



SCRIPTURES AND BULLIES

BY HILARY M. HENDRICKS

(Based on a true story)

Look up the following scriptures:

Psalm 94:16; Luke 12:12; 2 Nephi 8:7.

Circle the one you think fits the story best.

Hey, Mike,” Chris said in a loud whisper. “Good thing Mr. Morton didn’t call on you!”

“Yeah,” another boy said. “Mike would never have known the answer.”

“You’ve got that right,” Chris replied. “The only thing small about Mike is his brain!”

Behind me, Mike tried to laugh. I peeked over my shoulder. His face was bright red. Mr. Morton kept writing on the board as if he hadn’t heard a thing.

This was my first week in seventh grade, and the boys picking on Mike were probably two years older than me. Mike was taller than all of us, and he wouldn’t want my help anyway, I reasoned. But as the teasing continued, I thought I was going to cry.

After school, I kept thinking of all the mean things the boys had said. “If I were Mike, I wouldn’t come to school at all,” I decided. I felt sad for the way he had tried to joke with the bullies, only to have them make fun of whatever he said. “If I were older, I would have known what to say to them,” I thought.

Then I remembered a family home evening about how missionaries depend on the Holy Ghost to help them know how to teach people. Dad said if we read the scriptures and invite the Holy Ghost to help us, we can know what to say and do too—even at school.

The next morning, I read my scriptures and prayed. ‘Heavenly Father,’ I said, ‘I feel so sad for Mike. Please help me to know how I can help him.’

One of the scriptures I read said that when we help other people, we’re actually helping Jesus Christ (see

Mosiah 2:17). “I wouldn’t be too scared to talk to the bullies if they were picking on the Savior,” I thought.

I wrote that scripture on a note card and put it in my notebook. I read it often during the day, but I still didn’t know how I could stop the teasing.

Then one afternoon, as I left math class, my answer came. The Holy Ghost whispered, “Mike needs to know you care about him, and the bullies need to know you don’t like what’s going on.” My hands felt clammy. My legs started to shake. I bit my lip and said a silent prayer.

A minute later in the hall, I heard Chris yell a mean comment to Mike. I took a deep breath. “Hey, Chris,” I said, “If you can’t say something nice, just be quiet.”

Chris gave me a mean look.

“Boy, that sounded silly,” I told myself. But the bullies didn’t say anything else to Mike.

The next day, the boys were back to their regular teasing—until another seventh grader interrupted them. “Come on, guys,” David said. And the teasing stopped.

Another day, it was a ninth-grade girl who stopped the bullies. “That’s not nice, Chris,” Rhoda said. Mike gave her a grateful smile.

I’d like to say that was the end of the teasing. It wasn’t. But the bullies seemed to make mean jokes less often. Other students stood up for Mike too. I knew that the Holy Ghost had given me courage to do what I needed to do to help stop the bullies. ●

“Look around you for someone who is kind—someone who reminds you of what you think the Savior is like. Watch the things this person does, the way he or she treats other people. . . . Then, as you treat others kindly and try to do what Jesus would want you to do, you will be filled with that love.”¹

Elder Paul V. Johnson of the Seventy





WHAT IS BULLYING?

Bullying is hurting others by scaring them, leaving them out, making fun of them, using mean words, or harming them physically.

— Someone might say, “If you play with her, you can’t come to my birthday party.”

— A group of children might follow a boy around the playground, yelling that they will hurt him.

— A group of children might roll their eyes and laugh at a girl.

— Someone might tease a boy every day on the bus.

Every person is a child of God.

No one deserves to be bullied.

There are many things you can do to stop bullying from hurting people—including yourself.

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What should I do if someone bullies me?

1. *Tell an adult.* Your parents and teachers can help you think of ways to stay away from someone who makes fun of you or scares you. They can also help you make new friends who will treat you kindly.

It's especially important to tell an adult if someone hits, pushes, or threatens you. Sometimes people who bully won't stop until they know that a teacher or parent is watching them.

2. *Stay in safe places.* Make sure you are always near other children. Avoid places where there are no adults that you know nearby.

3. *Tell the bully to stop.* Tell the person how the bullying makes you feel. In a firm voice, tell him or her to never treat you that way again. Do not try to hurt the person back, unless you have no other way to protect yourself.

4. *Remember your worth as a child of God.* You are important to Heavenly Father, and He wants you to be happy. Even though others may treat you unkindly, you can still feel good about yourself and the good things you do. Sometimes people even get bullied because of good things they do and say.

What should I do if a bully is hurting someone else?

1. *Don't go along.* If a friend sends you a mean text message about someone, don't pass it on. Don't laugh at jokes that might hurt someone's feelings.

2. *Tell the bully to stop.* If you feel it is safe, tell the person who is bullying that you don't like what he or she is doing. The person may not know that you don't like it when she leaves others out. Listen to the Holy Ghost to help you know what to say.

3. *Ask adults for help.* Make sure that the adults in charge know what is going on. If the bullying hurts someone physically, you need to tell an adult right away. Keep asking adults for help until the bullying stops.

4. *Be a friend.* Every child is precious to Heavenly Father. One of the best ways you can help someone who is being bullied is by treating him or her kindly. You don't need to become the person's best friend, but you can let him or her know you care. Read the story of the good Samaritan in Luke 10:30–37. You can be a good Samaritan by treating others kindly.

