock Syndrome Disorder: it is hard to recognize, it is hard to pen-point at the time it is happening. But, the results are the same. It is in fact Traumatic Shock Syndrome Disorder.

We must open our eyes, listen, be involved in our YOUTH'S electronic world, we must never fear of making a stand.

Let us see all kids as our own.

Journal to Change YOUR Life: Anti-Bullying

by Lillian Gaffney

I have sat on both sides of the fence on this issue of bullying. I'm not proud to admit it; however I myself was a bully. This is my story of being bullied and being the bully.

When I was a young child I experienced some situations where people I loved and respected used their authority in an abusive manner. This damaged my spirit and self-esteem. I grew physically in years and size although I never really grew where it counted the most, emotionally and mentally. I had no way of protecting myself, I even thought all of this was normal.

When I hit my teens, I became the bully. Looking back I can see how being powerless can cause one to act inappropriate. I was obviously filled with fear. Being a bully gives someone the false sense of control. They use bullying as a way to control others for they themselves are out control. I had a long history of others bullying me. Even to this day I can be triggered by someone bullying me. Only now, I see it as a sign to get out of dodge, quickly, rather than tolerate it.

However, I did stop being the bully. I realized after years of this behavior I did not need or want to act this way toward another human being. A big part of that came from learning to love myself and setting boundaries. I spent years recovering from situations where I became the subject of abuse. One even internalizes thinking they did something to deserve it. Nothing could be further

from the truth. No one deserves to be abused. There is no excuse for abuse. Let me say again, only louder.. **THERE IS NO EXCUSE FOR ABUSE.**



Heal not Hurt.



Write It Out - Not Fight It Out.

get support. Expressing your experience gives you courage, strength, healing, and empowers you to take your life back.

I think journaling saved my life. I learned to trust myself, regained my power, and learned to forgive. I hope you will too, if you have been bullied.

I've been journaling and using other expressive arts to heal for the last twenty years. I now coach others through this art. If you or someone you know has been bullied, journaling can be a safe way to start expressing your feelings and thoughts. By putting your process down on paper you are beginning to release what has been pent up inside of you.

Think about this, when ever an object or even a harsh voice comes at you...what is the first thing you do? Cringe? Tightened up? Flinch? When we 'contract' for a long period of time this causes physical pain, but also, mental anguish, emotional shame, guilt, fear, anger, sadness and a whole gamut of other negative feelings. Paper is no threat.

Just getting it out will help and eventually you will want to share it with others. The sooner the better so you can

Bullying:

Help your child handle a school bully

Childhood bullying can have lifelong consequences. Listen to your child's concerns. Then help your child create a plan to stop bullying in its tracks.

BY MAYO CLINIC STAFF

Bullying was once considered a childhood rite of passage. Today, however, bullying is recognized as a serious problem. Up to half of all children are bullied at some point during their school years, according to the American Academy of Child and Adolescent Psychiatry. And thanks to tech-savvy kids, cyberbullying and other forms of electronic harassment are now commonplace.

To help your child handle school bullying, learn to recognize it — and know how to respond.

TYPES OF BULLYING

Any child can be bullied, particularly younger children and those who have few friends or are easily intimidated. At any age, bullying can take many forms. For example:

- **PHYSICAL BULLYING** includes hitting, punching, kicking and other types of physical harm, as well as destruction of a child's property.

- **VERBAL BULLYING** includes teasing, name-calling, taunting and racial slurs, as well as spreading gossip or malicious rumors.

- **CYBERBULLYING** includes

harassing emails, instant messages and text messages, as well as intimidating or threatening websites, blogs or posts.

CONSEQUENCES OF BULLYING

Children who are bullied may be afraid to go to school. They may complain of headaches or stomachaches and have trouble



concentrating on schoolwork. In the long term, the consequences of bullying may be even more severe. Children who are bullied have higher rates of depression, anxiety, low self-esteem and other mental health conditions.

Children who are bullied are more likely to think about suicide. Some of these wounds may linger into adulthood.

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Bullying

Dr. Carla Goddard

As a **Pastor** there are many times which people from all walks of life come to me. In my position as Director of a Spiritual Wellness Center I find they come for different reasons. There seems to be one thing in common among nearly every person. They come for hope. Hope for something. **Something better, something different, something spiritual, something emotional,** or just something physical. As one who is in the field of pastoral work I would like to think every spiritual leader would offer **HOPE.**

Regardless of the spiritual journey you are on, regardless of what your background holds, regardless of what sex you are, what age, what economic stature or what **sexual orientation** you have - when you come to a spiritual leader you are looking for hope. Personally I believe it is my responsibility to carry a message of hope to everyone who comes seeking out help. I know not all religious and spiritual people in pastoral positions offers so important four letter words.

I am compelled to write this article because of my experience this morning. I **volunteer** on a website which offers the public a place to ask questions of volunteers in different categories. The public has a choice whether to ask the question pri-

vately or publicly. The question/comment I received from the site was from a 13 year old young man. He wanted to tell someone of his plans. Paraphrased from his email: Wednesday's night he went to his hometown church (please note I have since found

“If I am going to hell anyways, and the church says God “hates” me and I can’t be saved, I think suicide is the only answer. I just thought someone **should know.**”

the young man was from another state) and spoke with the pastor. The conversation was to tell the pastor he was gay. The young man's question was did God still love him. The young man heard “being gay was going to send him to hell and that God does not ‘like’ people who are homosexual.”

His statement to me, “If I am going to hell anyways, and the church says God “hates” me and I can’t be saved, I think suicide is the only answer. I just thought someone should know.”

I am not exactly sure why the young man

chose me to write to me, but, he did. I am unsure of type of church. Was that relevant, what is relevant? This is not the first time a situation of this nature came across my path. There are Many times people come from different religious backgrounds and share the judgment which was passed down upon them. Judgment upon their sexual orientation is only one example. While I understand many religions have their dogma and beliefs, I can not fathom the idea of telling a person they are condemned and there is no way out.

If I am not mistaken, the basis of every **religion** and every spiritual path is Hope. Hope in something, something outside of themselves. Hope to carry them through dark days. Hope they are not alone. Hope someone cares enough to listen. Hope tomorrow is a brand new day.

I will not go into statistics of how many young people commit suicide each year.

I will not go into

quoting from sacred texts. I just want to know and understand how it is any spiritual person, especially those who are looked to for guidance and help, can ever tell anyone there is no hope - no way out - nothing but condemnation.

Due to the very nature of being the Director of a Spiritual Wellness Center, I am blessed with the opportunity to meet many beings on different spiritual journeys. I have the opportunity to speak with many religious and spiritual leaders of the community. I am blessed with being able to speak with persons from different economic lev-

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els, different educational backgrounds, different countries, different sexual orienta-

but kill. The power of four letters. Hope. Love. Or Fear. Hate. They are all four letter words, it is a matter of what weight they carry. I pray that the weight is as light as an

Show them love. Regardless of what spiritual journey they are on - show them hope, light and love. I challenge you to speak of hope, light, and love in your churches, in your temples, in your synagogues, in your homes, and in your classrooms. I challenge you to show tolerance and not judgment. I challenge you to reach across the paths to your spiritual neighbors in your communities and work together as one to bring hope, love, and light back into our communities. I challenge you for one moment set aside your dogma, set aside your sacred text, set aside all of things human and reflect upon what is the basis of your faith.

I challenge you to look deep within yourself and ask: Is it not hope, love, and light which drew you to your chosen spiritual journey. Is it not hope, love, and light which continues to draw you to your spiritual beliefs and faith. I challenge you to ask yourself how would you be received in your own spiritual places if you walked in des-



The Power of HOPE

tions and different **cultures**. It is my belief, all as spiritual leader, would have offered **HOPE**, offered **LOVE** and offered **COMPASSION**, however, I think we need as a community, especially those of us who are in positions of leadership, whether it is spiritual leadership, educational leadership or simply mentor leadership, to be acutely aware of what we say to people and how we say it. We never know what the power of our word can have. It can uplift and be a beacon of light or it can be a razor blade that cuts deep and perhaps not only wound

angels wing that carries hope and love upon it. Let us all become beacons of light. Let us all, everyone who reads this, be a person who carries hope and love to all which cross our paths.

I make this challenge to my brothers and sisters who are spiritual leaders and spiritual workers. I challenge you to carry hope. Regardless of what a person says to you. Show them hope. Show them light. Show them love. Regardless of what sexual orientation, show them hope. Show them light.

perate, alone, hopeless, and lost. What would you find?

I am not asking anyone to change their faith nor their belief system. What I am asking is for each of us to pause a moment and reflect upon the words we say and the power they have. You never know the impact your simple words will have on another human being.

Dr. Carla Goddard
dr.carla.goddard@verizon.net

Winning Against Bullying (A Personal Story)

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Open your heart

Photo by: Clare Bloomfield

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Verse by: Juno Cristi

Verbal....Play To Keep Bullies Away

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THE ULTIMATE

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Author: Juno Cristi
Photo by Rhaniel Lao

PTSD AND BULLYING

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Winning Against Bullying

(A Personal Story)

Over the past few months I have been corresponding with the person who submitted the story below. They wanted to send this story and their thoughts to me and asked many questions to clarify how they would write it. I wasn't sure what I was going to get from them, and what I received and now sharing below is a gift, a gift of writing with emotion and meaning. Some may not agree with this person's opinions. The way it was said was not only touching to me, but also educational and thought-provoking. ~Alan Eisenberg

Winning Against Bullying In Spite of Adults

Alan Eisenberg blog on bullying

<http://bullyinglte.wordpress.com/2011/01/03/winning-against-bullying-a-personal-story/>

After Phoebe Prince's suicide and that of Tyler Clementi, I thought I should write. As a child, I faced bullying and won-- with little support from adults who could've done something-- and, as an adult, think bullying should be punished and self-defense supported. Without responsible adult supervision (and I don't mean more laws or rigid zero-tolerance policies) to stop hostile abuse or back action against it, we teach our children they're helpless, don't matter and only hang on until, one day, they can't.

At age 9, I stood up to an older bully (in an urban environment with violent, drug-using and sexually-active pre-teens) and drew attacks by his followers, a \$5.00-apiece price on my

teeth and instant buddies going "What're we gonna do?!" on my side.



"Oh, not my baby" and "boys will be boys" from parent/school channels and no-fighting "all violence is wrong" policies that punished self-defense let me get "accidentally" pushed out into

traffic twice (refusing the bully's public offer to "call it off" if I paid \$10.00 tribute, while giving my side guidance to only evade and defend) in the first year... then, using mischief (assault being illegal and self-defeating as not resisting at all) to persistently upset, frustrate and divide, break our opponents' will to fight over the next four. ("Let 'em start, make 'em run" by any defensive means necessary-- the other folk'd admit they "fell down the stairs" while perpetrating?-- built their individual reluctances to attack. Half my side would also become female, unlike theirs; we didn't try to make anyone "put out.") In the last year and a half, violence spiked (I nearly met "accidents" four more times) as our opponents began to "transfer to a private school" (the residential kind paid for by insurance) and their side, wasted by "youthful experimentation," came apart. We stayed healthy, happy and doing well in school. A neighbor-

hood young m o t h e r asked how I got the girls on my side to be so confident and independent: "Encourage them to hit," I said honestly at age 14-- what "Just Say No!" actually took.

