

GAB has done so many things for me. But if I were to pick the top ones they'd be learning how to recognize bullying and standing up for those who are being bullied. I used to think it was such a difficult thing, to stand up to the bully who seems to overpower everyone. But, through GAB, I've come to the realization that it is the bully who is the weak one and it usually takes almost nothing to make them stop. GAB has taught me that bullying comes in all sorts of forms; it isn't always beating someone up or saying mean things to them that is considered bullying. It is also the little things said every day that builds up and cause so much pain and hurt.

These little side comments can be made by strangers, but most importantly friends. When friends say mean things to each other it is most of the time just blown off by a small laugh or a, "I was just kidding!" making them believe the thing they said was okay. This is the type of bullying that I believe to be the worst because it secretly hurts the victim inside. So when I witness a person saying "little things" that are pushed away as nothing, I know that they could potentially hurt that person inside. I continue by standing up for them and tell the bully they're wrong and they shouldn't say things like that. Most of the time the bully shies away, face reddened, embarrassed from the fact that they just hurt someone. I then follow by telling the person that I don't agree with the statement the bully said. I'm very thankful for GAB, without it I wouldn't have as much strength to speak and be an up stander!

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