

Name: Dr. Audrey Newsome

Country: USA

Organization: The Bully Suicide Project.

Solution: Pres./CEO,

The Bully Suicide Project - Survivor Stories(12)

Sara Ann from Pittsburgh, PA

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

My name is Sara Ann, and I am currently a freshman in a performing arts high school, attending to study the art of Creative Writing. In the future, I hope to publish a full length novel (if not a series), and be featured on the NY Times bestseller's list. I consider myself an agnostic, mainly because I wasn't raised around religion. In my household, we never went to church, though both my parents believe in God. Other than writing, I enjoy photography, and taking walks in the woods.

2. Tell Me About Your Personality

My personality has changed a lot in the past year, actually. If you were to meet me now, you'd see a happy, bubbly, and (most of the time) quite hyper young girl. I'm very laid back, and I don't force my opinion onto anyone. I consider myself to be very kind hearted and someone who would do my best to help you if you were upset.

Before a year ago, however, I was the total opposite.

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)

I was starting at a new school, coming in half way through my 1st grade year after moving cross-country. Like any time you enter a new school, you get questionable looks and curious stares, just like I did. However, the first time I spoke in front of the class to the teacher, I used bigger words than most were used to. (With my love at book, even at that age, I had a bit of a wider vocabulary.) After that, kids started calling me "weirdo" and "nerdy" and "freak". I always thought it was a joke (I was extremely naive as a child) until about 4th grade.

4. Names you have been called

Fatty, nerd, freak, outcast, whale, dickster, dick, wannabe, idiot, creep, nobody, "that freaky girl", "That fat girl", shamoo, barbarian, grunt, man, ugly, fugly, hideous, gross, lesbian, Lucifers daughter, atheist freak, heartless, disgusting,

5. Tell Me About how bullying has effected you

At first, when it actually hit me that almost every single person in my grade hated me, I went into denial. I tried to find any friend that I could. Any friend that I found, though, would turn against me sooner or later. Even the one friend that didn't had her own friends, and I couldn't rely on her all the time.

After a while, around 7th grade, I started having these times where everything would just go blank. My mind wouldn't comprehend any happy emotion, I was often snapping at people who did nothing, and I wouldn't do anything. I would take in what I was taught at school only because I didn't want my teachers asking questions, because then I'd have to tell them about the kids who bullied me. My thoughts centered around "why am I here?" and "Why do they do this to me?" and "What did I ever do?". Even things like "Maybe I should just end it, it would be easy." These would last anywhere from a few hours to a dew days. A couple even lasted a couple weeks or so.

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

Yes, at one point my "moods" became so bad that one had lasted more than two weeks. My whole family went out to dinner without me since I had made an excuse that I hadn't felt good. A long story made short, I went to the hospital for an OD. Obviously, it failed, and my parents found me.

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

I was extremely bad at dealing with suicidal thoughts. Since, quite literally, I had two people I could count on and neither were in my grade, I felt alone. I felt like no one could help me, so then came the suicidal thoughts. I assumed that everyone wanted me gone, and that I could do nothing. In my train of thought, I came to the conclusion that everyone would be better off with me dead.

8. What makes you a survivor?

I am a survivor because I beat what my doctor now thinks was major depression by myself. I had no counseling, and no medication for my suicidal thoughts. I simply put myself in the mindset of "I'm going to do great things. I'm going to help people. I need to beat this." Of course, it was the most difficult thing I've had to do in my life yet, but I still did it. I went from crying in a corner because people would literally torture me with words, to holding my head up high and joking around, even when the people didn't like me. Now, at my new school for writing, I very rarely have any thoughts like I did a year ago.

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

Don't give up. Don't you ever give up. If those cruel people have to torture you for fun, they obviously need lives of their own (:P). Please, don't defeat yourself if you're going through this. Even if none of your teachers will listen, someone will. Try Googling to see there's anyone out there with a problem similar. You are your own person.

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

An amazing woman named Eleanor Roosevelt gives me the quote I live by today: "No one can make you feel inferior without your consent."

Remember that, above all else.

The Bully Suicide Project :

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