

No More Bullying

"Silence helps bullying -
speaking up stops it."

We can stop bully

Vihaan Karamchandani



BlueRoseONE[®]
S t o r i e s M a t t e r

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

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ISBN: 978-93-7542-986-9

Cover design: Deepak Katheria
Typesetting: Manisha Rawat

First Edition: February 2026

Turn your bad experiences
into good ones

Acknowledgements



The writing of this book would not have been possible without the constant support of my parents. They stood by me at every step and encouraged me to express my thoughts and experiences with confidence. I am deeply grateful to my parents for being my biggest supporters. This book is not just my achievement, but also a reflection of their guidance and unconditional love.

This book is not just a collection of words; it is a reflection of my real experiences, emotions, and journey. Every page carries the depth of my thoughts, struggles, and strength. I have written this book from my heart, hoping that readers will not only read it but also feel it. If readers can feel the depth of my journey and take inspiration from it, then my purpose of writing this book is fulfilled.

Contents



Introduction: My Story	1
Part 1 Childhood trauma	6
1. When you are left alone	7
2. Bullying is first taught at home	11
3. Why are bullies jealous of me?	15
4. The dark side of Games	23
Part 2 A free and happy childhood.	28
5. Be a bestie, not a bully	29
6. Stand up for what is right, even when you are standing alone.	33
7. True Bond	37
8. Parents' support	39
9. The value of Discipline	41
Conclusion	43
About the Author	44

Introduction: My Story



Hi... I am Vihaan Karamchandani. I am 10 years old. I live in Kalyan, a city near Mumbai in Maharashtra. I am a student who believes that learning and kindness are important values in life. Every day teaches me something new, and I try to grow from my experiences.

I consider myself a hardworking and honest person. I believe that respect and empathy make people stronger. In my free time, I enjoy creative and thoughtful activities. I like reading, writing, playing and spending time with my family, friends and cousins.

One of my goals in life is to become a better version of myself every day. I want to achieve success not only in studies, but also as a kind and responsible person. I believe that with dedication, patience, and positive attitude, "I can overcome the challenges of my life."

This introduction is just the beginning of my journey, and I look forward to learning, growing, and making a positive difference in the world.

I was born in Indonesia and spent my early childhood there. Indonesia will always hold a special place in my heart because it is where my journey began. My childhood in Indonesia was full of experiences, learning, and happiness. I studied in a good school where I learned discipline, confidence, and strong values. The environment helped me develop good communication skills, especially in English.

Living in Indonesia also helped me understand different cultures and traditions. I met people from diverse backgrounds, which taught me respect, kindness, and adaptability at a young age. The peaceful surroundings and supportive teachers played an important role in shaping my personality.

I used to actively participate in many activities during my school life. I always believed in giving my best, whether it was academics, sports, or extracurricular events. Along with activities, I was also brilliant in my studies. I worked hard, stayed focused, and consistently performed well in my exams. My teachers appreciated my dedication and encouraged me to aim higher. I won many trophies in school for my achievements. Winning trophies and receiving appreciation motivated me to improve myself even more.

Overall, my achievements in both studies and activities shaped my personality and prepared me for future challenges. I take pride in my journey and continue to work hard to achieve my goals.

When I was living in Indonesia, I used to miss my cousins and Indian festivals very badly. Being away from my family was not easy, especially during festival times. I often felt sad because I could not celebrate special moments with my cousins. Watching others celebrate together while I was far away made me miss everything even more. I missed the laughter, family gatherings, playing with my cousins, and the happiness that comes with celebrating festivals together.

Life in Indonesia was beautiful, but it also became difficult for my family due to high living expenses. The cost of living and daily expenses were very high, which made life challenging. Managing education, housing, and other basic needs became hard over time. Because of these challenges, my family made the difficult decision to shift to India. The move was not easy, as Indonesia was the place where I was born and spent my childhood. However, this decision was necessary for a more stable and secure life.

After shifting to India, we slowly adjusted to the new environment and found better opportunities. Although adjusting to a new environment took time, the change helped our family regain stability. This experience taught me the value of adaptability and staying strong during

challenging times. At the same time, I felt very happy because I could finally celebrate festivals with my cousins.

The shift from Indonesia to India was a turning point for my family. Today, I feel grateful for the journey because it made me more understanding, adaptable, and hopeful about the future.

