

Be Kind

TO EVERYONE



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“An elephant that kills a rat is not a hero, but a coward.”



African Resource Center of West Michigan
Grand Rapids, Michigan



Our elders say,

“An elephant that kills a rat is not a hero, but a coward.”

Strong people don't pull others down; they lift them.

*Every day, millions of kids walk into school
carrying more than just backpacks.*

They carry fear, anxiety, and the weight of words that wound.

*Bullying isn't just 'kids being kids.'
It's repeated behavior that hurts—
physically, emotionally, or socially.
It can take the form of name-calling, spreading rumors,
pushing, or intentionally leaving someone out.*



*Bullying is not just harmless teasing;
it can cause a great deal of harm to a child.
Depression, anxiety, increased feelings of sadness or loneliness,
changes in sleep and eating patterns,
and loss of interest in school activities are some effects of bullying.*





*Bullying doesn't only happen at school—
it can also take place online too.*

*When someone spreads rumors, shares embarrassing photos
or videos, or lies about you on social media,
it can cause serious emotional pain.*

This type of behavior is known as cyberbullying.

*Sending hurtful messages, making threats,
or harassing someone through texts, phone calls, emails,
or instant messaging can deeply affect a person's well-being.*

*Words and actions online carry weight—
and they can wound just as much as those spoken face-to-face.*





*Speak up. If you see bullying, speak up.
Tell a trusted adult. Your voice can be a lifeline.
Don't keep your feelings inside.
Telling someone can help you feel less alone.
Adults can also help you plan to stop a bully.*

*If someone makes fun of you
or makes you feel like you don't belong, it's okay to step away.
Choose friends who appreciate you, support you,
and make you feel good about yourself.*



*And if social media ever feels unsafe or hurtful,
don't be afraid to log off or block people who bring you down.
You deserve to feel safe—online and offline.*





Remember the words of our elders:

An elephant that kills a rat is not a hero but a coward.

Strong people don't pull others down; they lift them.

Protect yourself. Be brave. Be kind to everyone.

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Portions of this handbook and its accompanying video—including draft text, images, and narration—were generated with the assistance of AI tools.

The final message and all editing decisions reflect the lived experience, values, and creative guidance of the African Resource Center of West Michigan’s media team.

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