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This month's quotes are all about *"Bullying."* I hope you will find them inspirational and helpful!

"One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered."

—Michael J. Fox

"When people hurt you over and over, think of them like sand paper. They may scratch and hurt you a bit, but in the end, you end up polished and they end up useless."

—Chris Colfer

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."

—Tim Fields

"I realized that bullying never has to do with you. It's the bully who's insecure."

Shay Mitchell



"I would rather be a little nobody, than to be a evil somebody."

—Abraham Lincoln

"We focus so much on our differences, and that is creating, I think, a lot of chaos and negativity and bullying in the world. And I think if everybody focused on what we all have in common – which is – we all want to be happy."

—Ellen DeGeneres

"If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality."

—Desmond Tutu

"If they don't like you for being yourself, be yourself even more."

—Taylor Swift

"Things will get easier, people's minds will change, and you should be alive to see it."

—Ellen DeGeneres

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”

—Judy Garland

“What if the kid you bullied at school, grew up, and turned out to be the only surgeon who could save your life?”

—Lynette Mather



“Don’t turn your face away.
Once you’ve seen, you can no longer act like you don’t know.
Open your eyes to the truth. It’s all around you.
Don’t deny what the eyes to your soul have revealed to you.

Now that you know, you cannot feign ignorance.
Now that you’re aware of the problem, you cannot pretend you don’t care.
To be concerned is to be human.
To act is to care.”

—Vashti Quiroz-Vega

“Bullying is never fun, it’s a cruel and terrible thing to do to someone. If you are being bullied, it is not your fault. No one deserves to be bullied, ever.”

—Raini Rodriguez

“People try to say suicide is the most cowardly act a man could ever commit. I don’t think that’s true at all. What’s cowardly is treating a man so badly that he wants to commit suicide.”

—Tommy Tran

“Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing or keeping silent, by feeling disgusted or feeling interested.

Octavia E. Butler

“Do what you can to avoid or neutralize conversations which put people down. Think with your heart.”

—Karen Salmansohn

“Small streams of hatred can quickly lead to unstoppable, horrific things, so [people] should stand up to any type of persecution or discrimination, whether bullying or malicious gossip.”

—Susan Pollack



“When someone is bullying you, don’t let it get to you. I remember my friends in school, someone said something mean to them, and they really let it get to them. And it really affected. But I would just say try to ignore it as much as possible and just be yourself.”

Kaitlyn Dever

“If you’re insulting people on the internet, you must be ugly on the inside.”

—Phil Lester

“If you are to stop bullying in schools, we have to start with teachers and administrators. If we want to stop it, we have to stop it.”

—Chris Crutcher

“I haven’t personally experienced bullying, but when I was in high school, I had a best friend who became a bully. I took a stand and took it upon myself to separate from her. I couldn’t be associated with her because it wasn’t the type of person I wanted to be.”

—Amber Riley

“Bullying to me, starts very small around the kindergarten age where the first thing we learn is to call each other names. Something so small can be so long lasting in someone’s life.”

—Shane Koyczan

“If you’re having a down time at school and people are bullying you, they don’t know you. They don’t have the right to have an opinion on you.”

—Maisie Williams

“No one can make you feel inferior without your consent.”

—Eleanor Roosevelt