With a graduate degree in war and strategy today, I can say (per Carl von Clausewitz that violent conflict is imposition of will upon an-

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other by force) that bullying is violent conflict. And, what I did is the strategy North Vietnam used against the United States in order to win the Viet

As an adult, however, I'm supposed to favor only image, posturing and metaphorical toughness (like "troops" and "the trenches" in a cubicle work environment) because anything else is so undignifiably ignorant it should be

think "teasing" covers things instead... probably why they do nothing and feel bullying is only about victims they can pity. Having also come back from a West African nation where drug-using 12-year-old child soldiers had previ-

Winning Against Bullying: In Spite of Adults

Nam conflict. (In fact, it's become a popular approach-- called "asymmetric warfare" now-- for indirectly defeating a stronger adversary in the past thirty years... both T.E. Lawrence, "Our ideal was to keep his railway just working, but only just, with the maximum of loss and discomfort to him," and Richard Nixon, "North Vietnam cannot defeat or humiliate the United States, only Americans can do that," had definitely 'been on to something'.) Had adults in a position to act done something, namely punish bullying and support overt self-defense, none of that would've been necessary. (Most didn't seek to understand the conflict beyond an immediate incident and underestimated the "just kids" involved; not hitting anyone was more important for them.) Adults' theoretical idea of peace, pursued to their satisfaction at the expense of our last child, is wrong and no substitute for the actual peace of not being harmed. (Even my father, a conscientious objector during Viet Nam, encouraged me to fight because the "kumbaya" approach worked so badly.) "Violence solves a lot more than we'd all like to admit," I said at age 12 (and still do).

painful... or so the attitude seems. (In that context, the "assertive non-violence" of confidently telling a bully to stop would deter in and of itself; however, without an "or else" clearly given or understood to apply, it just means being a stationary target anywhere



else.) Most adults feel courage and clean living are naïve, can't grasp how Lord of the Flies (just add girls, abusive substances and a hit early-'80s soundtrack, in my experience) could be realistic without getting upset and

ously raped and killed civilians (not to mention ate enemy dead as war trophies) for fun, I'd say adults dismissive about juvenile nastiness are deluding themselves. I'm glad I'm not them.

"Young children may look pure and innocent, but put two of them in a room with only a few toys and you will see where the propensity for future wars comes from," Rabbi Harold S. Kushner (author of *When Bad Things Happen to Good People*) wrote... and he was right. So was Edmund Burke in that "All that is necessary for the triumph of evil is that good men do nothing."

~Name Withheld by Request

aeisenbe | January 3, 2011 at 7:25 am | Categories: bullies, bully, Bully Story, Bullying, I was a bully, I was bullied

Personal Bullying Stories, picked on | URL: <http://wp.me/p4wiO-mD>



*“Open your heart to me and you will see our light.
Open your heart to me and you will feel our love.
Open your heart to me and you will know our truth.
I am LOVE, I have no other choice but to give.”*

*Photo by: Clare Bloomfield
Verse by: Juno Cristi*

Verbal.....Play To Keep Bullies Away

By Dr. Mic Hunter

Reprinted with permission from: opednews.com

Be Powerfully Silent

Recently the print and broadcast media has finally taken notice of the issue of young people being bullied because they are, or merely perceived to be, gay, lesbian, bisexual, or transgender (GLBT). The existence of such mistreatment is nothing new; it has been occurring forever. What is new is the issue of getting attention. There has also been an increase in coverage of young people committing suicide in response to on-going abuse by their peers, as well as the lack of meaningful action by school administrators and other authority figures.

Bullies attack people in order to get a reaction, therefore refusing to give them the type of response they are seeking is a way of standing up to them. By being silent I don't mean looking at the floor in humiliation, but rather making full eye contact with the bully while remaining silent, thereby sending the message to the bully and to other people witnessing the event, "Your remarks aren't worthy of a verbal response."

Express Surprise

GLBT kids are told to 'hang in there, things will get better', and people will eventually change their minds. All of which is true, but

For most people, the kind of insulting remarks about African-Ameri-

**GAY,
LESBIAN,
BI-SEXUAL, OR TRANSGENDER (GLBT)**

misses the point, I would never tell a child being sexually molested at home, don't worry, things will be better when you get older and can get out to the house and away from the offender. The victim's behavior isn't the problem-the offender's behavior is the problem. On the issue of domestic violence most people have stopped asking, why does the victim stay with the perpetrator, and begun to why does the perpetrator think this behavior is acceptable, and what can be done to stop it? We need a similar paradigm shift in regards to the verbal and physical abuse suffered by GLBT people.

Since it seems unlikely that in the near future the widespread abuse of GLBT students will disappear, what is a young person to do? Over many years my clients and I have come up with a number of strategies for responding to verbal bullying. There is no one right response for all situations, therefore I always recommend becoming familiar with all of them so as to have the greatest number of options.

cans which used to be common are no longer acceptable, but we have not yet reached the point where it comes to apply to the insulting remarks concerning GLBT persons. GLBT students and their allies can send the message name-calling is unacceptable by expressing surprise, there is still someone who would make such ignorant and hurtful remarks:

"Wow, what century are we in? I thought that kind of thinking died out during the last century, along with racism and sexism."

"Wow, that certainly was a rude thing to say."

"How unfortunate that hatred and prejudice continues to exist in some people's minds."

Play Dumb

was a seemingly inept police detective who showed up to crime

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scenes in a rumpled trench coat with the stub of a cigar. He would convince suspects he was completely incompetent by playing dumb, but then would solve the case, usually by asking one last question as he made for the door. He wasn't afraid to appear as if he were a bungling idiot because he knew he wasn't. GLBT students can utilize this same technique in response to bullies-when insulted play dumb:

"I don't understand what you mean; I'm not familiar with this term *f_ggot*."

"I'm not clear how you are trying to help me with that statement."

"Would you say that more slowly, I'm not sure I heard you correctly?"

"Please speak up, I didn't hear you
"No, I still didn't get all of it, please say it louder."

Be Delighted

Since the goal of bullying is for the victim to be embarrassed and humiliated, to refuse to do so is to defeat the purpose. Eleanor Roosevelt was speaking about race when she said, "Nobody can make you feel inferior without your consent," but her message is just as appropriate for GLBT people:

"Oh, how nice of you to notice."

"Nothing gets past you, oh observant one."

"You say, 'queer' like it's a bad thing."

"You can say that again."

Be In A Different Play

Social roles are like theater in that specific behaviors are expected of the characters who make up the scene. The motivation of the bully is clear, to look powerful by picking on someone who is perceived to be weak and vulnerable. When the bully recites his or hers line, "F_cking *f_ggot*," it is in effect a cue for the victim to respond accordingly to expectations. The role of the victim is to tolerate the

mistreatment and be humiliated. But, just because a certain response is expected, doesn't mean it has to be forthcoming. The victim can resign from the role and play another, better, role by responding to the cue how he or she desires- the more nonsensical the better. "Sometimes the magic works, sometimes it doesn't."

"No thanks, I've already got one."

"Nice of you to offer, but no thanks."

"Thanks, it's my favorite shirt."

"I think that was nominated for an Emmy."

Make The Covert Overt

Communication between people occurs on two levels; the most obvious level, the overt, consists of the actual words being spoken. Then there is the covert message which is unspoken, but still understood. Sarcasm is a common example of this. When the speakers say, "Nice brain, Einstein," the words are positive, but the tone of voice makes the actual meaning clear, "That was a stupid thing to say." making the covert overt means speaking the hidden message aloud:

"So, you want me to feel humiliated because you called me a *f_ggot*."

"This is the point in the story where I supposed to be embarrassed."

"You believe by attempting to insult me you will some how improve your self-image."

Go Nuke

When I was in high school there was another student, for whatever reason, had decided to insult me every chance he got. Whenever he could, he would tell me that I was a queer, a homo, a *f_ggot*, etc. Thinking perhaps he didn't understand the meaning of these words, I tried to educate him. I pointed out to him as an athlete, it was he who spent most evenings after school

showering with other naked males, while I was busy being sexual with girls, so therefore I was certainly not homosexual. But like most bullies, he didn't allow the facts to interfere with his prejudice. I tried ignoring him, and hoped that when he insulted me in the presence of teachers and administrators they would reprimand him. But because he was a star athlete, he was permitted to do as he pleased. Finally, I got fed up and decided to go nuke on him the next time he did it. We were in social studies class and the teacher asked the students to consider how life might be different if we had been born the other sex. The bully chimed in, "You should ask Hunter, he's always wanted to be a girl." Having practiced my lines, I was ready. I spun around in my chair and said in a loud voice so everyone in the room could hear, "You sure are so sexually obsessed with me. I bet you masturbate thinking about me before you go to sleep, and have wet dreams about me all night long." He just starred at me with his mouth hanging open. When I turned around I saw that the teacher didn't know how to respond either. After what seemed like a long silence, she began again as if nothing had happened. But something had happened, I had sent the message to that bully and any potential bully that I was willing to go too far, or at least farther than they would be comfortable going. That bully never bothered me again.

Conclusion

Bullies can only exist in a culture that accepts their behavior. GLBT students and their allies can refuse to take part in those culture expectations and insist that meaningful change take place. The time to do so is now; lives are at stake.

TAGS: Anti-gay; GLBT-Gay Issues; Gay Bashing; Gay Equality; Gay Lesbian Rights

**THE ULTIMATE VICTIM
OF YOUR ANGER
IS YOU.**



**Author: Juno Cristi
Photo by Rhaniel lao**

PTSD And Bullying; Chapter Seven:

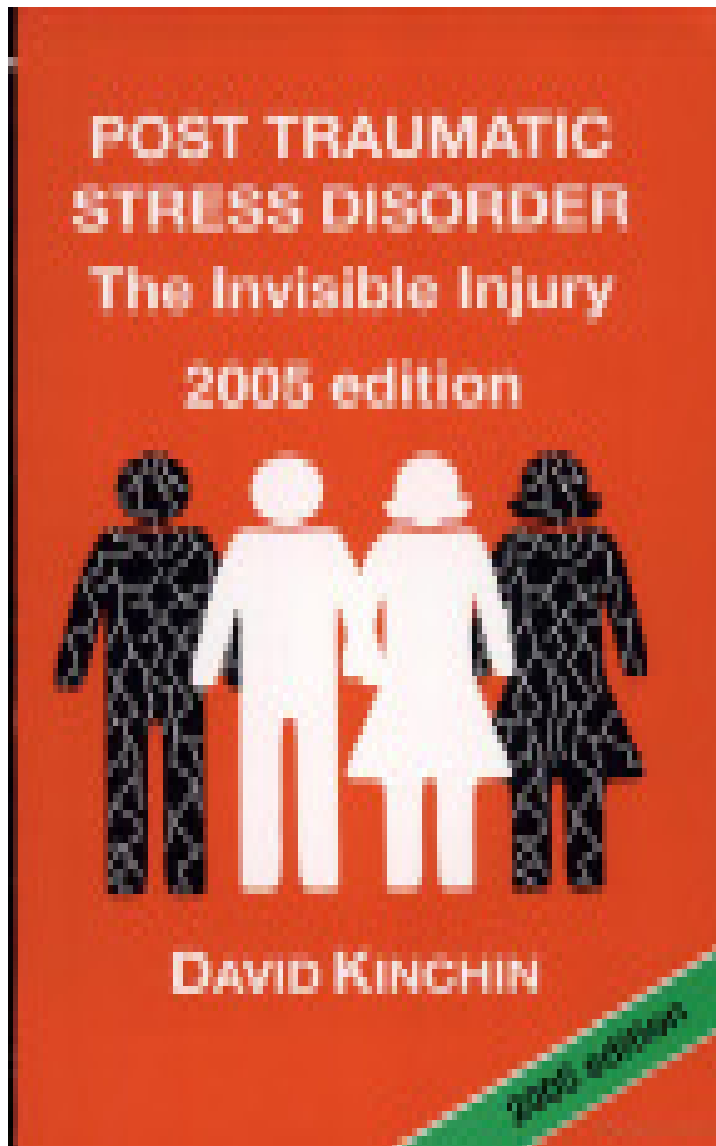
“There are at least **thirty-four** physical symptoms of stress which result from bullying. There are an even greater number of psychological symptoms associated with bullying.” This is from Chapter Seven of Post Traumatic Stress Disorder, The Invisible Injury, 2005 edition.

Author David Kinchin discusses how the prolonged periods of stress that victims of bullying deal with both in schools and the workplace can lead to psychiatric injury and then to PTSD issues. The author makes the case for tying PTSD to prolonged bullying and how the symptoms match and the link established through other research.

Google Books allows you to read the complete book online.

PTSD symptoms cluster into three large groups.

