

A MESSAGE FROM ELAINE WOLF, “THE ANTI-BULLYING NOVELIST,”  
AUTHOR OF *CAMP* AND *DANNY’S MOM*  
(AND WINNER OF THE 2013 COMMUNITY UPSTANDER AWARD)

My message to you is really simple: **You have the power to make your school a better place for everyone.**

If you don’t believe me, then you’re like most kids who feel that one person can’t make a difference. Maybe you believe that what you do and what you say don’t really matter because you’re only one little person in a big school. But you know what? You’re not too small to make a difference. Think of it this way: Imagine trying to sleep with a fly buzzing around you all night. That fly’s pretty small, right? But what a difference that tiny creature makes when you want to sleep!

Now I know you’re much bigger than a fly. So, here are three things you can do to make a difference — to help stop bullying in your school:

Set a good example by being kind to the new kid in your class, or to the kid who doesn’t have many friends or who doesn’t wear nice clothes. Smile or say “hi” in the hallway. Try to include people who are left out most of the time.

When kids start to bully someone, don’t join in. Don’t give bullying an audience.

Be a friend to the person being bullied. Your kindness could make a big difference to that boy or girl. And report all bullying to your teacher or to another adult in your school.

If you’ll do these things, you’ll be more than a bystander; you’ll be an upstander. And if I could, I’d share my Community Upstander Award with you!

(Teachers and parents: If we work together, we’ll make our schools and summer camps kinder, gentler places for everyone. Please visit me online at [authorelainewolf.com](http://authorelainewolf.com).)