

## Anti- Bullying Quotes

1. "If you're insulting people on the Internet, you must be ugly on the inside."
2. "Cyber bullying is bullying. Hiding behind a pretty screen doesn't make it any less hateful."
3. "Unless and until our society recognizes cyber bullying for what it is, the suffering of thousands of silent victims will continue."
4. "Cyber bullies can hide behind a mask of anonymity online and do not need direct physical access to their victims to do unimaginable harm."
5. "Not all forms of abuse leave bruises."
6. "Maybe you never considered yourself a bully, a batterer or an abuser before, but maybe you are —."
7. "No one heals himself by wounding another."
8. "People who repeatedly attack your confidence and self-esteem are quite aware of your potential, even if you are not."
9. "Bullying is a horrible thing. It sticks with you forever. It poisons you. But only if you let it."
10. "No one can make you feel inferior without your consent."
11. "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."
12. "Knowing what's right doesn't mean much unless you do what's right."
13. "If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality."
14. "Be yourself, because the people who mind don't matter. And the people that matter, don't mind". Dr Seuss
15. "All the whispering, glaring, pointing and judging makes them no better than whoever or whatever it is they're gossiping about."
16. "Plenty of clever children have to pretend to be not clever or else they get bullied by the thick."
17. "School administrators can't say it's up to the parents. Parents can't say it's up to the teachers. Teachers can't say it's not their job. And kids can't say, "I was too afraid to tell." Every single one of us has to play our role if we're serious about putting an end to the madness. We are all responsible. We must be." – Megan Kelley Hall (author)
18. "What if the kid you bullied at school, grew up, and turned out to be the only surgeon who could save your life?"
19. "One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered." — Michael J. Fox
20. "People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer."
21. "I would rather be a little nobody, than to be a evil somebody." — Abraham Lincoln
22. "People say sticks and stones may break your bones, but names can never hurt you, but that's not true. Words can hurt. They hurt me. Things were said to me that I still haven't forgotten." –[Demi Lovato](#)
23. "You will never reach higher ground if you are always pushing others down."
24. "People try to say suicide is the most cowardly act a man could ever commit. I don't think that's true at all. What's cowardly is treating a man so badly that he wants to commit suicide."
25. "The common mistake that bullies make is assuming that because someone is nice that he or she is weak. Those traits have nothing to do with each other. In fact, it takes considerable strength and character to be a good person."