

## Sticks and Stones can Break My Bones, but Names can also Hurt Me

*“..If I ever got physically hurt, I would heal in a few days. But when I was harrassed and bullied, I still remember the things that were said...and how it made me feel...those events [were] much more damaging and permanent [than] any physical harm.”*



-Adam, Age 20

Help our youth stand up to bullying.

Adults call:

**1-866-773-5777**

for inquiries and information on abuse,  
hazing, or bullying in youth sport,  
culture and recreation.