The first group revolves around re-experiencing the traumatic event, sometimes in the form of flashbacks, sometimes in the form of dreams. The second group is like a mirror image of the first and involves all sorts of attempts to avoid things that remind one of the trauma. This behavior is often linked to growing feelings of social withdrawal and a loss of a sense of being fully alive. The third group of symptoms relates to what has been called hyperarousal, which means an emotional, mental and physical tendency to drive one's flight-or-flight nervous system too hard, a classic sign of which is a tendency to startle too easily.



*Hate is a **strong word** for a*

Author: Juno Cristi
weak act
PAGE 41 *Rhaniel Lao photography*

NATIONAL

PAGE 42 **partner against bully**

Victim of the **Bully System**

PAGE 45

BULLIED poetry **BULLY**

PAGE 48

The VOICE:

PAGE 49

life after bullying



painting with light Rhaniel Lao photography

Hate is a strong word for a weak act.

Author: Juno Cristi

BECOME A NATIONAL PARTNER AGAINST BULLYING AGAINST BULLYING

PACER's National Center for Bullying Prevention educates communities nationwide to prevent bullying through creative and interactive resources.

Based in Minnesota, PACER Center is a national parent center serving all youth, with a special emphasis on children with disabilities. Learn more at PACER.org or call 952-838-9000; 888-248-0822 (national toll free).

Facebook and teen star Demi Lovato joined PACER last year during OCTOBER's Prevent Bullying month. Facebook (FB) has a Safety Page which works as a great educational tool, and shares the messages and consequences FB uses to discourage online bullying.

"The National Center for Bullying Prevention and TeensAgainst Bullying.org is about teens making a difference, supporting each other, and no longer accepting bullying," said Lovato. "Let's all join this cause and show teens that we care and that they are not alone."

Educators, families, and organizations can join the cause and help prevent bullying by using the free, creative resources at PACER.org/bullying.

"When nearly one in three students is involved in bullying, it's time for all of us to work together and change the culture," said Julie Hertzog, director of PACER's National Center for Bullying Prevention.

In addition to using Facebook's many

Against Bullying

resources on preventing cyberbullying, teens can also take action.

They can tell their story at bullying411@PACER.org, start a bullying prevention committee at their school, and find videos, blogs, and a toolkit of ways to address bullying at PACERTeensAgainstBullying.org.

You will find PACER is pro-active. Here are a few statements which define this organization: funding resources, working with youth, disabilities, promote, academic success, transition, planning, educational inclusion, workshop, special education, parent involvement, special health needs, juvenile justice, communicating effectively schools, transition-age youth, intervention process, power of a personal story, understanding Individualized education programs.

PACER is an organization who fights for the disabled and for those whom are bullied. The following is a listing of organizations who partnered with PACER during the month of OCTOBER which is National Bullying Prevention Awareness Month is supported by its partners, national organizations with a focus on bullying prevention, child and youth, disability or education issues. Partners actively promote the event on their social media channels, newsletters, and printed materials.

PACER gratefully acknowledges their generous support in raising awareness of bullying prevention.

Become a National Partner! To include your organization, please fill out the form on PACER's website. These 2010 National Partners below are wonderful References!

International Bullying Prevention Association

Motivational Small Talk, Inc. (a 501c3 Non-Profit Organization) Being a 3'3" tall motivational speaker, Mark Trombino, was bullied as a child for being so visually different. He has turned that negative into a positive and specializes in school presentations on Bullying & Diversity. He co-founded

"Motivational Small Talk" (MST) along with business partner Gail Blackburn (who is the average-height mom of a 13 year-old little person currently being bullied) to help fight this growing epidemic that leaves life-long scars on today's youth. We teach students the pivotal and life saving role of the **BYSTANDER** - if you sit back and do nothing, you are as **GUILTY** as the bully!!! Our goal is to effect change, and our Non-Profit wants to help as many students as humanly possible. October is "National Bullying Prevention & Awareness Month". Be **PROACTIVE** - help us help others and together let's save as many young lives as possible - call 480-926-0608.

James Stanfield Company Inc.

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<http://www.pacer.org/bullying/bpam/nationalpartners.asp>

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Institute for Advancing Unity

The Institute has launched teens.championsofunity.org, a site that helps youth develop the tools to create nonviolent change. Throughout bullying prevention month, the Institute invites youth and adults to share their stories about overcoming bullying and to nominate extraordinary people who have championed unity. We have also posted research on school climate and bullying to our **Research & Policy Outlook** section, and have made available standards-aligned lesson plans for teachers in social science, English, the arts and career tech on our website.

SafetyWeb

SafetyWeb is providing parents and educators with **FREE** resources for National Bullying Prevention Month at <http://www.safetyweb.com/parents>

Partners for Healthy Choices

Disability.gov

Disability.gov will promote National Bullying Prevention Month through links on its website and outreach on Twitter and Facebook. In addition, Disability.gov send informational postcard to contacts in the disability community.

The PACER Center was featured on **Disability.Blog** as a guest blogger on October 4.

DC HRSA's Stop Bullying Now! Campaign

The U.S. Department of Health and Human Services' (HHS) Health Resources and Services Administration (HRSA) launched the Stop Bullying Now! Campaign to raise awareness about bullying prevention and intervention among youth and the adults who influence them. The Campaign's website includes tips and resources for adults and games, video Webisodes, and advice for youth.

DC NEA - National Education Association Disseminating information to members

DC One World Education One World Education has created curriculum based on the student Reflection, "Done with Bullying" written by a 7th grade Washington, DC student. Our project-based curriculum helps students engage in discussion of what bullying is, how hurtful statements can impact a person's life, and work collaboratively to identify positive ways to respond to bullying behavior. Educators can access this project-based curriculum and comprehension-based unit resources on bullying by signing up for a free membership on our website, <http://www.oneworldeducation.org/>

DC Character Education Partnership

The National Forum on Character Education (October 28-30) and professional development for educators.

DC American Federation of Teachers - AFT Disseminating information to members.

DC NCPiE - National Coalition for Parent Involvement in Education Disseminating information to members.

DC National Council on Independent Living

FL Cyberbullying Research Center

During National Bullying Prevention Month, we will be sharing new findings on the causes and consequences of cyberbullying. We will also be discussing our new anti-cyberbullying peer mentoring program that involves high school and middle school youth. Finally, we are traveling extensively to train and equip educators, counselors, mental health professionals, parents, and adolescents on

cyberbullying identification, prevention, and response.

GA National Down Syndrome Congress

NDSC will be sharing information on National Bullying Prevention Month with its members and affiliated local and regional organizations.

IL The Spirit Desk LLC - Hero In The Hallway Sending out packets to 600 schools in IL

IL University of Illinois, Champaign Conducting bullying research for over 17 years.

KS AAPC Publishing During National Bullying Prevention month we are sending out an email blast on bullying awareness and prevention tips. Visit us on Facebook and check out upcoming AAPC author Susan Diamond (100 Social Rules) on The View From the Bay speaking on bullying prevention. Just search Autism Asperger Publishing.

IA InspiRE me! Launching a campaign where we will send national statistics to schools regarding bullying facts, and ask students to sign a petition to "bite the bullet" and learn to leave their negative opinions and mean words to themselves; because we never realize how harmful words may be until the impact, and whatever consequences it entails, are complete!

MD CHADD - Children and Adults with Attention-Deficit/Hyperactivity Disorder Supporting PACER through information dissemination.

MN Youth Frontiers

MN Anti-Defamation League Online K-12 curricula on bullying and cyberbullying; training programs for

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youth, educators, and families for bullying, cyberbullying and anti-bias issues.

MN Jacob Wetterling Resource Center

MO Unwritten Letters Project
Encouraging young people around the world to express their bullying experience by writing the letter that has been lying inside of them for too long.

NC National Association of Students Against Violence Everywhere (SAVE) October 20th is National SAVE Day and Students Against Violence Everywhere (SAVE) chapters across the countries will be conducting awareness activities and events to prevent youth violence and bullying.

NJ Wired Safety Home of stopcyberbullying.org

NJ Utterly Global Utterly Global will be giving free Hero t-shirts to anyone who participates in our Hero Campaign for the month of October.

NJ People with Disabilities for Social and Economic Justice, Inc.

NY GLSEN Through research-based interventions, GLSEN provides resources and support for schools to implement effective and age-appropriate anti-bullying programs to improve school climate for all students.

NY Partnership with Children
Partnership with Children will be posting on its website, Twitter and Facebook pages special tips and resources on bullying prevention throughout October. Its parent guide, Taming the Bullying Monster, will also be available for purchase (information is posted on the agency's website). Partnership with Children will also be conducting

bullying prevention teacher-training workshops in public schools within New York City during October.

NY The New York Times Holding an event at the Times Building in October for over 2000 parents and professionals to raise awareness of bullying.

NY National Tourette Syndrome Association (TSA) Providing bullying prevention education to members nationwide through trainings, webinars and other resources.

NY National School Climate Center's BULLYBUST campaign
Provides critical prevention resources for students, educators and parents, including comprehensive classroom-based activities, a Stand Up to Bullying pledge and Upstander Commitment Wall, a Partner School Program with free supports & tools, and a WICKED-sponsored Defying Gravity Essay contest for students.

OH American School Health Association ASHA's annual conference is in October. Kevin Jennings is a keynoter. We will also have concurrent sessions for school health professionals about bullying prevention.

OH Franz Karate's Budokan Martial Arts University We teach anti-bully methods everyday in our martial arts program. We travel and speak to area schools about bullying and the need for equal respect among all children. We host bully defense seminars at our location and several others.

OR Break The Chain Apparel LLC

PA The Golden Rule Pledge Via social media, we plan to reach out to youth leaders and pastors of churches to implement bullying prevention activities in their youth groups. No specific

dates have been set but will take place in the last half of October.

PA FBI Community Outreach Program Pittsburgh Field Office
Continuous Speaking engagement to schools/organizations on anti-bullying initiatives.

SC The Peaceful Solution Character Education Incorporated
The Peaceful Solution Character Education Incorporated is offering seminars, classes and training to teach everyone how to build positive moral character regardless of age and/or circumstances. A major focus is on how to accept themselves and others as well as why we should show respect for all life and how to do so.

VA National Organizations for Youth Safety (NOYS) NOYS will promote and support youth led efforts to address bullying prevention.

WA School Social Work Association of America (SSWAA) Web site and e-newsletter announcements regarding Bullying Prevention Month.

WA Twisted Scholar, Inc International Bullying Prevention Conference - Seattle, WA Nov 2010

WI American Council for School Social Work Information on website about bullying. Enewsletter to members promoting bullying prevention month. Promotion of materials from PACER

2010 Partners Around the World

United Kingdom Children's Safety Education Foundation CSEF
works towards a mission - to reach every child in the UK so that they can make informed choices when they are faced with danger, and promote greater independence and well being in later life.

Another Victim of the Lexington, MA Bully System (A Personal Story)

By **aeisenbe**

Rosina wrote to me when she found out I was a victim of the Lexington, Massachusetts bullying system. She too was a bully victim from Lexington and shared with me her feelings of what it was like to deal with bullying in Lexington in the 70's as I did. It is another case where being different certainly had an impact on her being picked on. Here's Rosina's story. ~**Alan Eisenberg**

I am a 51-year-old woman who was severely bullied for over 10 years in the Lexington school system from the

time I entered first grade to the moment I dropped out of high school in the 10th grade.

How do I begin to tell my story, one of lost potential, shattered dreams and constant fear? It's hard-no, impossible-to write this without crying...crying and sadness are a part of my life, they have been since I was a child. They are part of me, yet strangely enough, I have also known joy, hope and laughter. I always enjoyed being alone when I was younger. I always told myself that some day,

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things will get better...that day never came despite what appeared to be some successes.

I was happiest when we spent an entire month in my native country.

I had a number of things working against me. I was a very empathic, optimistic and sensitive child who never fought back. I also had a strange first and last name, was born in S. America, had pierced ears(which I believe was a source of envy). I

girls on a daily basis.