It has been four years now, since I shifted to India. During this time, my life has changed in many ways. Joining a new school was a big change for me. In the beginning, everything felt new, but with time and effort, I adjusted well. I am doing well in my studies and actively participate in school activities. I try to stay focused, disciplined, and confident in class.

Although I am doing well in everything, my life has not been free from challenges. Like everyone else, I have faced some bad experiences that were difficult to handle. These experiences made me feel hurt and confused at times. Some situations tested my patience and strength, especially when adjusting to new surroundings and people. There were moments when things did not go as expected, and it was not easy to stay positive.

Every bad experience makes us wiser, not weaker.

Part 1

Childhood trauma

ONE

When you are left alone



Family is supposed to be a place where we feel safe, loved, and pampered. Family is a safe place for every child, but this is not true for everyone. Sometimes, even among family, a child can feel completely alone. Cousins are often our first friends, the people we grow up with during festivals, holidays, and family gatherings. But sometimes, even cousins can be mean and hurtful.

Having mean cousins can be a painful experience. Being treated badly by cousins can lower self-confidence and create emotional pain. Family gatherings, which should be joyful, may become stressful, uncomfortable, and lonely. When cousins ignore you or do not include you in their conversations or activities, it creates a deep feeling of sadness. You may sit among them, yet feel invisible. They laugh together, share secrets and make plans, while you remain quiet.

My cousins were very mean to me, they always targeted me, and it made my life very difficult. They made fun of me and left me out of their conversations and games. Their behaviour caused me a lot of pain. I felt lonely and unwanted. No matter what I did, they found a reason to tease me or make me feel small. I was often blamed, laughed at, or ignored. Sometimes they made jokes about me, and other times they spread false stories.

My cousins targeted me in groups, and it was very painful for me. When they were together, they became stronger and more confident in hurting me. Sometimes they blamed me for things I did not do, and because they were many, everyone believed them instead of me. Being targeted in groups again and again made me feel hurt and helpless.

Even when we were together at family gatherings, I felt lonely and unwanted. Instead of treating me with kindness, they often teased me and ignored my feelings. I felt deeply hurt and confused. At first, I tried to ignore their behaviour, hoping it would stop. But the bullying continued. When I shared my pain with my mom, she believed that I had done something wrong. That hurt me even more that my mom also didn't understand me. Instead of understanding my pain, she thought it was my mistake.

When a parent does not believe their child, the pain feels heavier because children expect support and comfort from their parents. I love my mom so much and I wanted

her support. I wanted my mom to listen to my feelings and understand my pain instead of blaming me. Her support would have given me strength and comfort. Even a few kind words from her would have made me feel safe and less alone. I did not want arguments or punishments. I only wanted understanding and love. I wanted to feel that someone was standing by my side. But my mom believed that I was overreacting and asked me to adjust. That made me even more sad and helpless.

Because of all this, I lost my confidence and became quiet around everyone. I started avoiding family gatherings, because I did not want to feel hurt again. This experience taught me an important lesson. I learned that I should not let others decide my worth. Even though my cousins were mean to me, I realized that I deserve respect and kindness.

One day, I finally gathered the courage to explain everything to my mom calmly. I told her how others' behaviour affected my heart and my confidence. I did not shout or argue; I just spoke from my heart. This time, she listened carefully.

After a long time of feeling hurt and misunderstood, my mom finally understood my pain. She listened to me patiently and tried to see the situation from my side. She realized that I was not wrong and that my feelings were real. She comforted me and told me that she was proud of me for speaking up. That moment gave me great relief and comfort. When she believed me, I felt lighter and

safer. Her understanding made me feel valued and loved. The sadness I carried in my heart slowly began to fade because I knew I was no longer alone. Her support gave me strength and confidence.

A mother's support has the power to turn pain into peace.

Through this experience, I have learned that my feelings matter. I deserve love, respect, and support, even within my own family.

Bullying is never right, even when it comes from family members.

Two

Bullying is first taught at home



Parents are the most important people in a child's life. They teach values such as kindness, respect, honesty, and good manners. They are the first teachers, guides, and protectors of their children. However, in today's modern world, many parents are becoming very busy with their social lives. They attend parties, gatherings, meetings, and spend a lot of time on phones and social media. Because of this, they do not pay enough attention to their children. They often forget to spend quality time with their children.

Many parents are so busy with their friends that they forget their responsibilities at home. When parents do not pay attention, children feel ignored and unloved. Social life is important, but it should never be more important than family. Instead of spending time with

their children, they spend most of their time with their friends and enjoying social activities.

