

10

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## Don't be Ashamed to Not be the Same

During the year I went to a program in our school called the Don't Laugh At Me Program. During which, we learned about bullying. I will now share with you some of the things I learned there. Some reasons that people are being bullied or picked on, are that you might have a lot of friends while the bully doesn't, and they might be jealous of you. Some people might have braces, glasses be short, have different colored skin, or dress differently. The bully might think that's funny, and pick on them just because he/she thinks it's funny. The bully might do it to make themselves feel better, and to

make you feel even worse. Some people, actually a LOT of people like different foods than others. While I like tomatoes, some people don't like them. Some bullies might be mad about that. Sometimes kids get better grades than others, and sometimes bullies will get mad. I think that the main reason people get bullied is because people aren't the same as others.

I don't think that it is fair for these people to be picked on for these reasons. Just because a person has a lot of friends while the bully might not, might just mean that the bully doesn't treat others with kindness. Why not try to make friends with the bully instead? If somebody has braces, don't tease them about it, because they can't help it if their teeth aren't growing in straight.

They also can't help it if their vision is blurry, so they might need glasses. They also can't help it if they are short, and if a bully teases them about it it will just make them feel worse about themselves. If you exclude someone because of their skin color, that is called racism, and it's not very nice. People dress differently because maybe they like it. Everybody has a different taste of clothes, and people should respect that. Speaking of taste, people have different tastes of food too, and people should respect that. People shouldn't get angry if somebody gets better grades than them, and if they do get angry, maybe they should consider studying instead of bullying. Remember, don't be shy to be kind to others, because just one person can make a difference.