I had things stolen from me. I was terrified and full of shame. I coped by eating and listening to music and going into a fantasy world. I never told anyone; not because I believed I de-



Whenever we went it was always during the holidays and my birthday. There I was surrounded by so much love and acceptance. I had a big extended family and there were lots of parties and outings including going to the beach every day. I would go into a deep depression every time we had to leave and only got worse when we arrived home. I was terrified of having to go back to the horror that was my life; yet for some reason was unable to speak about it.

was made to wear clothes that were akin to a school uniform. My mother with all her best intentions, did not understand how important the clothes one wears are to fitting in at that age and was insistent hat children should not be concerned with clothes when they are in school. I was constantly taunted and ridiculed like all the others who have shared their bullying experiences. I endured verbal and psychological abuse, was ostracized and physically assaulted by both boys and

served it; I think I just felt completely powerless to do anything about it and simply lost my voice. The abuse was so obvious and the adults/teachers, administrators, etc. just turned a blind eye, so what else could I do?

In second grade I was bullied by a teacher. I remember one day while being read a story in class, the desks were set up in clusters of 4, the girl

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another by force) that bullying is violent conflict. And, what I did is the strategy North Vietnam used against the United States in order to win the

As an adult, however, I'm supposed to favor only image, posturing and metaphorical toughness (like "troops" and "the trenches" in a cubicle work environment) because anything else is so undignifiably ignorant it should be

think "teasing" covers things instead... probably why they do nothing and feel pity. Having also come back from a West African nation where drug-using 12-year-old child soldiers had previ-

Winning Against Bullying: In Spite of Adults

Viet Nam conflict. (In fact, it's become a popular approach-- called "asymmetric warfare" now-- for indirectly defeating a stronger adversary in the past thirty years... both T.E. Lawrence, "Our ideal was to keep his railway just working, but only just, with the maximum of loss and discomfort to him," and Richard Nixon, "North Vietnam cannot defeat or humiliate the United States, only Americans can do that," had definitely 'been on to something'.) Had adults in a position to act done something, namely punish bullying and support overt self-defense, none of that would've been necessary. (Most didn't seek to understand the conflict beyond an immediate incident and underestimated the "just kids" involved; not hitting anyone was more important for them.) Adults' theoretical idea of peace, pursued to their satisfaction at the expense of our last child, is wrong and no substitute for the actual peace of not being harmed. (Even my father, a conscientious objector during Viet Nam, encouraged me to fight because the "kumbaya" approach worked so badly.) "Violence solves a lot more than we'd all like to admit," I said at age 12 (and still do).

painful... or so the attitude seems. (In that context, the "assertive non-violence" of confidently telling a bully to stop would deter in and of itself; however, without an "or else" clearly given or understood to apply, it just means being a stationary target anywhere

ously raped and killed civilians (not to mention ate enemy dead as war trophies) for fun, I'd say adults dismissive about juvenile nastiness are deluding themselves. I'm glad I'm not them.

"Young children may look pure and innocent, but put two of them in a room with only a few toys and you will see where the propensity for future wars comes from," Rabbi Harold S. Kushner (author of *When Bad Things Happen to Good People*) wrote... and he was right. So was Edmund Burke in that "All that is necessary for the triumph of evil is that good men do nothing."

~Name Withheld by Request

aeisenbe | January 3, 2011 at 7:25 am |

Categories: bullies, bully, Bully Story, Bullying, I was a bully, I was bullied

Personal Bullying Stories, picked on | URL: <http://wp.me/p4wiO-mD>



else.) Most adults feel courage and clean living are naïve, can't grasp how Lord of the Flies (just add girls, abusive substances and a hit early-'80s soundtrack, in my experience) could be realistic without getting upset and

Bullied

Sneaking down the alleys
Avoiding all her peers
The girls hurling insults
The boys and all their leers

Only cries in secret
Always hides her tears
Never let them see her sweat
There's weakness in her fears

Wanting only to fit in
Be part of the 'cool' crowd
But they shun her and they cast her out
It's clear she's not allowed

BULLY

No compassion for your victim
Just dirt under your shoe
Torturing for sick amusement
What pleasure does this give you?

You are nothing but a bully
The lowest form of life
You humiliate and denigrate
Your words cut like a knife

You do not see the scars you leave
But I assure you they are there
The fragments of my shattered youth
Lie scattered everywhere

I wish one day that you will see
The way you made me feel
Experience this hurt yourself



Wishing for a better life
Where people understand
Gazing at the shiny knife
Gripped in her right hand

But giving in would mean they win
She knows it's not the way
All the pain that she's now in
Will make her strong someday

But will that help me heal?

I hope one day you'll have a child
That you will love and cherish
Protect from bullies like yourself
Make your cruel nature perish

But today I'm all grown up
I'm not afraid of you
You've taught me kindness and compassion
And made me stronger too

The VOICE: Life after BULLYING

Joe BROWN author

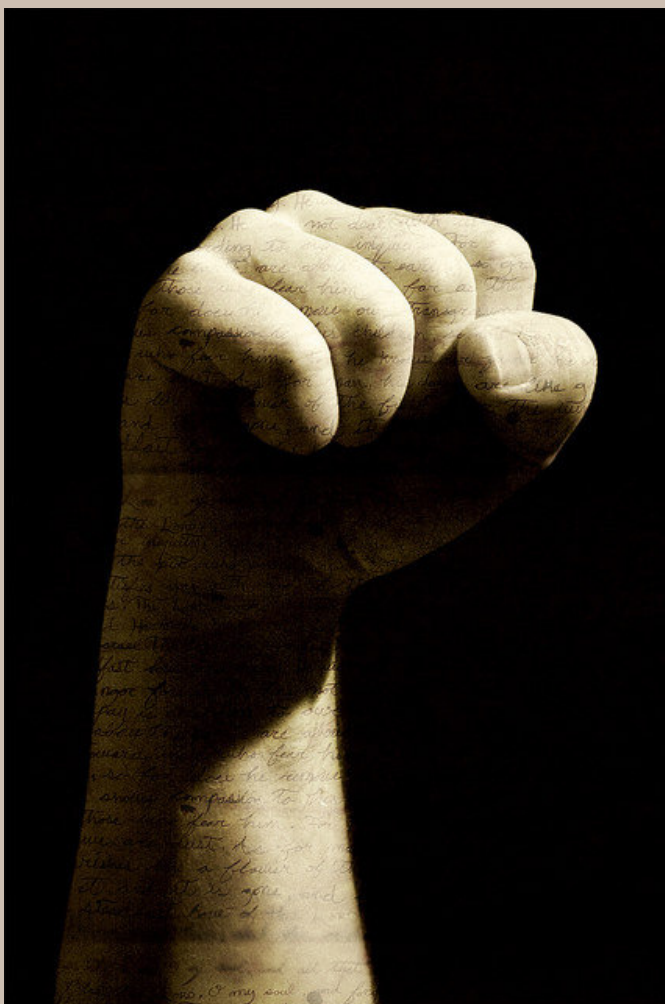
That same year, I started the fifth grade at Alta Loma, an elementary school filled with lower middle-class kids. It had a strong problem with gang violence and it was common for me to run for my life after school. It seems the sixth graders didn't like the fact that I was a big kid for my age. And of course I was different from everyone else.

I wasn't quite black or brown or white. I was a mutt, which made me different from everyone else. And a loner. There was a group of three kids in particular who enjoyed the sport of chasing me down almost every afternoon and giving me a nice mid-day beating. I had no chance of outrunning them with the book bag I carried. My mom always insisted that I bring my books home, even if I didn't have any homework. I guess she thought I would somehow learn through osmosis. Needless to say, my attackers never carried books, so they had a considerable advantage on me when it came to a foot race. One day, they paid particular attention to putting a beating on my face.

That evening, when my mom came home from work she noticed the marks and bruises. "¿Que paso mijo! What happened to you?" she asked.

I just shrugged. "It was the kids from school. They don't like me and they beat me up after school almost every day."

My mother placed an ice pack on one of my eyes. "Mijo," she said, "you can't let them do this to you. No de dejes."



"It's kind of hard, Mom. There's three of them and they don't fight fair."

"Then you must not fight fair! And you must attack them. If you don't defend yourself now, mijo, they will always do this to you." My mother had good instincts. She knew that bullies only attack the weaker children because they themselves are weak.

The answer was to become strong and fight back, even if it meant losing the fight. At least they'd know I was ready to give them a fight and not simply take the beating.

My mother then said, "Use your books, mijo."

Huh? What knowledge from these books is going to teach me how to fight off bullies?

She smiled. "Take one of your books and hit them with it."

Wow! How interesting, I thought. Where I see knowledge, my mother sees a weapon. Way to go, Mom!

She made me promise I would use my books. She must have felt awkward having to tell her son it was time to fight. Preparing his offspring for battle is normally a task for a man, but she did her best. And she made her point. If I don't make a stand now, I said to myself, I will always endure the stigma of being the weaker kid in school.

The very next day, I found myself counting down the seconds of the last few minutes of school. I had waited all day for this moment of truth. I knew today was going to be different. I would run like I normally did, but when the time was right, I would do as my mother instructed me. My friend, Julius, was sitting next to me in class and knew what

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I had to do. I'd already told him about my lesson from my mother.

"Are you sure this is the right thing to do?" he asked. "I mean, what if they just beat you up even more?"

"I didn't take that into consideration," I told him. "I guess if they beat me up more, then they beat me up more. But my mom told me I have to be strong and face them. If I don't, they'll never respect me."

"Damn," he said. "I wish you luck. Maybe you can outrun them today."

"I'm done running," I told him. "Julius, I have to fight."

"Okay," he said, "I'll watch from a distance and call for help when it gets real bad."

"Gee, thanks, good buddy, I really appreciate your support."

"No problem, Joe. I'm here for you, man. You're tough. You can take a good beating."

Wow, I said to myself, with confidence like that, why should I be so upset about the situation?

Next thing I knew, the school bell rang. This is it, I thought. As usual, I left the

protection of the school, hit the sidewalk, and started my run down the street. I could hear the voices of those kids behind me.

"There he is! Get him!"



tied around my waist, and I could feel it slipping loose as I cut left at the corner of the liquor store. I came to a complete stop. Realizing I only had a few seconds, I took off my backpack and sweater and pulled out the largest book

in my bag, History! Perfect, I thought; I'll fight back with all of the wars and battles described in this 600-page book! I put my back to the corner and listened for the bullies' footsteps.

The first one to come around the corner was Julio, the biggest bully. The poor kid never knew what hit him. As he came around that corner in full stride, I caught him right across the bridge of the nose with all of the historical pain in that book. I think his feet continued their forward motion as his head and torso stayed behind. He hit the concrete with the back of his head. By the time his head bounced off the concrete, I was in the process of hitting him again across the forehead.

The image of the book coming down on his face must have been a traumatizing experience for him. "Owwww!" he moaned out loud.

"They're coming, Joe!" Julius yelled.

I was running full speed, my book bag slamming into my back with every stride. The sweater I'd worn that morning was

At this point, all I could see was red. All I could think about was survival. And the next kid coming around that corner. His name was Carlos.

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Carlos looked down at Julio with bewilderment in his eyes. That was all the distraction I needed. Bam! Carlos took it right in the face, too. “In your face, Carlos! In your face!” I yelled as he hit the concrete knees first. Then I gave him another blow to the top of his head. Later, Julius described the fight like it was a coming-to-Jesus experience. “Joe,” he said, “it was like you were

“Stop him!” Julio yelled. “Make him stop!”

The third kid had enough time to react. He did an about face and made tracks the other way. He ran away so fast that, for the life of me I can’t even remember his name. What a coward he was. For about a second, I thought about chasing him, but I didn’t want to leave the moment. There were my foes, rolling around in pain and fear, begging me

and there was a new level of respect for me at school from the other kids as Julius made sure he got the word out.

“Joe Brown is a crazy kid who uses History as a weapon,” he said. “If you piss him off, he’ll make history out of you!” Julius was a great promoter. I’m surprised he didn’t charge me for the PR. The bruises on Julio and Carlos’s faces were a testament to my legend.



protected by the man upstairs and these kids couldn’t touch you. It was beautiful, Joe. We’re talking Luke Skywalker taking on Darth Vader and winning!” When the third kid came around the corner, he saw his buddies, bruised and battered and rolling around the sidewalk.

to stop. I looked down at them with all of the fire and anger in my heart.