Spending time with friends is not wrong, but parents must know their limits. Family should always come first. When parents choose social lives over their children, the children always feel lonely and sad. Parents should talk to their children, listen to them, help them with studies, and teach them good manners.

My parents always give me time and love. They talk to me every day and help me with everything. No matter how busy they are, they never ignore me. My parents help me with my studies and encourage me to do better in life. They always guide me in the right direction. They also play with me and spend quality time with me, which makes our bond strong. My parents teach me moral values and good manners. They are my best friends and biggest support. I feel very confident and loved when my parents give me their time. I am very lucky to have parents who always care for me.

However, my cousins are not that lucky because their parents are always busy with their social lives and do not give enough attention to their children. Their parents rarely talk to them or listen to their problems. They may want to share their feelings, fears, or achievements, but there is no one to listen to them. This makes them feel lonely even when they are surrounded by family.

This lack of attention is one of the reasons why some children become bullies. Children who lack attention often

want to feel powerful and noticed. Since children do not know how to express their feelings in a healthy way, they may release their anger by hurting or teasing others, and try to gain attention by bullying others. Bullying gives them temporary satisfaction and a sense of control over others.

Children learn how to behave by watching their parents. If parents do not teach kindness, respect, and discipline, children may not understand the difference between right and wrong. They may not understand that bullying others is wrong.

Lack of supervision allows bad habits to grow. Parents may fail to notice changes in their child's behaviour because of their social lives. However, children may begin to think these habits are normal. Parents who are attentive can notice changes in their child's behaviour and help their children before problems grow bigger. Parents may think that providing food, clothes, and education is enough, but emotional presence is just as important as material needs.

Parents' busyness can unintentionally contribute to bullying behaviour in children. Parents must balance their social lives and family responsibilities. Giving time, love, and guidance to children can prevent bullying and help them become kind and disciplined.

A child's behaviour doesn't need to be controlled.

It needs to be understood.

Three

Why are bullies jealous of me?



Jealousy is a negative feeling that can take place in people for many reasons. When someone feels insecure or unhappy about another person's success, attention, or happiness, it creates jealousy in their mind and heart. Jealousy is a very negative emotion that often begins with insecurity. It makes a person compare their life with others. One major reason for jealousy is comparison. When people compare themselves with others and feel they are less successful or less appreciated, jealousy grows. Constant comparison by parents, teachers, or relatives can make this feeling stronger.

Jealousy is a common human emotion, but when it is not controlled, it can lead to wrong behaviour. One wrong

behaviour caused by jealousy is bullying. This behaviour is harmful because it damages relationships and causes emotional pain to innocent people.

A jealous person may insult, tease, or bully others. They may try to pull others down instead of improving themselves. Jealousy also destroys peace of mind. When someone is jealous, they are never happy with what they have. They constantly compare themselves with others which leads to anger, sadness, and frustration.

Another major reason for jealousy is lack of attention by parents. When parents do not give enough attention to their children, they may feel ignored, unloved, or unvalued. They may become jealous of those who receive more care or praise by their parents and relatives.

Common reasons why people are jealous of you:

1. You get praised by elders

If elders, teachers, or others praise you or appreciate you, people may feel compared to others and less valued. This hurts their confidence and turns into jealousy.

2. You perform well in studies and behaviour

When you do well in studies, sports, or behaviour, some people compare themselves to you and feel insecure.

3. Comparison by adults

Constant comparison by adults, like "why can't you be like him?", Can hurt or frustrate some people. Instead of improving, they may show anger towards you.

4. Their own insecurities

Insecurities come from lack of confidence, attention, or support. When people lack confidence, others success makes them uncomfortable.

5. Your talents and skills

Many people do not realize hard work behind talents. They only see the results and think that success comes easily. This misunderstanding can lead to jealousy and negative behaviour.

6. Lack of emotional maturity

Some people do not know how to handle their feelings in a positive way. They do not know how to deal with their emotions in a healthy manner.

ALWAYS REMEMBER.

- Their jealousy reflects their feelings, not your worth.
- Being good, kind, or hardworking is never a mistake.

- You are not responsible for how others react to praise.

My cousins are jealous of me, and because of this jealousy, they bully me. Instead of playing nicely with me or treating me with love and respect, they choose to hurt me with their words and actions.

