

## I'm Being Teased

**I'm in junior high and there is this girl who constantly teases me and makes fun of me. She doesn't like me at all. Sometimes she does it in front of other people and they usually laugh along. It's so hard and it hurts, and makes me feel like nobody likes me. Why do some people act so mean?**

I get so angry and sad inside when I hear of someone trying to devalue another person. We can all choose to be selfish or caring. All of us from time to time choose to act in a way that hurts other people because we are being selfish. While there's no excuse for this girl's teasing, her behavior makes me wonder what's going on in her life that causes her to treat you the way she does. Some people feel that putting others down helps them to feel better about themselves because it takes the attention off them and their insecurities. Do you know if she is from a dysfunctional home or if she has problems? Her actions towards you may be a form of lashing out over her circumstances, or an effort to be the one in control because her life may seem out of control.

Still, it hurts when people are mean to us. I want to encourage you that no matter what other people say or do to you, it doesn't determine your value. You are loved and lovable, despite all of the junk that has happened in your life. Think of a \$10 bill. If I offered that money to someone, they would want it, even if it had been spit on and laughed at and dropped in the dirt. The value of that \$10 bill is not in what happened to it, but rather in the value it was given by the government. That's how we are. We have been given value by our creator, and other people can tell us we are worthless or spit on us or call us names, but that doesn't change our value. The danger is to allow this girl's words to penetrate your soul and convince you otherwise.

People can be mean, but we can choose how we respond to them. There can be many different reactions to being teased or bullied. Some people harden their hearts and become bitter. Some people get so caught up in self-pity that they don't see any of the good around them. Some people turn their circumstance around to help and encourage others who may be struggling with the same thing. I want to encourage you to not become hard and angry towards the world around you, or to not give up and dwell on your hardships. I want to encourage you to take the truth that you know and change the world around you, instead of allowing the world to change you.

And one final suggestion that may seem unconventional... Have you tried doing something unexpectedly nice for the person who has been teasing you? I know it sounds strange, but you may want to go out of your way to be kind to her and offer her grace, even though she doesn't deserve it. I've seen such acts of kindness have a profound impact on people. It may or may not work in your situation, but it may be worth a try.

You may want to speak with a school counselor or youth pastor to help sort out your feelings about this too. They can be more objective and affirm your worth. The old saying that sticks and stones may break your bones but words will never hurt you simply isn't true, is it? Words may break your heart. But please don't give up, because you are special.

Articles are written by Bob Lenz, Tiffany Thompson and other national youth communicators with Life Promotions Inc., a non-profit youth organization committed to instilling hope, worth and value in youth.

Life Promotions • Appleton, WI • [www.lifepromotions.com](http://www.lifepromotions.com) • 800-955-5433

