

# Bullying Is a Pain in the Brain



# Bullying Is a Pain in the Brain

by Trevor Romain

Illustrated by Steve Mark

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PUBLISHING®



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## Dedication

Dedicated to my late grandfather Teddy  
Tanchel, the best hugger in the world.

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Chapter 1

# Do you Have a Problem with Bullying?

The alarm clock buzzes and you slowly crawl out of bed. Another school day, and you're miserable. For the past few weeks, a kid in your class has been picking on you, pushing you when the teacher isn't looking, calling you "Dog Breath" (or worse), putting your photo on social media with embarrassing captions, and generally getting on your nerves. You didn't do anything to provoke this behavior, and you're wondering why he has chosen *you* for a target.

You get your lunch money from your mom and hide it in your shoe, hoping that kid won't try to take your money today. Then you go wait for the school bus. When it pulls up, you see him staring out at you from the back of the bus with a mean grin. "Uh-oh," you think. "How am I supposed to handle this today?"

**Does any of this sound familiar?**

If you're trying to cope with a bullying problem, here's the first thing you need to know:

**You're NOT alone.**

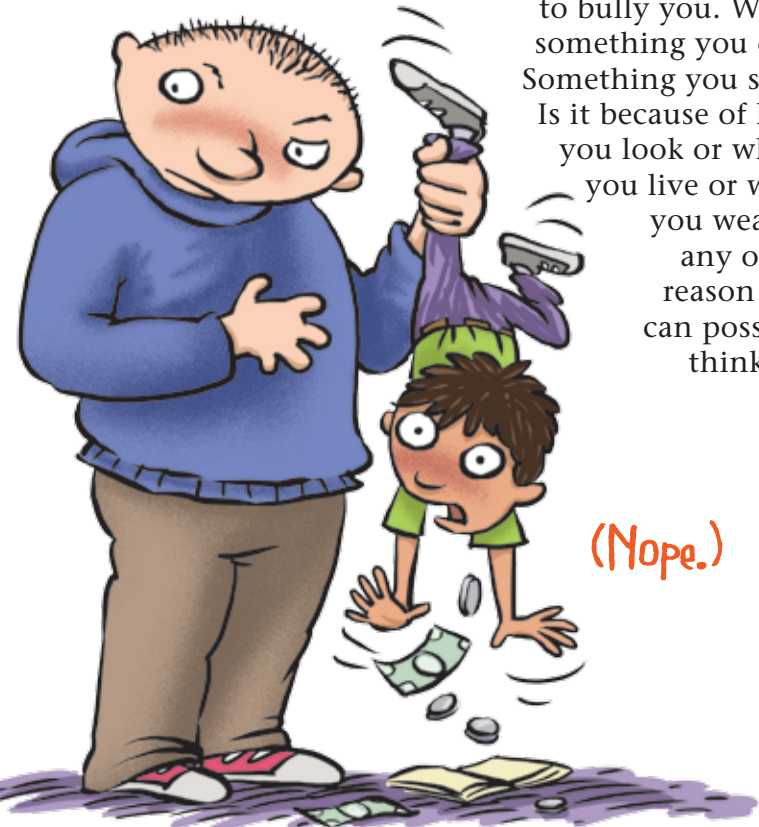
Everyone has been bullied at some point. Other kids in your school or neighborhood are probably dealing with bullying problems similar to yours. The trouble is, a lot of times people keep bullying a secret. They feel ashamed or scared to talk about what's really happening. They think that if they ignore the situation, it will go away.



Here's the second thing you need to know about your bullying problem:

**It's not your fault.**

You're not doing the bullying. Someone else is. You didn't ask to be bullied. Someone else decided to bully you. Was it something you did? Something you said? Is it because of how you look or where you live or what you wear or any other reason you can possibly think of?



## What Is Bullying, Anyway?

According to experts on bullying, bullying is when someone treats another person in a mean or unwanted way, over and over. It can be:

**physical**, like hitting, tripping, pinching, poking, shoving, or giving wet willies

**verbal**, like making fun of the way people look or act, making fun of their religion or race, calling people mean names, or laughing at people

**relational**, like leaving someone out on purpose, spreading gossip or rumors about somebody, or telling people not to hang out with someone

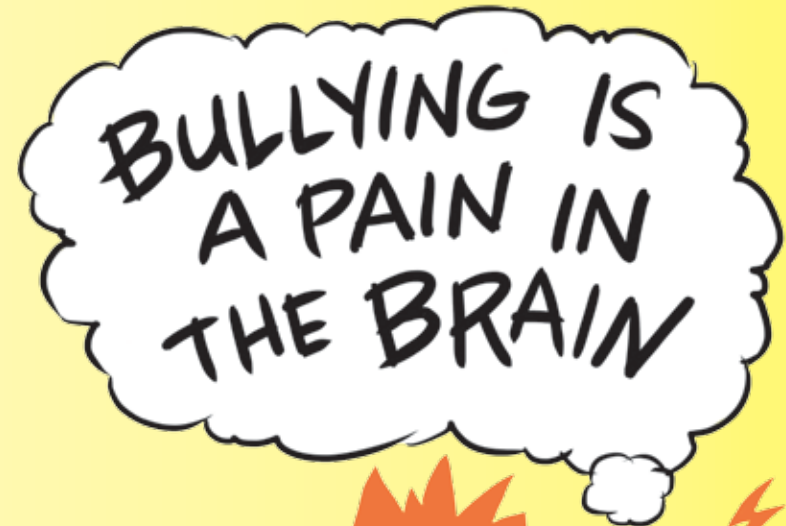
Bullying done on electronic technology such as phones or computers is **cyberbullying**.

In other words: People who bully have serious problems. They like to hurt and frighten others they see as smaller or weaker. Experts tell us that people who bully like to be in control. By controlling you, they feel strong and superior. And you feel puny, afraid—and angry.



Some people bully to get attention. They believe that bullying is a way to be popular and a good way to get what they want. By bullying, they try to make themselves feel more important or powerful.

Some people come from families where there is a lot of fighting and yelling and anger. It may seem weird, but they believe that pushing people around, being angry, and messing with others is a normal way to behave. Many people who bully copy what they have seen others do, and often they've been bullied themselves. You'll see later in this book why reporting bullying may help a person like this realize that this kind of behavior is **NOT** normal or acceptable.





Bullying happens everywhere—in small communities, towns, big cities, playgrounds, neighborhoods, malls, parks, on the streets, online, and anywhere else people gather. Most of all, bullying happens in schools. It may be happening right next to you in class.

People who bully come in all shapes and sizes. Boys can bully, and so can girls. Adults can bully, too. Bullying has been around for centuries. In fact, people have been bothering, pestering, hurting, and troubling others for too long.

The good news is,  
bullying can be stopped.

This book will help you understand why some people bully and how you can deal with them. You'll read about becoming "**Bully-Proof,**" stopping people from hurting others, and getting help in dangerous situations. If you're the one doing the bullying, this book can also help you. You'll see that you *can* get along with others and feel good about yourself without making other people's lives a complete misery. And you can also learn to deal with bullying in *your* life.

Young people have a right to feel safe, secure, and protected at school and in their communities. If you don't feel safe, reading this book can be the first step toward changing that.



# QUICK QUIZ

Which of these words describe someone who bullies?

young

OLD

not so muscular

TALL

smart

not so smart

short

FAT

large

small

average

thin

The answer? All of the above!