Whenever I do well in studies, and behave nicely in front of people, the elders in the family often praise me, and my cousins become jealous of me. Every child feels happy when elders appreciate them. My uncle and aunt often give my example to my cousins as a good boy. They tell them to learn from my behaviour, studies, and manners. Whenever my elders praise me for my good behaviour or achievements, I feel motivated and happy. However, this praise also makes my cousins jealous of me, which creates problems in our relationships. These achievements did not come easily. They required practice, patience, and self-belief.

Another major reason for jealousy can be my cousins' inability to accept the appreciation I receive. I was born in Indonesia. I spent my childhood there and received good schooling, which played an important role in shaping my education. My school focused strongly on language learning, especially English.

Because of my good schooling, my English is very good. I also took part in school activities and competitions. I like learning new things and improving my skills. I believed that hard work and discipline were the keys to success.

The good education and support from my teachers made me a clever and responsible student.

I am dedicated to everything I do. Whether it is studies, sports, or other activities, I always give my best. I have won so many trophies and medals because of my hard work, discipline, and dedication. Along with success, I also learned the value of humanity and respect for others. Winning taught me that true success is not just about medals, but about good character also. My elders always praise me for everything because they see my efforts and good intentions.

When elders appreciate my efforts or give my example, my cousins start feeling insecure. Instead of taking it positively, they compare themselves with me, and become rude to me, or sometimes try to hurt me. They make hurtful comments and target me in groups, which hurts me emotionally.

"When you are in a helpless situation, you need to calm yourself."

What you can do:

1. Stay calm

Don't let their jealousy affect your self- belief.

2. Avoid negativity

Not every comment deserves a reaction.

3. Seek support

Talk to your parents, teachers, or trusted adults if jealousy turns into bullying.

4. Be kind but firm

Treat others politely, but don't allow disrespect.

5. Protect your peace

Stay away from people who constantly bring negativity.

6. Focus on your goals

Keep working on your growth and success.

I never asked for special attention or tried to make my cousins feel small. I never want to make them feel bad, but my success sometimes makes them uncomfortable. I only focused on doing my best and respecting everyone. Sometimes, people may misunderstand my actions or feel jealous, but I do not let that stop me. I work hard, behave well, and try to make the right decisions for myself. I know that choosing the right path is more important than pleasing everyone. I believe that doing whatever is best for me is important for my growth and happiness. I try to focus on my goals and not let negativity from others affect me.

I try to handle this situation calmly. I believe jealousy comes from comparison, not hatred. Everyone has different talents, and each person shines in their own way. I hope one day my cousins will understand that

success should bring us closer, not divide us. It is very painful when cousins feel jealous instead of being happy for you, but with patience, kindness, and understanding, it can be handled positively.

Remember: jealousy fades, character stays

Everyone has unique talents; discovering yours brings confidence.

Four

The dark side of Games



Games play an important role in our daily lives. They help us relax and feel refreshed after studies and daily work. Playing games for a short time reduces stress and makes our minds active and happy. Games improve both physical and mental health. Outdoor games like cricket, football, and running keep our bodies fit and strong. Indoor games like puzzles improve thinking skills, memory, and concentration. When we play games, we feel energetic and cheerful.

Games also teach us important life lessons. They help us learn teamwork, discipline, patience, and sportsmanship. Playing with friends and cousins builds friendships and improves social skills. It also helps us take a break from routine and return to work with fresh energy.

Games are fun and entertaining, but playing games all day can have negative effects on a person's life. When children spend too much time playing video games, they may start behaving badly with others. They can become impatient, rude, or easily angry because games sometimes make them aggressive or overly competitive.

Excessive gaming can also affect the brain. Playing games for long hours reduces the time spent on studies, reading, and creative activities. They can slow down thinking, reduce concentration, and affect learning ability. Instead of using their brains to think, imagine, and solve real-life problems, children may depend only on screens.

Because of excessive gaming, some children become very short-tempered. This behaviour can lead to fights with friends, classmates, and even siblings and cousins. Children who are addicted to games often lose patience and empathy. They may not understand others' feelings and may enjoy teasing or hurting them emotionally. This creates an unsafe and unhappy environment at school and at home.

Many games promote violence, competition, and winning at any cost. When children play such games for long hours, they may shout at others, use bad language, or try to dominate weaker children. This can slowly turn into bullying. Some children enjoy teasing others and feel temporarily happy due to excessive gaming.