“I’ll see you guys tomorrow!” Then I picked up my belongings and made my way home.

Those kids never again chased me home,

I found it strange, but these same boys befriended me a few weeks later. I finally understood what my mom had been trying to tell me. Sometimes, if children disrespect you by making you a victim, you have to become the aggressor and demand respect. No one at Alta Loma ever bothered me again.

To hold a **grudge**

PAGE 53

Author: Juno CRISTI Photo: Rhanel LAO



Say **no** to Stalkers and Cyber Bullies

PAGE 54



My **EXPERIENCE** with Bullying

PAGE 58



PAGE 59 Throw Ricky in the Garbage



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STOP Bullying.gov



Taking the **Bull Out of Bullying**

PAGE 62

To hold a grudge is to give out a prison sentence to someone, with you being the person locked up & the other walking the earth freely.



Author: Juno Cristi
Photo by Rhaniel Lao



I created this artwork a few years ago for the cover of a book about domestic violence.

I created this artwork a few years ago for the cover of a book about domestic violence.

Say no to Stalkers and Cyber Bullies

This past week I was harassed and bullied and stalked online. An unknown person started sending hateful, sexual and violent emails to my various online blogs and websites. I work as a freelance graphic artist and a jazz vocalist, so I keep a very public persona online, which is how I conduct my business, and people are free to post comments on my blogs or email me. I started getting nasty posts on my music videos and then some very nasty private emails through my Youtube account. This happens from time to time and I usually delete the comments and block the users, but this person was very persistent, jumping from one blog to another, saying the very same comments and insults, repeatedly. He was really trying to get my attention.... and he did.

He started by criticizing my singing and performance, which is nothing new to me. But then he started to mention other players I worked with and insinuated that they were being critical of my work as well. This got me a little paranoid, and I started wondering who this person really was and did these other musicians that I work with really say this stuff about me. This is what really got my attention, and upset me. Nobody had ever done anything like this to me before, and all I could think of was "Do they really say that about me?" I was stunned and hurt, and I

became paranoid and was afraid to talk to anybody about it because I was so ashamed. But then the rants became sexual and graphic, and violent... and it dawned on me that he probably didn't know any of the players he mentioned and was only trying to

was located. I emailed several of the musicians that he had mentioned with this information, and **NONE** of them knew who this guy was. After consulting a friend who works at a Women's Abuse shelter here in IL, I went down to the police department with copies of the emails and filed a report. Now if anything happens to me the police know who to look for.

The point of all of this is to let you know that you don't have to put up with this kind of behavior. It becomes more insidious because it's on the internet, and the perps are able to hide most of the time behind false ID's, but if you contact the police when the abuse becomes violent or sexual, the police and the FBI can track down the abuser. I was lucky, the guy who was stalking me didn't think before he continued his rants on a site where he had personal information. The detective that spoke to me today said that a lot of them are like this, and they get so caught up in their

feelings of power and aggression that they sometimes forget to cover their tracks, like this guy.

So if anyone harasses you, sends you violent emails or stalks you online, save copies of all the emails or communications. They can be used by the police and your lawyer. And remember, you **DON'T** have to put up with it!



manipulate me, which is the point. I continued to block him from my blogs, and reported the ID to the site owners.

Yesterday he started his rants again on my Flickr page, but he didn't seem to realize that I could easily find his name and personal info on his Flickr profile. So I was able to find out who he was, where he lived and where his business

My name is

Solitaire Miles...

and yes, that is my real birth name. Over the years so many people have asked to see my driver's license because they don't believe that Solitaire could be a real name. They think it's a stage name or something I made up, but no... I was named after my great-grandmother, who was born in Normandy France. Because of the name I learned about bullying at an early age.

From kindergarten on, the taunts were steady; "Did you mother like to play a lot of cards?" or "Hey, Poker!", or the sleazy "Let's play a little Solitaire" which I would hear later in life. Many of the taunts were as stupid and lame as the rude, poorly socialized idiots that thought them up, and I learned to duck and punch at an early age. I started out in school as a hard working student with good grades, but by the time puberty rolled around I had developed a pretty bad attitude from having to put up with the bullying. I became a loner and by the time I was 10 my grades were starting to fail.

The worst of the bullying

continued on page 57



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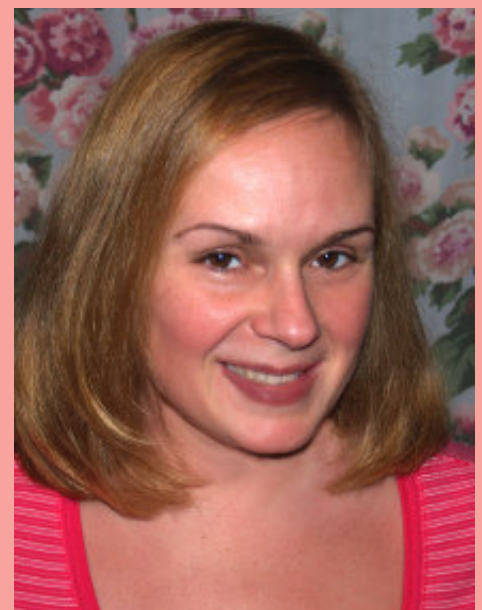
started when I was in the 5th grade. I had just entered puberty and started wearing a bra a few years before most of the other girls in my class did, and so the bullying attacks by the boys increased. One warm spring day out on the playground as I took off my coat, a group of boys approached me from behind, and one of them snuck up and grabbed the back of my bra strap through my shirt and pulled hard. He was probably trying to flick the strap, as he and his friends had done to me several times before. But he pulled the thing so hard that it ripped and my bra fell apart right there on the play ground. That did it...in just one second all the rage and hate that I had stuffed away from the past 6 years of bullying welled up inside me and I turned on that kid and punched him several times, giving him a black eye and a bloody nose. When he fell to the ground I kept at him, kicking and reaching down to pull handfuls of his hair out, while he cowered in a bloody heap calling for help. I wanted to kill him at that moment, plain and simple, because I was at my limit and had enough of the taunts and bullying. His cowardly cohorts ran for the recess monitor who had to pull me off of the boy, with the help of the gym teacher. I was taken to the principal's office and my Mother was called.

It wasn't the first time that a boy had tried to flick my bra strap at that school, or taunted me about having breasts when hardly anyone else did, and they also harassed a few other girls who were as unfortunate to enter puberty early like I was. My mother and a few of the other parents had called the school with complaints about this, but nothing was ever done about it. That was in 1979. My Mother took me out of the public

school then, and placed me in a Catholic school, where the kids were kept in strict order by the nuns, and nobody flicked a bra strap or even looked at you sideways. I was so relieved, nobody there even tried to make fun of my name; they just asked polite questions about it. I started to socialize again, and my grades improved, and I even became a cheerleader in the 8th grade. I became a totally different person. I am so grateful that my Mom put me in that Catholic school, it saved my life. The difference wasn't religion, it was that the kids in the private school were taught self-respect, which engenders respect for other people, and we were taught manners. We also thrived in an environment where the teachers, nuns and priests took a personal interest in every child, and we could talk to them anytime about anything or any problem we were having at school or at home. They always knew who was doing what, so they kept a very strict eye on things. I never had to punch anyone again, and I was very grateful.

This recent bullying episode that I blogged about was a surprise to me. But as I reached out to many of my friends and colleagues I learned that it wasn't such an odd or unusual thing, that on-line bullies had attacked some of them too, and they were supportive to me. With the help of my friends, and the police, I quickly moved past the incident, but so many people are afraid to talk about things like this. They might just clam up and take the abuse, and live with the feelings of terror and fear and self-loathing that bullying can create. Some of them just keep taking it, letting it break their hearts, while others may reach a boiling point, and strike out at their abusers, or at a group as a whole, like the kids from Columbine. When a child is taught that he or she is bad, and made to feel like a loathsome thing they may start to project

the hostility onto others. They become bullies themselves, trying to make other's pay for their lack of self love. Children need to be loved and approved of. When I first went to the Catholic school, I was a ball of anger and nerves from my horrible experiences in the public school, but the teachers, priests and nuns were so patient, kind and accepting, even when I acted out and tried some of my old, violent coping mechanisms the first few months of school. They just kept telling me that I was OK, that I was a worthwhile person, no matter what my name was, and when the other kids left me alone and didn't react aggressively to me I calmed down and became a part of the community, which I was never able to do in the public school. I could have become one of the bullies I was tormented by, but I was lucky to be removed from the harmful, bullying atmosphere. If you are in a harmful situation, please believe that you are worthy of help, and there are people out there who will reach out to you to help you cope with the abuse that you are experiencing. If you are a child, or an adult, SPEAK OUT, and say NO to bullying. You don't have to take it. There are many of us out here who are willing to help. The pain and anxiety can stop.



My **EXPERIENCE** with Julie Rust **BULLYING**

I witnessed terrible bullying when I was a child. There were four kids, including me, in my family. I was the youngest. My oldest brother bullied all of us, but he picked on my other brother the most. I learned to become invisible, so he wouldn't notice me.

It affected most of my young adult life. Being invisible does NOT help a musician's career! It was a survival mechanism and served me well at the time. It took me awhile as a grown-up though, to figure out I didn't need to do that anymore.

Some things that helped me become visible and strong again were music, friends, taking a Tai Chi class (for health and self-defense) and making a conscious decision to be who I am - no matter who I 'm with. That to me, is true bravery.

One thing that disappointed me the most from that time is that my parents didn't know how to stop my brother. Things could have been so much better if they would have stepped up and taken charge. Since I've had this experience, I'm able to recognize the beginning stages of bullying and stop it immediately. As a mother of two, I've made it a priority to make sure that one doesn't dominate the other, and that respect for oneself and others is clearly experienced. I don't just "tell them about it", I live it, so they can learn by my example.

Even though the bullying I experienced was

painful and difficult, it did bring me the gift of compassion and understanding. And now, hopefully my songs will help others

with their difficult and painful experiences. People can listen to my songs on my



THROW RICKY IN THE GARBAGE

(A PERSONAL STORY)

Knowing you are not alone is an important element in understanding bullying. I think bullying is a very personal issue and causes us to feel alone and

The chant sometimes finds me in the night and chases me out of my dreams where I run straight into nightmares of my time in the 1st school I ever went to.

Ricky was poor. He was the poorest kid in our school. His dad was an alcoholic and he treated Ricky really bad. Ricky had but one toy and much to my surprise and amazement, he wasn't even allowed to play with it because his drunk dad thought he would only break it!



Ricky had to wear rubber boots through the entire winter no matter how cold it was outside. I remember my mom almost crying one morning when she spotted him waiting on the corner for the school bus to arrive. He was shivering in his jean jacket and rubber boots. We stopped to pick him up even though we never usually do. I used to wonder why that was.

My mom always warned me to watch out for Ricky since he stole things and generally made a point to piss everybody off. I thought he was bad ass. I really looked up to him for a few years because

that no one understands. This can certainly lead to terrible consequences. When I first asked for stories from others, I was surprised at the volume of stories I received and of the harshness that many of them contained. Now I find that others have started websites with similar themes and stories. Here is one from Sherri and Roger from Prosper Street Productions that they wished I would share. ~Alan Eisenberg

THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE!?

The school was called Queen Elizabeth. It was 75% French and 25% English. The teachers were really strict, especially to those of us who were hyperactive or troubled like Ricky. He scared the living shit out of me so I tried my best to be his buddy. Since neither of us had any real friends it worked out even though he was a few years older than me.

THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE!?

no one beat him up or pushed him around like they did to me. I got picked on for quite awhile until I fought back. That's when I was called a bully. I didn't think that it was fair so I made the worst of it.

I was sick of my clothes getting ripped
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and torn from being in the center of the storm. My 3rd grade teacher called me ?Mon Guerrier? (My Warrior).

Eventually they assigned a teacher's aide to me to help keep me focused and out of trouble. I remember that cold morning like it was yesterday. The smell of that horrible school still burns in my memory. There is no other smell like it.

