

Name: Dr. Audrey Newsome

Country: USA

Organization: The Bully Suicide Project.

Solution: Pres./CEO,

The Bully Suicide Project - Survivor Stories(13)

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

I am 28 years old, and grew up in the Dallas-Fort Worth area. I left that area to move to my husband's home town, Lubbock, so I could pursue my masters degree in Higher Education. I worked for Texas Tech University a few years until an amazing opportunity came knocking at my door. I am now the Program Director for a suicide and crisis intervention and prevention center. I love helping others find HOPE. For so many years I never had that, and when I did get it...HOPE changed my life! I grew up in the church, but only went because all my friends were there. Now as an adult over the past few months I have begun a much more mature journey with the LORD. So right now I am enjoying a few bible studies, and attending the best church ever, Experience Life!

2. Tell Me About Your Personality

I LOVE people. So I always strike up a conversation with anyone. I enjoy surrounding myself with people. I'm caring, and loyal. I am a Christian, and pray that my actions portray that.

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 in the lunch line my 1st time in the 1st grade (yes I was held back in 1st grade), and the kindergarten table started yelling "look how fat she is". The bullying and name calling did not end until my Junior year of High School. Every time I was made fun of I felt like a part of my soul was breaking off. I began losing any amount of self-esteem I had, and started suffering from depression. My parents even enrolled me in a Self-Esteem camp. I was taught to say to others, "You are hurting my self-esteem". Well when I said that to my bullies just made even more fun of me. I was diagnosed in the 6th grade with Clinical Depression, and that's when the suicidal thoughts began. I figured if everyone, even my friends made fun of me why should I live. I was put in therapy and in college I started taking medication. I still deal with those feelings, but my attitude has come so far. Counseling helped me out tremendously! I went through a LOT of different people but I NEVER gave up.

4. Names you have been called

Wide Load, Fat A**, I was told all fat people are b**ches, that I was so fat I could float, Free Amanda (instead

of Free Willy), thunder thighs, ground shaker, dumb a**, crazy, cry baby, psycho.

5. Tell Me About how bullying has effected you

Even though I am 28 years old I still struggle with those feelings. I was always called the "fat girl", so I always thought that's what I am suppose to be. I am starting to realize that I am so much more than that! I am a strong woman, a leader, a sister in Christ, a believer, a wife, a friend, a daughter, a sister....the list could go on forever!

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

I have thought of suicide more times than I can count. There were 3 specific times that I was in the process of killing myself, and someone ALWAYS walked in on me before I could cause any damage or harm to myself. It was like God sending me a little angel.

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

Praying is the first thing I ALWAYS do. Then I find someone to talk to. I make sure I'm not alone when I have those feelings. My next step is I make an appointment with my counselor, and my doctor. Medication is NOT always the "magic pill", but at my time in my life it is for me. I have tried a TON of them, but my doctors and I NEVER gave up finding the right one for me. And because of all the "black box" warnings for minors taking meds I don't feel it's the solution for children and young adults.

8. What makes you a survivor?

Because I am alive today, because I have decided, chosen, to NOT let the bully's words define who I am! I don't have to be the fat girl anymore!

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

You are so precious! I know no matter how horrible you feel now, God WILL get you through this, you just have to ask Him. You have to ask for help from an adult you trust. If people don't know what's going on then no one knows to help you. If the first person won't listen go to another, and so on. Don't EVER give up! I think the reason the bullying went on so long for me was because I never stood up for myself or told anyone. I am a very sarcastic person, so I should have used that to my benefit sooner. If you're funny use that. If you are a Christian use that. Use what you are good at, and turn it on them. If you're smart use that. For example: Let's say the bully is not doing well in a subject you are good at offer to help him/her. The best part would be catching them off guard. "Hey you, you're fat". Your response, "Hey you, I noticed you're not doing well in English. Would you like me to help you with your homework?" You are so much better than them. Show them that.

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

"Peace comes in situations completely surrendered to the sovereign authority of Christ. Sometimes when we

finally give up trying to discover all the answers to the "why's" in our lives and decide to trust God, unexpected peace washes over us like a summer rain." - Beth Moore

The Bully Suicide Project :

<http://www.facebook.com/profile.php?id=100000514436197#!/pages/The-Bully-Suicide-Project/221347206120?v=wall&ref=search>