

Please help me! I'm stressed out everyday that I have to go to school!

Everybody is making fun of me because I am fat. When I walk in the corridors, people call me "Pig", "Fat ass", "ugly", "elephant", "stupid", "XXXXXL" and the list goes on... The insults are not only ruining my life in school but also at home because no one wants to do things with me, there are scared that they will get bullied if they are my friends. I tried to ignore them but when it is everyday and every time, it becomes hard to ignore them. I told my teachers that they were bullying me but it didn't change a thing, they just do it in their back. I told my mom and dad that I had a lot of friends because I didn't wanted them to be worried about me and now they want to meet them. I don't want them to be disappointed. At night, I have difficulties to sleep because I'm stressed. Last week I went to see the psychologist for help but it still didn't change anything. I have no self-esteem and always depressed. Could somebody help me by giving tricks or telling your story please? I'm desperate.



By Michelle & Chloé