We were all playing in the school yard like usual. Ricky had been forced to wear glasses and they were old and taped up from constant scuffles. On this day, they would fly off his face and get kicked off to the side. I knew something was going to happen but I didn't know what it was. There was a feeling of electricity in the air. I don't know how it began or who started it.

A mob was formed around my friend and a chant began. They grabbed his arms and his legs so he couldn't get away. Some of them spit on him and hit him and kicked him. They were ruthless little bastards as kids can often be.

I tried with all my might to get through the crowd so that I could help my friend but they grabbed me too. I fought so hard, harder than I ever fought before, but I failed.

The chant kept rising in urgency as they picked up my friend?

THROW RICKY IN THE GARBAGE!

THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE!?

and then threw him into the garbage can. I'll never forget the look on his face. It was a combination of fear, sadness and confusion. I don't think that Ricky ever knew why people hated him. He just knew that they did so he kept getting worse as time went on.

When I looked up to see just who was holding me back from saving Ricky from the trash can, my heart broke inside my chest as I realized that it was a teacher. A few of them just stood there and watched while they degraded my friend and beat me up in the process. It wouldn't be the last time they did that either.

Over the years I developed a fear and resentment of authority from my years at that school. From being bullied, I lashed out at others because I carried that rancid pain with me wherever I went. It took me many years to over come that behavior and I am still struggling with it today.

Every time I hear another sad story of some poor kid being bullied, or when they've finally had enough and decide to kill themselves, I hear that horrible chant from that cold cold morning of my youth??

THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE! THROW RICKY IN THE GARBAGE!?





- they come home
- * Talks about suicide
 - * Feels helpless
 - * Often feels like they are not good enough
 - * Blames themselves for their problems
 - * Suddenly has fewer friends
 - * Avoids certain places
 - * Acts differently than usual

Bullying Others

- * Becomes violent with others
- * Gets into physical or verbal fights with others
- * Gets sent to the principal's office or detention a lot
- * Has extra money or new belongings that can't be explained
- * Is quick to blame others
- * Will not accept responsibility for their actions
- * Has friends who bully others
- * Needs to win or be best at everything

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. However, these warning signs may indicate other issues or problems as well. If you are a parent or educator, learn more about talking to someone about bullying.

Being Bullied

- * Comes home with damaged or missing clothing or other belongings
- * Reports losing items such as books, electronics, clothing, or jewelry
- * Has unexplained injuries
- * Complains frequently of headaches, stomachaches, or feeling sick
- * Has trouble sleeping or has frequent bad dreams
- * Has changes in eating habits
- * Hurts themselves
- * Is very hungry after school from not eating lunch
- * Runs away from home
- * Loses interest in visiting or talking with friends
- * Is afraid of going to school or other activities with peers
- * Loses interest in school work or begins to do poorly in school
- * Appears sad, moody, angry, anxious or depressed when

Scenario and Solutions

Someone is at immediate risk of harm because of bullying. **Contact the police (911)**

Your child is feeling suicidal because of bullying. **Contact the suicide prevention hotline at 1-800-273-TALK (8255)**

Your child's teacher is not keeping him/her safe from being bullied. **Contact the Local School Administrator (principal or superintendent)**

Your school is not keeping your child safe from being bullied. **Contact the State School Department**

Your child is sick, stressed, not sleeping, or is having other problems because of bullying. **Contact your counselor or other health professional**

Your child is being bullied because of their race, ethnicity, or disability, and local help is not working to solve the problem. **Contact the U.S. Department of Education's Office on Civil Rights**

Taking the Bull Out of Bullying

I am the first to admit that I was a bully as a child. This sweet little girl with the curly blond hair, who staged her own Broadway musical productions in her parents' living room, used to tap dance around with her dark side. At the age of four, I decided that if anyone crossed my path that I would, without warning, bite them. Under the eye.

I would like to take this opportunity to apologize to all the kids in Bayside, New York who spent their summers with a band-aid under their eye. I am truly sorry. I also believe the statute of limitations has run out so don't go hiring some lawyer. And besides, I am a cre-
continued on page 63



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ativity coach and the literal translation of this means “woman without money.”

Stock in Dial soap plummeted when I outgrew biting unsuspecting kids. But payback was a bitch. I became the one being stalked by two mean girls who were hell bent on making my life miserable in the fourth and fifth grade. And I had to live with it because people assumed it was just a phase they were going through – sacrificing young virgins on the playground?

I even became a pacifist who abhors any form of violence or cruelty on TV, in the movies or between Kathie Lee and Hoda. I wanted to show by example that I moved away my demons and became a productive person who wants to leave her mark on the world. My teeth need not apply.

Thinking I would ease into a bully-free life as an adult, I foolishly entered the job market. The thugs of yesteryear were now wearing suits and cheap shoes. And instead of threatening to tell everyone that I ate butter sandwiches (don't knock it till you try it) these bullies held my paycheck ransom unless I played victim.

These overgrown bullies seem to have reached a level of authority by impressing the crap out of like-

minded bullies or intimidating scaredy cats who were hiding out in a corner office. I spent several years dodging their acerbic barbs and threats because I needed the job. Life in a refrigerator box held no appeal to me. I will also admit that my job performance suffered because I could not thrive under a

out corner at the ready in case I start to give myself some attitude.

Can we get rid of all the bullies in the workforce? I doubt it. Can we make them card carrying members of Bullies Anonymous? Yes and while we are at it, I say slap their pictures on milk cartons. Let our



reign of terror. My colleagues and I were suffering from PTSD from Monday to Friday. And here I thought being a bully was just child's play.

In my case, blessed Karma raised her perfectly manicured hand and bitch slapped the offenders. They lost their jobs. Sadly, it was not because the company became altruistic. Oh please. The economy took their power away. I would like to thank our country's recession for lifting the chains off so many of my co-orkers. As for me, I now work for myself and I have a time

kids read about their dastardly deeds while chomping down on Captain Crunch. Let's scare them into nice kids.

And if that doesn't work, I will personally go into their offices and slap the ipads out of their hands, wipe the smug expressions off their faces and say, "I am your 2 o'clock meeting. I just came from my dentist's office and my incisors can cut glass. **Shall I make myself comfortable?**"

TRUST YOURSELF

Julie Rust Yes, music can heal through the vibration. The vibration of the actual music and the vibration of the words. Everything is energy.

My music has healed me, so it has the power to heal others. It is like that old parable: A mother and her son came to the master. The mother was very concerned about the amount of dates her child was eating. The women asked the master if he would please tell her son to stop eating dates. He told her to come back in a month. She came back in a month, and

asked the same question. The master looked at the son and said, "Stop eating dates." The mother thanked him and left with her son. The followers who were sitting with the master were confused. They asked, "Why didn't you tell him that the first time they came? They traveled so far to see you, and you made them make the long journey again - just for that?" And the master replied, "I had to stop eating the dates first."

This music healed me. I almost died, and the music brought me back to a

life of joy and health!

The particular song "Trust" healed me from my wounds with my childhood. It took awhile, believe me, but it worked and I believe it will help those who have been BULLYed learn to take back their lives.

People can listen to my songs on my website at <http://www.julierust.com> or on Facebook under the "Band Profile" tab My facebook link: <http://www.facebook.com/JulieRustMusic>

<http://soundcloud.com/julie-rust/trust>



*I am brave
I am strong
I am joy
And I belong
I'll affirm and reconfirm
That I am love
I am love
I am love... it's simple.*

*"It's Simple"
from Julie Rust's "Believe"*

2011 Donation **Journal** Project:

Help Make This The YEAR For GROWTH!

Journal to Change YOUR Life: Is looking for Journal Donations to give away to women who need a jump start on a new life. The goal is to collect 2011 journals in the year, 2011 and then give them away. The purpose is to encourage women to spread their wings, give voice to what is inside of them, and inspire them to tell their stories. I'm here to assist others in manifesting a rich and meaningful life through the art of journaling. Won't you help? Please copy & paste to your page, share idea's how to create this dream, and donate a journal or more. Send email to the following address for mailing of journals **lillian@lilliangaffney.com**

Twenty years ago, when I started journaling it was my life line. Crippled with fear and driven with the desire to change I used my journal to catapult myself into a whole new life. My journal was my best friend, my confidant, a safe haven for me to release. In lonely and trying times, I retrieved to my room to write myself through the darkness. In that process, I eventually wrote

myself right into the light. It took a lot of discipline, conviction, courage, and strength. What was once only a voice amongst pages is now

ing opens us to heal, grow and change, heightens awareness, fuels creativity, and supports our endeavors while increasing self-esteem.



ad for www.goodnewpress.net



a voice for others. Won't you help me to give this gift to others?

Utilizing the process of journal writ-

Journal writing is like an x-ray that reveals what is below the surface.

My heart and soul wants to thank you for your kindness and generous gift in this project.

<http://lilliangaffney.com>

Lillian Gaffney

Journal Writer/Creative Artist/Facilitates Wellness & Creativity
Website: <http://LillianGaffney.com/>



Photos by Ruzica Puskas-ragontse

END BULLYING THROUGH ACCEPTANCE EDUCATION

Ken Rochon's primary passion is promoting a message of peace and tolerance in both our local communities and worldwide. His love of language has taken him around the globe, helping him to realize how truly simple it is to connect with others. He has experienced firsthand the power of language by simply making the effort to use simple expressions and a smile to engage others, which has allowed him to form quick and lasting friendships in dozens of countries.

Yet, Ken understands that there is still a major gap in how we communicate. This book was born out of his ardent belief that this gap must be bridged, in order to bring our communities and world into greater harmony.

"Making Friends Around the World" is a linguistic approach to teaching kids how to interact though an understanding of cultural differences and simple expressions that allow the bond of a smile to be created. It is the first childrens' book to be written in 10 languages, giving children from around the globe the opportunity to easily learn and communicate some universal phrases...so they can truly "Make Friends Around the World"!

Story and Segment Ideas:

- Increased Communication Skills – The Real Anti-Bullying Campaign
- The Greatest Gift You Can Give Your Children This Year (Christmas/Hanukkah tie-in)
- Why Cultural Week Should Start at Home
- Eliminating Bullying Through Knowledge and Acceptance
- Global Parenting – The Savvy Parents Guide



Availability:

- Nationwide by arrangement
- Flexible via telephone, email and Skype.
- Based in the DC/Baltimore Metro area

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SCARY

The New Face of Love™

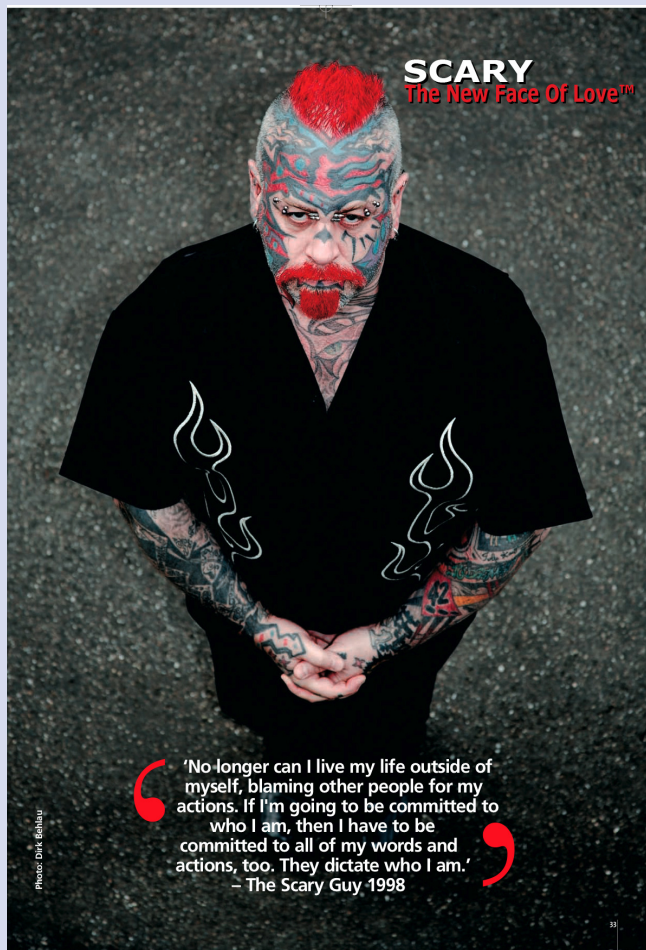
A meeting with this fully tattooed giant of a man - The Scary Guy, is a day that you will never forget! He challenges all whom he meets to take a good look at themselves and shows them how they can take full responsibility for all of their own behaviour in the form of words and actions as Energy.

