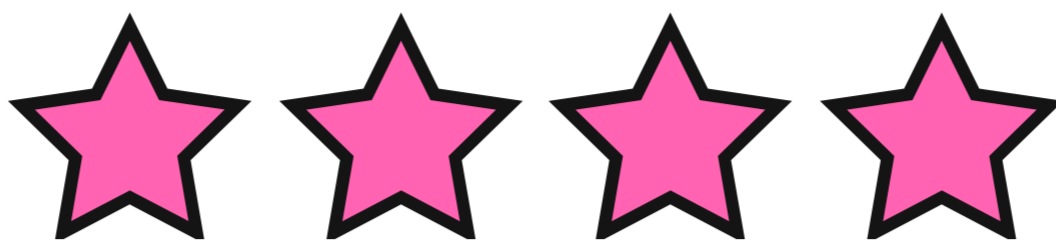


IT WILL NOT BE TOLERATED



# BULLYING KNOCK IT OUT



BY CARMELITA MCROY &  
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**Bullying, Knock It Out**

**Written By Carmelita Mcroy & Kennedy  
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We truly hope this book helps someone who is experiencing bullying. It is never okay to hurt someone by the words you say or by putting your hands on them in the wrong way. Bullying causes problems mentally and physically to any individual.

You may be confused by something that has taken place and you wonder if it is bullying or not; if you question it tell someone. You do not have to put up with another person's bad behavior.

Hurting yourself because others have hurt you is not an option. If you feel this way please call the National Suicide Prevention Lifeline at 1-800-273-8255



**Cyber-bullying is real and it hurts. Always remember not to post images of yourself in bad positions. They will not be deleted from the internet even if you delete it from your phone. If someone is cyber-bullying you on the internet, you can report it to the police, do not be ashamed. No one is judging you.**



Most bullies do not think about how they would feel if someone mistreated them the same way. However; did you know some bullies are getting bullied.



**It can be scary when a group of kids harrass and bully you, but do not be afraid to tell someone what is going on. Remember, your family loves and cares about you and they do not want anyone to hurt you emotionally or physically; tell someone what is going on.**



If you see someone being bullied, defend them and tell the bully to stop. If you do not feel comfortable doing that, then go get an adult. Bullying has to stop, today!



When another student puts their hands on you in a bad, or hurtful way; this is bullying. Tell an adult authority, if they do not listen tell someone else, until someone listens.

**You matter!**





If girls make fun of your hair or the way you dress, and they see it hurts you but they continue to do it; then it becomes bullying. Do not stand for it tell someone, there is someone who cares about how you feel.



**Bullying causes low self-esteem and some individuals feel like taking their own life.**

**Do not do it. Go talk to someone, a counselor, a church member, or even a friend you trust.**



My granddaughter and I wrote this book together after she experienced bullying in school. She did not come right out and tell me about it, I just noticed she looked sad everyday she came home from school. As I continued to talk to her for several days we got to the bottom of it.

I had Kennedy journal her feelings about what was going on and as we discussed it, we decided more kids needed to know what to do and who to turn to if they feel like they are being bullied. Kids who are bullied need adults to let them know they are important and valuable. We hope you enjoy this small ebook, which is a portion of the book that is about to be released in 2019.



To have us speak at your next youth event,  
you may contact us at  
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