I HATE ME BECAUSE OF YOU

I hate me because of you
You call me names
And make false claims
I hate me because of you.

I hate me because of you
You push me around
I don’t make a sound
I hate me because of you.

I hate me because of you
I stay in at break
And wait and wait
I hate me because of you.

It’s all your fault
That I hate me
You make me see
Just how terrible bullying can be.

Hannah Fielding 7E2

I know from personal experience that when people say ‘Ignore it’ or ‘Don’t let it get you down’ it doesn’t make you feel better. It makes you feel angry. Angry because they don’t know it’s like. I fought against my bullies with confidence in myself and help from fellow classmates. To this day I get taunted by the same person but when I started high school I started a new life with a new me. Living to be you should try and do the same. If you like yourself, who cares what they think?!
Dear Mum,

I don’t want to tell you this mum,
I really find it hard.
I wish it wasn’t happening,
I wish it wasn’t true.

Mum, I’m getting bullied,
What is wrong with me?
Is it that they are jealous,
Or do they just hate me?

I cry myself to sleep at night,
I sometimes hurt myself too.
Sometimes I pretend I’m not,
Just to step off school.

I really really love you mum,
But I wish I wasn’t born.
I don’t want to put you through the pain,
But when you read this I’ll be gone.

Bye Mum!

“ I hope you take notice of this poem,
Of what is happening at school and at home.
People get bullied everyday.
It could lead to sorrow and pain.”
East Midlands Secondary Winner
Jodie Totman, age 11

My point of view 16/10/05

It's the morning again, I'm trying to fake a sickly
But then I have to tell mom that the reason is really sickly.

Walking to school, my legs are shaking,
I can see her across the road as if she's waiting.

As I pass her by, trying not to look,
She comes face to face and takes my book.

She runs off and throws it in a puddle,
She thinks she can get me into trouble.

Why do I have to face this daily, it's really cruel.
All I want to do is go to school.

Written by Jodie Totman of 7th, 97.5 words.

Don't let the bullies win!

Jodie Totman.
Yorkshire and Humberside Secondary Winner
Hannah Moore, age 13

Waiting

I'm waiting,
Only ten minutes of lunchtime left.
I'm hiding behind the bin again,
The stench is overpowering.
My stomach longs for food,
My legs ache from crouching,
But fear keeps me still.

How long will this last?
How many lunchtimes will I spend in fear?
Is it really worth living.
If you're always waiting,
For the next punch and mocking jeer?

Hannah Moore
South East Secondary Winner
Julia Lang, age 13

Julia Lang 96

Bullying Poem

I will break your bones,
Spit out words,
And hurt you,
Because I come from a broken home.

I will let my anger out at you.

I will break your things,
Take your things,
Destroy them,
Because my things have been destroyed

I will let out my frustration on you.

Rip down your pride,
With poison words,
Because so many words of hate have been spat at me.

They say bullies come are cowards,
Come from broken homes, have problems.

Well maybe they’re right

Maybe that’s me.

I will make you feel how I feel at home...

Alone.

It’s not from personal experience, but it’s about thinking of the whole issue.

Julia Lang.
Refugee scum

He scuttles into the class, shaking, sad,
Frightened eye-wide, desperate for a friend.
But none are here, now things are looking bad.
This untold fear and hate it has no end.
They called him “refugee scum” to his face;
They pushed him, shoved him, threw him to the ground,
They swore about his family and his race.
And still no one cared, no one was around.
If they had seen the place from where he came,
Land mines maiming helpless children that played.
Death camps, torture, screaming, agony, pain.
They would not laugh and jeer to him this day.
Back then the bullies had guns in their hands
And here in school its threats and elastic bands.

Make every day count

George...
Beat the Bully

Everyday you call me names,
You don’t include me in your games.
I don’t think this is fair.
So I have learned not to care.
I am still learning to ignore this.
I have to admit it isn’t easy.
I sometimes want to scream and shout.
Other times I don’t want to go out.
I am now on the recovery road.
As I have learned to crack your code.
You hate it when I ignore you.
So guess what? I have beaten you.

