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Organization: The Bully Suicide Project.

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The Bully Suicide Project - Survivor Stories(14)

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

I'm 29 years old in a loving, committed relationship with my partner. I am a graphic designer. I love my family very much. Some things I really enjoy are playing with my pets, going to the gym, spending time with friends, playing video games, watching tv, European Soccer. Music is very important to me. I listen to all kinds of music and I love playing the cello. I believe I need to bring humility and an open mind with me wherever I go

2. Tell Me About Your Personality

I am definitely the strong, silent type with a sardonic wit that comes out every so often. I'm very laid back and easy going and enjoy simple things. I am very proud of who I am today. I tend to be shy if I don't know you, but easily warm up once I do.

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)

Well it's very difficult to remember the first time I was bullied. I was bullied most of my childhood. I think the first time I remember was when I was 6 or 7 by a couple of kids that lived in my neighborhood, I think they wanted to beat me up.

4. Names you have been called

I think the list of names I haven't been called would be shorter...Stuff, like fag, douche, asshole, loser, homo, dick, etc. But it wasn't so much the name calling as it was the physical abuse that went on for a while that got to me. I have had black eyes and bruised arms and legs...My house vandalized and crank called...I used to stay after school to wipe off what was written about me in the school bathroom

5. Tell Me About how bullying has effected you

Bullying shut me down completely from the outside world. I felt ashamed, depressed, pissed off all time, completely empty. I didn't care about anything except isolating myself. I tried as hard as I could to avoid any communication with my family. I did all I could to keep it a secret because how embarrassed I felt.

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

I thought about suicide every day for years. I used to write a lot of depressing suicidal poetry. In the end, I never did anything about it except completely isolate myself from the outside world.

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

Well, I never had the nerve to try myself, but I did start wishing that bad things would happen all the time, like dying in a car accident or getting hit by a bus. But to get through the day, my coping skills were to get high and drunk as much as I possibly could and totally deny what was going on to anyone that questioned me.

8. What makes you a survivor?

It's been about 12 years since being picked on was a reality for me. After graduating high school, I was able to leave my home town and go away to college. That helped me initially because I was physically no longer in that environment, but it wasn't until I stopped drinking and using drugs that was I able to give up on the denial and take a clear look at myself. I was able to talk about my experiences and work through the feelings until it stopped haunting me. I learned that as long as I was able to get drunk/high every day, I could put up with it, no matter how bad it got. I learned I could have said something all along, but never did. I learned that today, no one can make me a victim unless I allow it. I learned that I am a stronger person because of my experiences. Today I have a life that I love and wouldn't trade for anything.

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

YOU ARE GREAT JUST THE WAY YOU ARE! And please don't let anyone make you believe otherwise. And trust me; you just have to make it till the end of school. School sucks for anyone who is the least bit different...I promise that you will find your place. You'll find relationships with friends you love and love you back. I know very well the feeling that nothing will get better, that life will always suck and that there isn't anything that can be done to stop it...But please believe that it will get better if you don't give up!

And if you feel like there isn't anyone in your life you can talk to, because they just don't get it, or it's too embarrassing, then send me an e-mail and let's talk (courantesiii@gmail.com)...I know exactly what you are going through and how uncomfortable this all is, but we can get through it together.

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

What doesn't kill you will only make you stronger. (And that is the truth!!!!)

The Bully Suicide Project :

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