In today's busy world, some parents allow their children to play games for long hours because they want to spend

more time socializing. They may feel relaxed knowing their child is quiet and occupied with a mobile phone or computer. However, this bad habit can slowly create problems for the child.

Some parents do not bother to check what their children are doing, what games they are playing, or how much time they spend on screens. Due to a lack of attention and guidance, Children may become addicted to games. This can affect their behaviour, studies, and overall development.

Children need supervision and support, especially at a young age. When parents are more focused on social gatherings, parties, or personal interests, children may feel ignored. As a result, they turn to games for comfort and entertainment. Over time, this can reduce communication between parents and children and weaken their bond.

I have seen in my family that some parents go for parties and social gatherings, leaving their children at home. While spending time with friends is important, children also need attention, care, and time from their parents. When parents are often busy with parties, children may spend most of their time on mobile phones, watching television, or playing games. Without proper supervision, children may develop bad habits or misuse their screen time.

While some parents prefer social gatherings and parties, my parents believe in spending quality time with family.

They rarely go to social gatherings or parties. Instead, we mostly attend family gatherings, where we meet our relatives and spend time with each other. My parents feel that family time is more important than social parties.

My mother and father keep an eye on my screen time and the games I play. They believe that too much of anything is not good, so they help me draw the line between fun and responsibility.

Because my parents spend more time with me, they are always aware of my activities, studies, and screen time. They guide me with love and discipline and make sure I grow in a positive and safe environment.

So, parents play a key role in reducing children's screen time. By spending quality time with their children, they help them grow into healthy, disciplined, and responsible individuals.

Games should be a break, not a habit.

Part 2
A free and happy childhood.

Five

Be a bestie, not a bully



Being a good person with bad people does not mean accepting or supporting wrong behaviour. It means choosing kindness, maturity, understanding, and smart ways to handle a difficult situation. A good person treats everyone politely, even those who behave badly. Good people focus on values like honesty, empathy, and respect. When treated badly, they take help from elders, teachers, or trusted adults instead of taking revenge. This shows wisdom and courage.

However, being a good person with bad people is a true test of character. A good person knows how to stay calm while also setting clear boundaries. Respectful behaviour protects our inner peace, even when people behave rudely or unfairly. It also shows our self-control and avoids unnecessary fights.

A good person sets boundaries and does not allow others to hurt or misuse them. Sometimes, kindness can make bad people reflect on their actions and feel ashamed of their behaviour. Even if they do not change, your goodness protects your peace and dignity. Kind words and confidence can break the cycle of hatred.

Sometimes, I feel very hurt because of the way my cousins treat me. I always try to behave nicely with my cousins, even if they behave badly with me, because family relationships are very important to me. It is not easy to stay calm when people around you behave badly, but I try my best to remain patient and polite. I focus on my good behaviour because I know that fighting or shouting will not solve anything. I believe good behaviour reflects a good upbringing and strong values. Sometimes my cousins are very rude and mean towards me, but I do not reply with anger or bad words. Instead, I stay calm and try to understand their feelings. By behaving well, I try to maintain peace and understanding in the family. No matter the situation, I choose kind words and good behaviour. I help my cousins whenever they need my support and share things with them.

Even when my cousins misunderstand me, I remain calm and respectful. I avoid arguments and try to solve problems through polite communication. I respect myself and speak to my parents when something hurts me. Asking for help is not a weakness, it is a smart and brave step.

My parents play an important role in shaping my character. From a young age, they have taught me to be a good person by showing love, discipline, and good behaviour. They always teach me good manners and strong values. Their guidance helps me understand the difference between right and wrong. They always tell me to speak politely, help others, and never hurt anyone with words or actions. Whenever I make a mistake, they correct me patiently and explain why good behaviour matters.

In conclusion, when I behave respectfully, I feel proud of myself, and my heart remains peaceful. Others may not change, and their words or actions may hurt me, but I remind myself of the values my parents have taught me. I feel proud to follow their values and try my best to make them proud every day by behaving well.

Show others the same respect you expect for yourself.

Six

Stand up for what is right, even when you are standing alone.