By Alice Halls.
West Midlands Secondary Runner-up
Louise Anne Jackson, age 12

Beating the Bullies
By Louise Jackson

My heart pounding,
My lip twitching,
Should I walk away?
Should I turn back?
I knew they'd be waiting for me.
My footsteps were getting slower.
My heartbeat was getting faster.
My body was shaking.
My eyes filling with tears.
The alley seemed dark and never ending.
Knowing they'd be waiting at the end,
I hear them laughing.
Followed by a long trailing echo.
I bite my lip so hard I can taste blood.
A tear silently flows down my face.
The bullies seem to sense my fear.
Their laughter grows harder.
Now I could see them,
With their evil grins and burning eyes.
There was no other way to go.
I couldn't turn back.
They started calling to me.
Not only me but my family.
But I'd had enough.
My fingers clenched.
I started to walk faster.
I walked straight passed them.
Not even giving them a glance.

I had stood up for myself,
I had beaten the bullies.

Stand up to bullies!
Louise Jackson
North West Secondary Runner-up
Dale Emmett, age 14

Nobody Knows the Pain that’s Caused

Bullying comes in lots of forms,
It makes children wish they had never been born.
It happens by cowards, who call them names,
But for the bullied, life is not the same.

They don’t tell their teachers because they won’t be a ‘grass’.
They just shy away, hoping the moment will pass.
Life is not the same, it is not much fun,
Some of them pray for good times will come.

Nobody knows the pain that is caused,
A bullied person’s life is set on pause.
They tend to do anything to keep the peace,
Their thoughts and emotions are not released.

Bullies feel a sense of power,
And make their targets do nothing but cower.
They are the people with problems inside,
But by doing this how can they feel any pride?

The only way out is to shout out loud,
To stop the bullies and make themselves proud.
So let’s all fight against the bulling in school,
And make the cowards look the only fools.

Dale Emmett
Aged 14

Treat people the way you want to be treated.
TICK TOCK

It's a grey day.
The clouds are looming overhead,
The lightning waiting to strike.
The bomb starts to tick in my head
Tick tock
Tick tock
Won't stop.
It's going to explode today
Queer tick
Poof tock
Faggot tick
Gay boy tock

The butterflies start to fly in my tummy
They want to get out and fly away.
All these emotions deep down inside me
Are bottled up waiting to burst out.
Tick tock
Fear comes.

I wander round, dodging the eyes that see through me,
My head down, trying to hide.
When will they get me?
It's my turn soon.

This poem was written from my personal experience of homophobic bullying.
Bully has got to stop so we need to do something about it now.
Thank you for reading my poem.

M. Chell
London Secondary Runner-up
Fred Oppong, age 13

Quiet

Quiet when I wake up
Quiet when without a sound
Quiet when I’m on the bus because I know he’ll be around
Quiet when my money’s in his hand
Quiet with pain my leg unable to stand
Quiet after school
Quiet at the slide
Quiet when he passes by
Quiet when my mum asks what’s wrong
Quiet when in my bed thinking about it all night long
What am I
Bullied

By Fred Oppong 5C

Bullies can be beaten. But it best is best for those being bullied not to take it alone. Instead they should seek others help, this will help the victim mentally and show them they are not alone. These people will act as a voice for them against their painful ordeal.

Fred Oppong 4C
North East Secondary Runner-up

Simon Shevlin, age 12

Anti-Bullying Poem

Stop bullies before they stop you. That is all you have to do.

Often bullies pick on people they hate. Leave tell someone before it’s too late.

Bullies abuse and hurt people for no reason. Understand that bullying takes all forms of pain and teasing.

Letting them hurt you makes you a fool. Let’s be sure we tell someone at school.

You should be safe anywhere, so let’s make that a fact.

If you tell more, you will be lucky if you’re still intact.

No person has the right to lord it over others.