The Scary Guy is a former tattoo artist from America who legally changed his name in 1998 after a rival tattoo artist ran a full page advert asking; “Are you tired of dealing with scary guys with war paint facial tattoos?”

Scary has used his remarkable exterior for the last decade, and has travelled non-stop visiting schools, police forces, military, all religions and a host of communities and corporate organizations - working with over 7 million people worldwide. He uses his striking appearance to challenge the stereotypes which people label him with in the moment.

His mission began when he first

accepted full responsibility for who he was in all of his own words and actions; “I decided to change my behaviour and do something about the name-



calling, put-downs and negative words I had used for a full 43 years!” says Scary.

Hugh Bellamy, Head Teacher of a Scarborough High School in the UK has brought Scary and his programs to his school repeatedly over the last five years, and

says; “It is simply the most important thing I have done since I have been here.”

Scary is unique in his capacity to reach audiences of all ages and backgrounds – teaching them that they have the capacity to interact with all human behaviour with love, compassion and understanding.

His delivery is uncompromising, and his message is true. Today, following his programs, Scary frequently hears students and adults alike describe him as; “A really cool dude who showed us how to look at ourselves and how to deal with the negative words of others – without becoming negative or upset to do so!!” saying; “He totally rocked our world!”

To put it simply, The Scary Guy is quite possibly: The

Most Powerful Agent For Change on the Planet today!

The results are remarkable!

© VisionHeart, 2011

www.thescaryguy.com

RHONDA VARSANE



Rhonda's passion has made change in her community through actions and words. She shares her passion and vision with the world through her photography and writing

She brings a philanthropic attitude and experience along with awareness, education, opportunity and exposure through www.goodnewpress.net as visionary and founder. Her vision is to help others. These qualities comes together alive and vivid for all to truly experience as she changes the global community.

Rhonda is a free-lance photographer and journalist works as a correspondent and trained as a photographer in the United States Marine Corps Reserves, organizer of many events and publications such as: VE (Victory in Europe) Day Celebration and Earth Day; a city wide celebration in Lubbock Texas.

She has worked with North East Texas Art Alliance (NETFAA) as a fine artist and honored for her photography in *Best of America Photography Artists & Artisans*.

She worked with *Events Worldwide Magazine* as a Logo Designer, Managing Editor, Special Events Journalist and Photographer.

Her volunteer work has been endless. Rhonda has shared her passion and energy as COO and prior Director of Public Affairs and Marketing for WishKids International. She was also founder of AWARE and South Plains Environmental Action Committee (SPEAC), both environmental organizations in Lubbock, Texas.

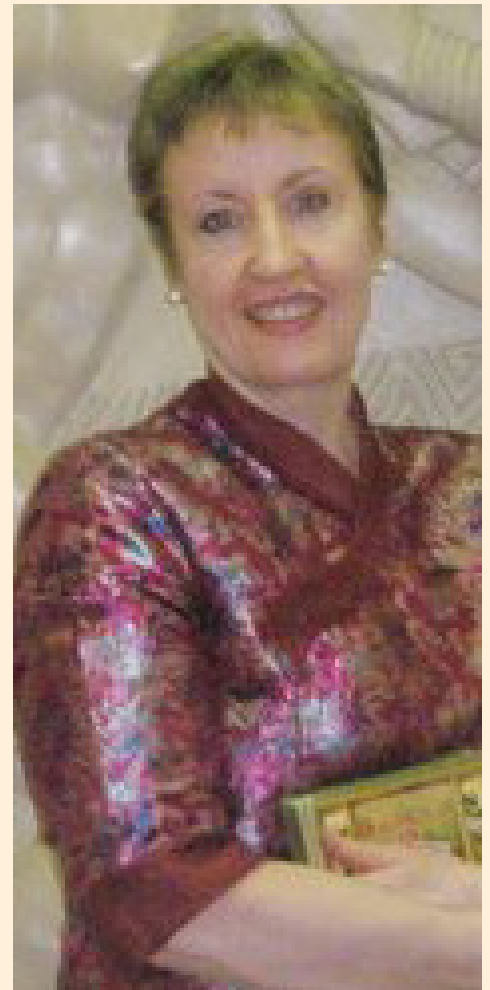
She is the writer of the children's books: *GOD, Spirit, Changes, Way Over...There, That Girl and You*. She is the founder of Good News Press her Publishing Company, although her on-line magazine is named goodnewpress.net she continues to edit and write for various magazines and websites.

She is the recipient of J.C. Penny's Golden Rule Award



DANIEL SCOGGIN

Daniel BLOGS and writes for ChicagoNow.com There are also many resources out there; you can start by visiting [The Trevor Project](http://TheTrevorProject) !



SUSAN MCKENZIE

Susan McKenzie has had 20 years experience as an English teacher. She has worked in the British Council, Linguaphone, and well-known language teaching organizations. Susan is a London-trained lawyer who has been an editor in an international book publishing house and national magazine. In 2006 Susan was appointed an Ambassador of Peace by the Universal Peace Federation and Inter-religious and International Federation for World Peace. She is also a co-author of two law books. For enquiries IELTS, practical English and pronunciation courses email: susanmckenzie2003@yahoo.co.uk For Daily Blessings follow us at: www.abetoday.com, she is also the Outreach Coordinator for www.goodnewpress.net

MANDY WHITE



Mandy White is a Canadian author and professional freelance writer from Vancouver Island, British Columbia who has been writing poetry and fictional stories since her teenage years. A victim of bullying as a teen, she understands very well the impact that bullying can have on a young life. Her two poems on bullying reflect her own experiences at the hands of teenage bullies and attempt to remind readers that they can draw strength

from even the most negative of experiences.

Mandy White’s published works include “The Jealousy Game”, a nonfiction book about the damaging effects of jealousy in relationships and “The Immigrant”, a fun and quirky sci-fi novella. She is currently working on a full-length novel entitled “Avenging Annabelle”, a suspense-filled tale set on scenic Vancouver Island. It is due for release in the summer of 2011.

MILTON 501 BOWENS

Born and raised in Oakland, Calif., Milton Bowens is the fifth boy of ten children and also the youngest of the ten, that’s the origin of his unique signature Milton 510. Milton’s artistic promise began at the age of five with nothing more than a few pencils and cut

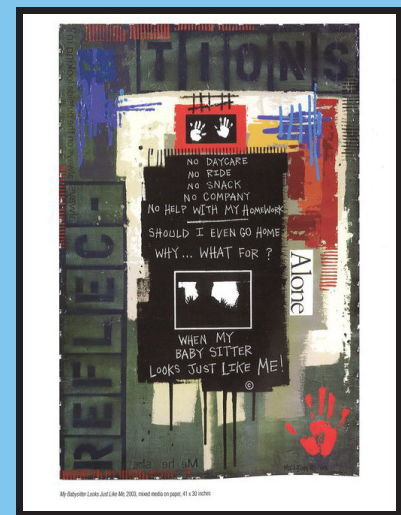
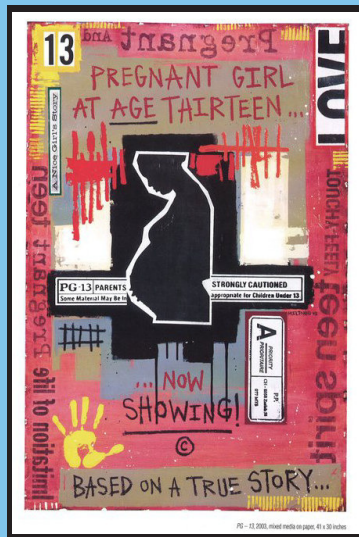
Milton’s formal art education took off while he attended the Renaissance Art School in Oakland during his junior and senior high school years. After graduating, Milton received a scholarship to the California College of Arts and Crafts. He completed one-year of study then enlisted in the United States Armed Forces and became an Illustrator. He received his Associates

known artist and activist, who has been creating powerful work for over the past 20 years, and who has participated in over 100 group and one-person



up brown paper bags used as sketch paper, thanks to his mother’s ingenuity of making the best of lean times. Milton never lost sight of his humble roots. Discreetly placed on many of his collage works of art is a piece or strip of brown paper bag a subtle reminder. Years later,

Degree in Commercial Art under the Army’s College Education Assistance Program (ACE). Milton is a nationally



exhibitions regionally and nationally. Although Milton has accomplished a tremendous body of work and many accolades over a brief period, he never rests on his laurels. His relentless quest for knowledge, innovative artistic techniques and a deeper understanding of art and the role it plays in the preservation of culture is never ending.



JUNO CRISTI

Juno Cristi a 33 year old single mom and native of Manila, Philippines, graduated in 1998 with a Bachelor of Arts degree in English Studies in her State University. After college she worked briefly as a University Research Assistant and then took the role of Writer / PR Officer for the country's top book store.

JULIE RUST

Julie Rust has dedicated her life's work to the art of making music that is intentionally written to inspire, uplift, heal and enlighten.

As a performing songwriter, she has shared her music with people all over the United States for the past 30 years.

As an inspirational speaker, Julie talks candidly about how she healed herself from near death to a life of joy, perfect health and abundance with the grace and guidance of the Divine.

Her journey of self-healing and self-discovery are an inspiration to all who hear her. With five CDs and one poetry book, Julie continues to create music and

When the writing job had not proven to be rewarding she decided to join the outsourcing world and built her career as a Service Leader in the nation's booming industry championing Leadership Development of several coaches, managers, trainers and call center staff for 11 years. As a young executive, she also contributed as a feature writer a lifestyle and entertainment magazine.

Her life took a quick turn on 2010 after a series of unfortunate events the major turning point a debilitating accident mid 2010 where she was paralyzed hip down from a fall leaving her unable to work outside for a prolonged period.

In her solitude she decided to go back to her passion— writing. In this epiphany, she felt an immense desire to write about only one thing - LOVE. She decided to pour her thoughts and emotions out in her blog, and eventually on Twitter and Facebook as "The Love

messages that share her love for life.

You can find more of her music at <http://www.JulieRust.com>

ABOUT THE SONG

My songs always give me a message. And this song, "Trust," was a big one for me. I sat down at the piano, and the beginning figure of this song played over and over through my hands. It was so moving, that figure alone was bringing tears to my eyes. I played it again and again until the words began to come out. "Had a family in which I couldn't trust anyone..." After a couple of months of playing it nearly every day, all the words came out, except for the end. "How does this song end?" I never pushed it, but my curiosity grew. It took 5 months

Goddess". One by one, her verses, her prose and poetry were picked up by her friends and followers, spreading like wildfire across the virtual universe. In just 6 months, her account grew to tens of thousand with people all over the world thanking her for healing words.

She continues to_ share messages of faith, hope and love, offering her devotionals in gratitude for the gift God has bequeathed her, and she continues to communicate online with her readers as often as she can.