Standing up for what is right requires bravery and honesty. Strong people choose fairness, even in tough situations. Choosing the right things rather than supporting the wrong things is an important part of good character. We should support those who are being treated badly because everyone deserves respect and kindness. Supporting someone does not always mean fighting or arguing. It can mean listening to them, standing beside them, or speaking up when something wrong is happening. Supporting wrong actions such as bullying, teasing, or unfair behaviour, can harm others and damage our own values. When we choose the right path, we show honesty, trust, and self-respect. Even small choices, like telling the truth or defending someone who is being treated unfairly, can make a big difference. Taking a stand for the right things means choosing honesty, fairness, and kindness, even when it is difficult.

Standing for truth is never a mistake. Doing the right thing today creates a better tomorrow.

In today's world, many people worry more about society's opinion than about what is right. My mother, however, chose me as her priority over society. When I needed support the most, she stood by me without fear of judgement or criticism from others.

Bullying hurts deeply, especially when it happens within the family. When my cousins bullied me, I expected the adults to stop them and guide them toward better behaviour. Unfortunately, my cousins' parents remained quiet during that time, which made the situation more painful for me. The lack of response from responsible adults increased my emotional pain. Their silence made me feel ignored and unsupported.

When elders do not correct wrong behaviour, it can give the wrong message that bullying is acceptable. Unfortunately, this behaviour is considered normal by some parents. Even though some parents know that their children are wrong, they choose to stay quiet and ignore the situation. They deliberately cover their children's mistakes, allowing wrong behaviour to continue. Instead of accepting the truth, and correcting their children, they remain silent because they do not want to complicate their own lives. They fear conflicts with others, damage to their social image, or unnecessary involvement in problems.

However, this silence sends the wrong message to children. When parents ignore such behaviour, children may believe that their actions are acceptable. This lack of guidance not only harms the child's character but also affects other children who suffer because of it.

Parents play an important role in teaching children's values like kindness, respect, empathy and good manners. When they remain silent during bullying, they miss an opportunity to guide their children toward good behaviour. Speaking up at the right time can protect others and help children learn what is right and wrong.

During such a painful time in my life, my mother became my strongest support. When I was being bullied, she did not stay silent. She fought for me when others chose to ignore the situation. Many people stayed silent instead of stopping the bullying; some even blamed me, without understanding the truth. But my mom believed in me. She listened to me patiently, trusted my words, and stood by my side when I needed her the most. Her support gave me strength and courage to face the situation.

Many people misunderstood my mother when she took a stand for me. Instead of seeing her courage, they chose to blame her and judge her actions. They did not understand the pain I was going through or the reason behind her strength. Even when people spoke against her, my mother remained firm because she knew she was protecting her child. Her actions showed that standing up

for what is right often invites criticism, but it is still the most honest and powerful choice.

Society should support the right, not blame those who speak up.

She spoke up for me when something wrong was happening and taught me that standing for the right thing is more important than pleasing others. Her stand protected my confidence and helped me heal emotionally. She showed me that a parent's love is powerful and fearless. She taught me that bullying is never acceptable and that staying silent only supports the wrong actions. Because of her, I learned the importance of raising my voice when someone is treated badly.

I am proud of my mother because she showed true love, courage, and responsibility. She proved that standing up for your child and for what is right is more important than pleasing society. Her fight for me will always remain my greatest source of strength.

It is better to stand alone with truth than to follow the crowd in silence.

Seven

True Bond



I want to introduce my best buddy here. Her name is Kiara, and she is not just my cousin but also my best friend. When some of my cousins bully me, Kiara is the one who always stands by my side. She is the person who understands me the most and always makes me feel comfortable.

Kiara is kind, caring, and full of positivity. She always waits for me so that we can play together, and she never lets me feel alone. We spend many happy moments together. We play games, talk for hours, and make fun videos together. Making videos with her is one of my favourite things because it helps me forget all the sadness. With Kiara, I feel free, happy, safe, and confident.

Her kindness and friendship give me strength during difficult times. She shows me that even when people hurt

you, there is always someone who truly cares. She supports me in every situation and brings light into my life.

I often go for a staycation at Kiara's house, and it is always a happy and memorable time for me. We spend our days playing, talking, and enjoying each other's company. Staying together helps us grow closer and understand each other better.

Sometimes we fight over small things, but our friendship is stronger than any argument. We forgive each other quickly and get back to being best buddies. These small fights teach us patience, care, and the importance of saying sorry.

I always cherish the beautiful memories I make with Kiara because **she turns my pain into happiness**. My bond with Kiara is very special and amazing. I am very thankful to have such a wonderful best buddy, and our friendship means a lot to me. I always wish that our bond stays the same forever, filled with love, care, trust, and happiness.

