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## **This I Believe**

Bullying kills people. It weighs people down. You've heard this many times but instead of hearing it, absorb the hard reality. Not a truth you just hear; not something you know that happens. Bullying is an everyday occurrence. Bullying makes people feel like they have a weight on their heart, a weight on their eyes. Keeping the sweat from within, trying to hold those weights on their eyes, wishing they had someone to help carry them. As they try to show people that they can lift weights without sweating, they let the sweat out from their eyes, and cry. This is our anxiety, our sadness. This is not our happiness; this is our heart's betrayal.



This broadside was created in celebration of Seattle Arts & Lectures' 2024-25 Writers in the Schools Year End Reading. Putsata Reang was the supporting WITS writer in residence.