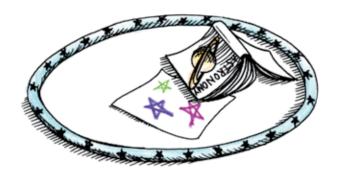


- "Delightful . . . Not only for kids, this series is a *must* for educators, parents, and caregivers who want to help children end the cycle of cruelty."
 - **—Barbara Coloroso**, best-selling author of *The Bully, the Bullied, and the Bystander*
- "The wonderful books in the Weird series are great resources to help build young children's social skills to address and prevent bullying."
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- "A good discussion starter."
- -Booklist
- "Incredibly insightful . . . a must-own for educators."
- -Imagination Soup



by Erin Frankel illustrated by Paula Heaphy



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Hi. My name is Jayla and I'm **scared**.
See that girl? That's Sam. She's **tough**.
She picked on me a lot last year,
but I never stood up for myself.
I didn't

No one else stood up for me, either.

They didn't DARE.

"What"
loser"





Jayla's Notes

Helping Luisa was a *dare* worth taking! Here are some lessons I learned along the way:

Daring to stand up for what's right made me feel good about myself.

Acting like I wasn't scared gave me

more courage to help Luisa.

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

Even when I stood by and did nothing, I knew I was doing something wrong.



Luisa's Notes

Jayla helped me realize how important it is to stand up for myself and others no matter who thinks I'm *weird*. Here are some things I've realized:

When others do nothing while I'm being bullied, I feel sad and alone.

Everyone can imagine how it feels to be picked on.

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

Remember to always believe in yourself, no matter what.

Don't stand by when you see someone being bullied. Stand up and say "Stop!"

Sam's Notes

When everyone stood up together, it was *tough* to keep bullying. Here is what I've discovered about myself:

f Telling Jayla what to do made me feel powerful and in control.

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

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

 \mathbf{G} iving me a choice made me realize I do have control—over my own behavior.

Hurting others isn't something I'm proud of, it's just something I do to try to feel good and fit in. (It doesn't work.)

