



**NO BULLY**

## A SPECIAL MESSAGE FROM OUR CEO

From one educator to another, I want to explain to you why I stepped away from a 20+ year career in education to join the team at No Bully. The proven system that No Bully has developed can truly transform a school and the lives of children. To be able to have such a broad impact on schools across this country is both an honor, and a very heartfelt mission that I share as someone impacted by bullying in several ways.

I want to share with you my own personal story of bullying that I have experienced throughout my life and career. As a child, I was the shortest kid in my class, and had a variety of imposed nicknames and was teased regularly. As a teen trying to navigate the perils of adolescence, I encountered physical and social bullying. I was teased due to the fact that I encountered several physical challenges and surgeries as I grew. I remember specifically being isolated and teased due to the odd walk that I had as I recovered from major hip surgeries. While I had a good support system in my family and friends, I remember these incidents vividly even now, many years later.

As a teacher and a principal, I witnessed acts of bullying on a regular basis with my students. A lot of my time and effort was concentrated on disciplinary issues.

In my professional career, the bullying came in the form of intimidation and threatening of my position. Office politics is often the arena where bullying is addressed as grownups, and it occurs more often than should be allowed by those with the power to end it.

Probably most difficult is my experience with the bullying of my son. I have seen the emotional toll that it takes on a child first-hand, and I have held him close to comfort him when facing such cruelty. Unguided, children can be incredibly cruel, and to experience it through the eyes of your own child is heart-wrenching.

Whether you were a target of bullying, a bystander or a bully yourself, most likely you have experienced the isolation and shame that it brings. We all have. Thank you for your interest in learning more about The No Bully System and how our program can help transform the culture of your school and help children lead happier and more successful lives.