Links to e-mail & web sites:

Email: junocristi@gmail.com

Blog: www.junoinluv.tumblr.com

Twitter: www.twitter.com/the_lovegoddess

Facebook: <http://www.facebook.com/profile.php?id=100001490552443>



for that ending to play itself out. And I was shocked when I naturally sang the final lines of the song. <http://soundcloud.com/julie-rust/trust>

Therèse Tappouni

Leaving the past and venturing into the future is the terrain of explorers and visionaries. We are all capable of being either or both of those things, but we have to unburden ourselves of our own expectations and the belief systems of others to learn and community activist, I needed to give myself the advice I wrote in that quote. The following tells you what I have been doing, not who I am. It is a fact in this world that others define us, usually, by what we have accomplished. I feel defined most happily by my feelings of being connected to individuals and the larger world as a spiritual human being

Therèse has combined wisdom and insight to create a spiritual path for her life and work. She is a Time Dimension Therapist, Certified Clinical and Medical Hypnotherapist, and Somatic Intuitive Practitioner while acting daily as CEO of ISIS Institute and Whole Heart. However, she creates her life's work most typically through the written word and workshops. Her book *The Promise: Revealing the Purpose of Your Soul* was a 2008 winner of the Independent Book Publishers Award's bronze medal in women's issues, and she has recorded a CD titled *The Promise: Walking Your Path of Truth*, consisting of guided visualizations and meditations with music by international composer Michael Hoppé and the Prague Symphony. *Me*

and Green, a book for children on sustainability, came out in September of 2009 and won the gold medal from the Indie Excellence Book Awards. Her novel *A Time to Reap*, the story of three generations of women finding the inner source of their strength through tragedy and blessings has met with wonderful reviews. Her previous books are *Lot's Wife; Walking Your Walk: A Woman's Guide to a Spirit Filled Life; and Night Gardening: Passionate Poems for the Beloved*



with her partner, Lance Ware. Therèse has been published in many literary publications and anthologies, including the Grammy-nominated *Grow Old Along With Me: the Best is Yet to Be*, where her work was read by Alfre Woodard; and she was featured in *Through a Child's Eyes: Poems and*

Stories about War. Her recent collaboration with Grammy winner Michael Hoppé is a CD titled *Tapestry* where each composition by Michael is accompanied by a poem written for that piece.

Therèse leads workshops for women based on *Walking Your Walk and The Promise*, and also co-conducts workshops for couples and singles focusing on relationship as well as writing workshops solo and with her partner. She teaches the importance of the Sacred Feminine, and ways in which women can focus on spiritual growth in work and relationship while nurturing the feminine and researching the history of women. She also presents workshops for professional women on recovering the passion that led them into their work or relationships, and discovering the energy of life passages such as menopause while acting from the heart. She has served on many boards and committees, including The YMCA Writer's Voice, The School Community Council of Teacher Corps, the local chapter of the Institute of Noetic Sciences and The Chopra Foundation. She is a member of the International Women's Writer's Guild and the Society of Children's Book Writers and Illustrators.

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CARLA GODDARD

The journey of a lifetime began when as a small child she realized she was different. Somehow she didn't fit in. Words like half breed were unexplainable. Baptized as a young child into the Pentecostal religion, moving to Baptist Church, onto Catholicism and finding her way to a coven of the Old Religion, the journey took many forms. In 1996, Dr. Carla Goddard describes it as hitting rock bottom. Addiction, uterine cancer, lupus and a heart attack sent her world spiraling out of control. In the following years the journey would take on new meaning as she battled for her life, and then battled to rise up from the wheel chair that held her captive.

During this time the spiritual journey took her to study Buddhism, Wicca, and Druidism; in search for something that would offer solace to a weary heart. Never giving up her search, in 2000 she began to study Shamanism as a way of life. Growing stronger both physically and spiritually each day she found a way – an inner strength that was coming from some place outside of her own strength. She would spend hours sitting by a fire knowing that one day she would rise up and stand on her own two feet as an empowered woman.

She enrolled back in college finishing her Master's Degree in Pastoral Counseling and her Doctorate in Metaphysical Para-

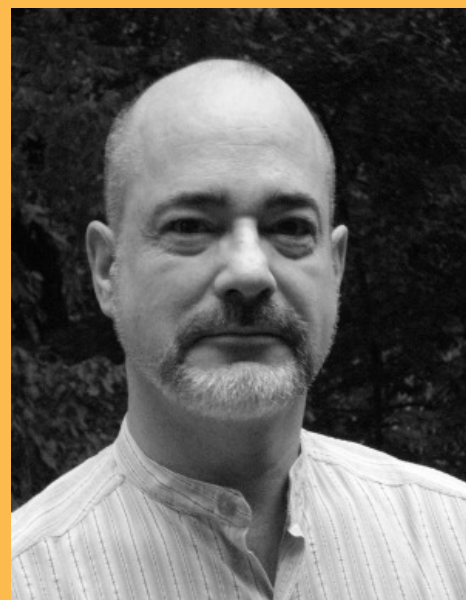
psychology; as well as becoming an ordained Metaphysical Minister with the International Metaphysical Ministries. During this time she also found The Waiest™ Path which strengthened her mind; as well as her spirit becoming an Ordained Monk in the Way Order™ that she is one of the founding members of. In 2006, when her father was diagnosed with AML and given weeks to live, her faith and strength were tested again. Her father became her inspiration to share with the world her story, her life, and her journey. She recalls time spent with him during those last days as he taught her the story of the rainbow and the Summerlands.

Today as a Sacred Soul Shaman she draws upon the energetic flow of life to find answers and healing. She shares with people how to heal their own soul, how to find the flow of energy in their own lives, and how to have a profound shift in awareness. "If you want to change the world you need to start with yourself, and then change one person at a time," she says. "Throw one pebble in the water and it's like a ripple effect."

Having completed a ten year apprenticeship as a Shaman, Dr. Carla Goddard has gone on to be the visionary of a Light worker Community that she describes as a group of ordinary people coming together in a unified and cohesive nature to create a mission of harmony, love, and support for one another. She has authored several books and written for both print and online journals.

She is the founder of the Sacred Feminine Empowerment Groups "Divine- alicious" and is visionary of the Metaphysical Mind Series now in multiple locations across the state of Florida. She travels to states on the East Coast sharing her empowering message that you have the power deep inside to rise up and make a splash to create your desired reality.

Women As Visionaries 2011 Honoree
Sacred Soul Shaman
Metaphysical Parapsychologist,
Ph.D., University of Sedona
Metaphysical Pastoral Counselor,
M.M.Sc., University of Sedona
Metaphysical Minister with
the International Metaphysical Ministries
Waiest® Journeyman Monk Ordained
with the Universal Life Temple, The Way
Spiritual Mind Therapist; Certified with
the University of Sedona
Global Fire Keeper with Sacred Path-
ways, Shakti Fire Priestess
Aho! Dr. Carla Goddard
dr.carla.goddard@verizon.net



DR. MIC HUNTER

Dr. Mic Hunter is licensed as both a psychologist and a marriage and family therapist. He is the author of numerous books. His private practice is in Saint Paul, Minnesota, where he lives with his wife of 27 years. His most recent book, *Honor Betrayed: Sexual Abuse In America's Military* that addresses, among other things, the mistreatment of gays and lesbians. His forth-coming book, *Back to the Source: the Spiritual Principles of Jesus*, will be released in late 2010 or early 2011. In it he addresses the mistreatment of women, gays, and lesbians.



JOE BROWN

Joseph R. Brown was born on January 13th, 1973 at White Memorial hospital in East Los Angeles, California. He grew up with his three sisters, (Perla, Gaby, and Mary) and his mother, (Mama Yoli). Joe lost his father when he was just a little over a year old. Joe grew up in various parts of Los Angeles. Mama Yoli did her best to provide for her children over the years as a single parent. The love and support that Joe received from his sisters and mother helped shape him as a human being. There were numerous challenges that

Joe faced as a child. The Voice – A Human Journey is a memoir that recollects the good times and bad times that a young man endured during the early part of his life in California.

Joe’s passion for writing and his compassion for others manifested from these trials and accomplishments. It was the poetry and prose that assisted Joe in processing the pain and joy that at times overwhelms a young person. Joe’s expression with written word is a process that helps him heal from time to time. Over the years, more and more people have experienced the same healing attribute of Joe’s writing. By the end of 2010, The Voice – A Human Journey had reached over 2,000 members in nearly 100 countries on Facebook after one year of its inception. The group reached this amount of people simply by word of mouth. It is Joes’ belief that if you BELIEVE IN OTHER PEOPLE AND SHARE YOUR COMPASSION WITH THEM; MANY OF THESE PEOPLE WILL ALSO BELIEVE IN THEMSELVES AND RECIPROCATATE THE UNCONDITIONAL LOVE...

Joe is a very spiritual person who believes in humanity. He was raised Catholic but he doesn’t practice a religion. Instead, he



SARAH STUART

Sarah Stuart is a creative, fiction and non-fiction writer, poet, dreamer, philosopher, scientist. Her passion in life is to manifest dreams and ideas, helping others to live their own. She finds in writing her divine and inspirational expression, and she finds that sharing her visions and ways of seeing the world and Universe fulfills her heart everyday. As founder of The New Writers, Sarah defines herself as a person who dreams big. To her nothing is impossible and she is always ready to embark in the wonders of a magical life, meeting people and living her dreams in connection with all others. Her passions are children, people and she loves helping them in any possible way.

is open to all faiths that have a positive loving nature and bring goodness to the earth. Joe perceives the world and all of its inhabitants as ONE entity. Joe will often say; “it is our choice to discover this oneness with all living things. If you want to achieve peace in your life, you will have to learn how to give for the sake of giving and love in the Agape way. Because in the end, nothing matters as much as the love you give to others. I believe in you.”



STEPHANIE WILLIAMS

Stephanie Williams, Juris Doctor (J.D.), graduated with honors from the University of Miami School of Law. She is an international human rights law advocate and an independent, free-lance consultant on human rights issues. She has been politically active and working in the field of human rights since 1992. She primarily works with human rights advocates, non-profit organizations, IGOs, NGOs, and humanitarian think tanks that are committed to identifying, researching, tracking, assessing and eliminating human rights abuses. In

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addition to her published works, Stephanie authors, co-authors and edits legal and political articles.

She is an expert on female genital mutilation (FGM), violence against women and children, human trafficking/slave trade, Middle East and African politics, civil rights history and law, strategic nonviolent conflict, international judiciary systems, and global human rights institutions. She has advanced knowledge and experience in criminal, national security, death penalty, public interest, family, and appellate law.

Stephanie's has written numerous articles pertaining to human rights. Some of her most recent and noteworthy articles and publications include: Silent All These Years (blog); Torture as a Means to an End v. The Illegality of Torture as a Violation of Jus Cogens

Norms Under International Law (12 UMICLR 299-357); Taming of the Shrew: Mechanisms for Holding Multinational Corporations Liable for Human Rights' Violations; Dopin' 'em up to Die: Artificial Competency & the Death Penalty; The Cannibal & The Consenter: A Comparative Law Discussion of the German Cannibal Case; Environmental Law & Human Rights: A Legal Research Pathfinder

Stephanie is the co-founder of a local non-profit fundraiser: Food for Life Network (FFLN) AIDS Marathon/Half-Marathon, which benefits Food for Life Network, Inc., a 501(c)(3) nonprofit that, among other things, delivers groceries and meals to impoverished and malnourished men, women, and children living with HIV/AIDS in South Florida. Since 1987, Food for Life Network, Inc. has fed over 1.5 million people and

As the creator of My Views from the Edge, elizabeth cassidy incorporates humor and empathy into her writing. Her belief is laughter can smooth some of the mental, emotional and spiritual turmoil which life seems to throw our way and she promises to keep her advice solid and her tongue lodged securely in her cheek.

elizabeth's good twin is a creativity coach who founded Coaching for the Creative Soul.

provided crucial medical services to millions more.

She is also a regular co-host and panelist on UPDATE w/ Doris Moore Bailey at WLKF AM 1430 (Lakeland, Florida). UPDATE is a live, hour-long progressive news magazine radio broadcast that covers a gamut of hot topics and issues facing the African-American community and our nation. The show airs every Sunday from 5:00-6:00 p.m. and streams live at: www.wlkf.com.

Stephanie's interest span from astronomy and quantum physics to philosophy and politics. She is an activist, an avid reader, writer/blogger and social networker. She is currently working on several human rights issues, fundraising projects for Food for Life Network AIDS Marathon, and her second book of poetry, "Sex will be Sweeter for my Daughter."

She showers her clients with support, motivation and dark chocolate when needed. www.coachingforthecreativesoul.com

elizabeth is a former comedy writer/comic for WNBC Radio and was once compared to a young Woody Allen. And, no, she is not a short Jewish man.

When she is not working on her book proposal, you can find elizabeth saving the world at: www.myviewsfromtheedge.com

**ELIZABETH
CASSIDY**