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A beautiful young girl wakes up in the morning, excitement bubbling, not able to hide her smile. It is her first day of middle school. She puts on her clothes, neatly laid out on the floor. She stares at herself in the mirror, making sure she looks nice in the outfit she has been planning for months. She is wearing a cute plaid shirt with grey knee highs and a black skirt. She slips on her black boots and grabs her backpack before heading down the stairs to where her parents are waiting with wonderful cooked breakfast of waffles and bacon, her favorite. None of them are suspecting that this will be the first day the girl is bullied, none of them realize that today is the first day in a chain of events leading to the little girl's death.

The nerves start to hit her as she walks up to the door, glad she got away from her parent's embarrassing pictures and hugs. She can suppress it, still smiling as she meets her classmates. The other kids take her in. They see a small, skinny, girl with bushy blonde hair, and wide, uncertain blue eyes. They see she is nervous, they see she is shy. The popular girl takes one look at her and knows immediately that she is loved, that she has everything the popular girl wants. She also realizes that she will be scared easily, and she won't fight back. The popular girl walks to the front of the pack, jealousy coursing through her veins, and makes herself known. She taunts the small girl, and spreads rumors to the rest of the children, so they will not like her either. Those who feel bad are too afraid to also be on the bad side of the worst of the bullies to do anything.

Soon, the same little girl who bubbled with excitement to learn, becomes afraid of going to school. She trembles in fear and confusion as she cries herself to sleep every night at the mere thought of having to face her bullies in the morning. She hides in the bathroom during lunch. She covers her bruises and cuts with makeup. She makes up stories for those physical wounds she can't hide. She plays happy for her parents, while inside the sadness is eating her alive. She

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knows she can't tell anyone, because it will just get worse, as they so often remind her. The evil coming from those kids soon spreads to her house. Their taunts and virulent words following her everywhere in messages and pictures.

The beautiful little girl is growing up, but she still has not found the courage to face her bullies. She doesn't understand why no one likes her. Her parents begin to ignore her. She hears them arguing at night, not once mentioning her name, as she wonders if they even care about her anymore. She wonders if she even has any tears left for crying. She begins to believe that something must be wrong with her. She must be the problem. She begins to hate herself, thinking that she is the reason she is alone in the world. She is getting caught in the endless black abyss that she found herself in years earlier. She begins hurting herself certain that no one cares, that she is alone, and that she is ugly and unwanted. By the time anyone realizes what they are doing to the girl it is too late.

According to the Antibullying Institute one in every seven students are a bully or a victim of bullying. If this little girl's first bully had just paused for a moment, and thought about the repercussions of her actions, most of this could have been avoided. If she had thought about the Four-Way test she would have realized what was wrong with her actions, the same way hundreds of other people use the Four-Way test to decide what is right in hundreds of other situations. If she had asked herself these questions she may have decided to leave the girl alone.

Is it the truth? No, she had made up bad things about the girl, but if you are bullying someone based on something that may true about them, such as their religion, it does not make it right. Is it fair to all concerned? No, it is never fair to ruin someone else's life, it is not for her or anyone else to decide the outcome of someone else's life. Will it bring good will and better friendships? No, she not only hurt the victim but everyone who cared about either her or the

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victim, and she ruined her chance to have real friends. Will it be beneficial to all concerned?

Though bullying might, in some twisted way, be beneficial to the bully, it will never be

beneficial to the victim. Do not take out your pain on innocent people.