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The Bully Suicide Project - Survivor Stories(5)

Lindsay Harris' Survival Story

1. Tell Me About Yourself (What are your hobbies, beliefs, likes, etc)

I am a graduate student studying social work. I love to meet new people and listen to their stories about life and how they grew up in society. Cooking is my passion, make-up is my art, and music is what keeps me dancing.

2. Tell Me About Your Personality

I am a social person and I love to meet new people; even though, I tend to be shy at times. People see me as happy and bubbly and feel I am just me. Little things can make me happy.

3. Tell Me About the First Time you remember being bullied (where, how you felt, the names, you were called, how you dealt with it)... See More

I remember being bullied for the first time in middle school. I was walking to the gym and this boy was calling me names because I was a heavy set child. He would yell them for all the other kids to hear and I remember feeling horrible, scared, and embarrassed. Then other kids joined in on with the comments and did not know what to do. I did not finish my walk to the gym and ended up in the bathroom alone crying. I didn't know how to deal with it and I had no one to talk to about or want to tell anyone because I was ashamed. I remember going home and wanting to hurt myself so I gave in to the names they were calling me. I gorged on food in the refrigerator and then forced myself to throw it all up when I was done.

4. Names you have been called Airhead, Slut, Trash, Whore, Cunt, South Paw, White Trash, Welfare Case, Government Cheese, and Windchime (they called me this bc I was "so skinny, that when the wind blew, my bones chimed together like a windchime.) This was during the time I struggled with body image and eating.

Fat ass, bitch, porky the big, shamu, white trash, cunt, stupid, dumb, trailer park welfare case, pig, ugly, porker, honky, "might as well be a lesbian because no guy will want to fuck you", "make the world a prettier place and go kill yourself".

5. Tell Me About how bullying has effected you

Bullying has effected me in so many different aspects. I feel insecure with my body, scared people are talking about me behind my back, and the feeling of never being safe when in a room with a group of new people. It has a distorted self-image and low self esteem. I never feel confident with how I look or in the school work I produce.

6. Have you thought about suicide? If so, what did you do about it.

I have thought about suicide a number of times and have attempted it one time. I overdosed on weight loss pills in high school and was rushed to the hospital. They could not pump my stomach because of the pills taken but was given other medication to counteract the weight loss pills. The doctor or my family did not recognize this attempt and ignored the situation.

7. What are ways you have dealt with suicidal thoughts?

I dealt with the thoughts after this by writing down dreams I hope to achieve and when I feel in a low place I reflect on that list. I listen to music and play my favorite playlist. If it is a bad state of mind I call a friend who I can trust and talk to about how I am feeling.

8. What makes you a survivor?

I am a survivor because I am still alive fighting the struggles that occurred in my past. The voices of the people are still in my thoughts but the image of me succeeding in life is what gets me through the day. I have survived overdosing on pills that I thought would instantly change the way I look to others. I survived because I did not give up on me. I stayed in school, I learned to reach out to others who are hurting, and I am fighting to make sure no one else feels the pain that I have felt.

9. What is your message of hope to the person just like yourself?

That you are not alone and there are people out there who want to listen to you and hear what you have to say. Even if you feel like no one cares... someone does. Never give up on you.

10. The quote that you live by today because of your experience is....

No one can make you feel inferior without your consent. -E. Roosevelt

"More tears are shed over answered prayers than unanswered ones." --Truman Capote

The Bully Suicide Project :

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