

# **Opinion: Self-respect first line of defense against bullying**

**By Michael Martinez, Reno Gazette-Journal**

Sometimes, you look different. Sometimes, you have a different name. Sometimes, you have a condition that sets you apart. You're just different, and people treat you like you are.

They tease you, they try to isolate you, they ignore you and they try to turn others against you.

They try to make themselves feel better by making you feel worse.

They are bullies, and you are being bullied.

It is a growing problem among our nation's youth that hurts when it happens and can linger beyond the early years.

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