

Dear Cyberbully,

What do you gain?
Does it bring you joy and giggles —
spilling hate, inflicting pain?
Does it make you feel important —
knowing it's in my mind you reign?

The darkness overwhelms me,
every message that you leave.
Tears are falling down my cheeks;
I find it hard to breathe.

Why should it matter?!
It's only words you write,
but your words they all hold power —
they cut deep, like a knife.

The pills are kicking in;
my eyes blur as I fall.

Sincerely,

Your victim

Thus ends the note I scrawl.

Cyberbullying can lead to horrific circumstances. In most cases, the outcome isn't anticipated by the bullies themselves. Many will say, "I was only messing around," or "I never meant it to go that far."

YOUR WORDS MATTER.

Your words can kill, and your words can **heal**. Speak every phrase as if it's the last thing you'll ever say. Spread love, not hate.

Inflicting pain on others will get you nowhere.

There is a choice to be made.

Stop cyberbullying.