



If you are a target of aggression or bullying, and do not know what to do, address this letter to someone you can trust, and sign it at the bottom. Deliver the letter immediately.

Dear \_\_\_\_\_,

I am giving you this because I am tired of being bullied and no one will listen to me. I'm not making it up and I'm not tattling to get someone in trouble. Someone is often mean to me and will not stop. I don't know how to fix this for myself and I don't feel safe. Please help me figure out what to do.

Thank you.

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If someone gives you this letter, talk to them about how they want you to help. If you need to, contact a local school, counselor, or law enforcement agency for further assistance. Do not ignore bullying or peer aggression. It's not just "kids being kids," it is a serious problem plaguing America's youth.

**If violence or harm is imminent, call local law enforcement authorities immediately!!!**

**The Ophelia Project**  
**718 Nevada Drive Erie PA 16505**  
**Phone: 814.456.5437**  
**Toll Free: 1.888.256.KIDS**  
**Fax: 814.455.2090**  
**[www.opheliaproject.org](http://www.opheliaproject.org)**



**If you feel abused, hated, or bullied and are considering harming yourself or others, please address this letter to someone you can trust, and sign it at the bottom. Deliver the letter immediately.**

If you feel like there is no one you can give this letter to, please call:

**1-800-273-TALK**

This number is for the National Suicide Prevention Lifeline, a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

A green sticky note with a white border and a folded corner at the bottom right. The text on the note is in a black, sans-serif font.

Dear \_\_\_\_\_,

I am giving you this because I am tired of being bullied. I don't know how to fix this for myself and I don't feel safe. I am considering hurting myself or others to stop the bullying. Please help me figure out what to do.

Thank you.

\_\_\_\_\_

If someone gives you this letter, talk to them about how they want you to help. If you need to, contact a local school, counselor, or law enforcement agency for further assistance or call the National Suicide Prevention Lifeline for immediate advice. Do not ignore bullying or peer aggression. It's not just "kids being kids," it is a serious problem plaguing America's youth.

**If violence or harm is imminent, call local law enforcement authorities immediately!!!**

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