Go, make sure you tell, then you will never suffer.

“I hope this poem gives you a clue. About what you may have to do. Stop bullying now. This poem will tell you how.”
Yorkshire and Humberside Secondary Runner-up
Rachel Smethurst, age 11

Do you dread going to school?
Is it because you are not cool?
Have you got a bad case of the blues?
Maybe you’ve been bullied in the school loo?
You should tell your form tutor
So she can help you in the future
If the bullies give you hell
Don’t hide away in a shell
TELL TELL TELL !!!!

by Rachel
Smethurst
7 AM

Never give up!
R. Smethurst
Meera Syal judged the Teachers category

BREAK THIS CHAIN I loved because it was a piece to be performed with energy and great positivity and I liked the fact it focused not on being a victim but how you can turn it around through finding your own strength. This is a great message to give out and it reminded me of the verve and kick of Benjamin Zephaniah’s performance poetry. Many congratulations to all the finalists because every single entry was heartfelt and thought provoking.
Building Blocks

I have been built out of bullies,
With insults they molded me.
For a while I walled up my fears,
And hid myself in poetry.

The house of books where
I wandered,
In rooms of brain-bright thought,
Sheltered me brick by tender brick
And the hateful words they taught,

I caught and made my own
confident concrete tower,
To look down on the bullies,
For the pen is a mighty power.

They laughed at the sensitive boy,
And his guttering, spluttering tears,
But bottled up bullies get old
and cold,
As they blunder the lonely years.

Oh bully boys that built me,
Don’t you know that
girls find appealing
Not louts who love to get plastered,
But boys filled up with feeling.

Yes, I was the prat that was
good for a laugh,
The skinny old git, the swot
Now I’m living my life
with a beautiful wife,
Free from the bully dry rot.

So thank you, bullies that built me,
With all your crumbling hate,
Out of this mess, came a success,
And a man who has mastered
his fate.

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For further information about Andrew’s work, and for additional anti-bullying resources, please visit www.tallpoet.com
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Warden House Primary School  
St Gregory’s Primary School  
St Mary’s R.C. Primary School  
Nelson Primary School  
Ravenhurst Primary School  
Blakesley Hall Primary School  
Katherines Primary School  
Harrow Gate Primary School  
Wellington Primary School  
Market Harborough C.E. Primary School  
Out Rawcliffe C.E. Primary School  
Battyeford Primary School  
The Mount Primary School  
Parkwood Hall School  
Longfleet Combined School  
Etone Community School and Technology College  
Levenshoume Language College  
Hylton Red House Comprehensive  
Sir Jonathan North Community College  
King James’s School  
Cox Green School  
Langley Park School for Boys  
St Helena Secondary School  
Redhill Secondary School  
St Bede’s R.C. High School  
St Ignatius College  
Don Valley High School  
Moorland Community Primary School  
...and all the other schools, children and young people who took the time to enter.
Useful Websites

For further information on bullying and how to deal with bullying, you may find the following websites useful.

**Anti-Bullying Alliance**
A useful website for all, providing information of over 60 organisations who are dedicated to help create a safer environment for children and young people to live, grow and learn.
[www.anti-bullyingalliance.org](http://www.anti-bullyingalliance.org)

This booklet is available for download on the following websites:

**The Department for Education and Skills**
An informative website providing teachers, parents and children with advice on bullying. [www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying)

**ParentsCentre**
Helping you to help your child in dealing with bullying.
[www.parentscentre.gov.uk/bullying](http://www.parentscentre.gov.uk/bullying)

**Need 2 Know**
Need2know is a portal for young people aged 13–19. Here, you can find out useful information on how to deal with bullying, and tips on how to write your own poem. [www.need2know.co.uk](http://www.need2know.co.uk)

**TeacherNet**
An informative website for teachers at all levels, providing up to date information on a range of issues and includes essential and practical information on how to deal with bullying at school.
[www.teachernet.gov.uk](http://www.teachernet.gov.uk)