Family and friendship together.

A brother and sister share a bond beyond words.

Eight

Parents' support



I am lucky to have my parents' full support to overcome bullying. Whenever I feel low or hurt, they stand by me like a strong shield. They spend a lot of time with me, listen to my feelings, and help me understand my worth. Their love and guidance give me confidence and inner strength.

Instead of running after bullies or getting affected by their negative behaviour, I choose to spend my time with my parents. Being with them makes me feel safe, happy, and peaceful. We talk, laugh, and share moments that help me forget all the negativity around me.

My parents play lots of games with me, such as badminton, ludo, football, cricket, table tennis, pickleball, card games, and different educational and board games. Playing together makes me feel happy and relaxed. It also helps me forget all the stress caused by bullying. Through

these activities, my parents teach me important lessons like teamwork, patience, and confidence. Their involvement makes learning fun and meaningful.

My parents teach me to focus on my growth, education, and future rather than wasting my energy on people who spread hate. Because of their support, I have learned to stay strong, positive, and calm. I truly believe that having supportive parents is the biggest blessing, and their love helps me rise above bullying with courage and self-respect.

With loving parents by my side, I can face any challenge.

Nine

The value of Discipline



Discipline is the key to a successful and meaningful life. To be disciplined in life means to follow good habits, and manage time wisely. Discipline helps us control our actions and emotions.

Being disciplined begins with a daily routine. Waking up on time, completing work honestly, and using time properly are signs of discipline. A disciplined person sets goals and works consistently to achieve them. Small disciplined actions everyday lead to a **big Success** in the future.

My mom is very strict about discipline, and she maintains a disciplined environment at home. She believes that discipline helps build good character and leads to a successful life. Because of her guidance, our home remains peaceful and well-organized.

She ensures that we follow a proper daily routine. Waking up on time, completing homework, limiting screen time, and keeping our surroundings clean is a habit she strongly encourages.

From a young age, my mom taught me to follow a routine and respect time. She encouraged good habits such as reading books, speaking the truth, respecting elders, completing work on time and behaving politely with others. She also motivated me to write my own book, which helped me grow in confidence and creativity.

I love helping my mom with cooking and household chores, and she has taught me how to do all the work. Because of my mom's strictness and discipline, I have learned the value of time, honesty, and responsibility. I now understand that her discipline is an act of love that prepares me for a better future.

Discipline is about self-responsibility. When we discipline ourselves, we become confident and independent. Parents and teachers guide us, but true discipline comes from within.

Discipline shapes character, brings success, and leads to a peaceful and bright future. It turns small efforts into great achievements. Discipline teaches us to choose what is right over what is easy. It gives direction to life.

Discipline is guidance, not punishment.

A disciplined child grows into a responsible adult.

Conclusion



Life has not always been kind to me. Many times, people threw stones at me- not real ones, but stones of hatred, doubt, and criticism. Each stone was meant to hurt me, to stop my growth, and to break my confidence.

At first, those stones caused pain. I felt lonely and misunderstood. But slowly, I realized something important: I had a choice. I could let those stones destroy me, or I could use them to build something stronger. Instead of giving up, I chose self-belief.

Every insult made me stronger. Every challenge taught me a lesson. I collected each stone and turned it into a step toward my success. With the support of my parents and my determination, I began to grow, learn, and move forward. The same people who doubted me became the reason I worked harder.

Today, I stand on a bridge built from my struggles. That bridge leads to confidence, self-respect, and a hopeful future. My journey proves that negativity cannot stop someone who believes in themselves. If people throw stones at you, do not throw them back. Collect them, learn from them, and build your own bridge to success.

Fight your battles bravely, learn from them, and come out victorious with a positive spirit.

About the Author



Vihaan is a young and confident writer who believes in growth, truth, and inner strength.

Having faced challenges and difficulties early in life, Vihaan learned valuable lessons about courage, patience, and self-respect. These experiences inspired Vihaan to write this book with honesty and purpose.

With strong support from loving parents, Vihaan learned to rise about negativity and focus on personal growth and a positive future. Writing became a way to express his feelings, share lessons, and encourage others who may be facing similar struggles.

Through this book, Vihaan hopes to inspire readers to stand up for what is right, stay strong during tough times, and believe in themselves. This book reflects Vihaan's journey of learning, healing, and becoming stronger with every challenge.