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Amazing Kid!!



There are some kids who are just amazing! Billie is one of those amazing kids. For the past few years he has been a mentor to younger children who have challenges at school. What a difference he makes by helping others! Billie knows what it's like to have challenges himself. He is diagnosed with bipolar disorder. His biggest challenge recently has been changing to middle school. He has to deal with some bullies who tease other kids to make themselves feel more important. That can be tough!! But Billie is learning to believe in himself and with good reason. This summer he has a lead role in a community theater production. He will be learning 90 lines, singing a duet and a solo. Billie, we think you are one amazing kid and so does your family. Keep up the good work!

[Click here to submit your story!](#)

Teen Talk: Dealing With a Bully



Most people have to deal with a bully at some time in their life. This can be especially difficult when you are a teen. Bullies make other people feel badly. They don't usually feel very good about themselves either! Rebecca wrote to us to let us know how she deals with bullies. We wanted to share her thoughts with you: "People have always teased me because I act differently than they do. When I was little I would cry about it. But now, even though I'm going through an even harder life, I ignore what the people around me say. I cheer myself up by reading my comic books, watching cartoons, and drawing pictures. "...Because even when your heart hurts the most, you have to continue to fight your battles. If you ignore the pain,

Featured Tip



"Whenever people act mean around me, I just make up a poem. I make it up so it hurts no one's feelings. Sooner or later I write it down in my book of poems. Once I fill my composition book of poems, I will try to publish it so I can share my feelings with others." Jen, age 11

Do you have a poem or story you want to share? Email it to us and we will post it in our Talent Showcase.

[Write to us!!](#)

Help Kids Deal With Bullies!



[Bully Report Form](#)

[101 Things to Say to Bullies](#)

[Dealing With Bullies \(safe child\)](#)

[Bullies \(kids health\)](#)

you will most likely drown in your own tears." That's what I always remind myself of!" If you are the one caught in a pattern of bullying others or if you are being bullied yourself, then please watch the "Webisodes" by clicking the link below. We have also included many links on the side bar that will help you deal with bullies.

[Click Here to Watch Web Episodes on Bullying!](#)

Free Online Book for BP Kids!



Are you part of a support group? How can support groups help you? In a support group you can meet other kids who may be dealing with the same things you are dealing with. You can share ideas and help each other through hard times. You may make some very good friends along the way.

The Georgia Childhood Bipolar Foundation helps people all over the state of Georgia to connect with each other and form support groups. Sometimes the group even gets together for a cookout which means loads of fun for the kids! They also help people through their internet site at www.gcbf.org. This group has found a very special way to help kids with bipolar disorder. They have developed a free interactive online ebook for kids with bp. The book, **Did You Ever Feel?** helps kids talk about strong emotions. The whole project was inspired by a special group of kids...all of you! Click the link below to read this book.

[Did You Ever Feel?](#)

[Bullying Defense Skills](#)

[Stop Bullying Now!!!](#)

