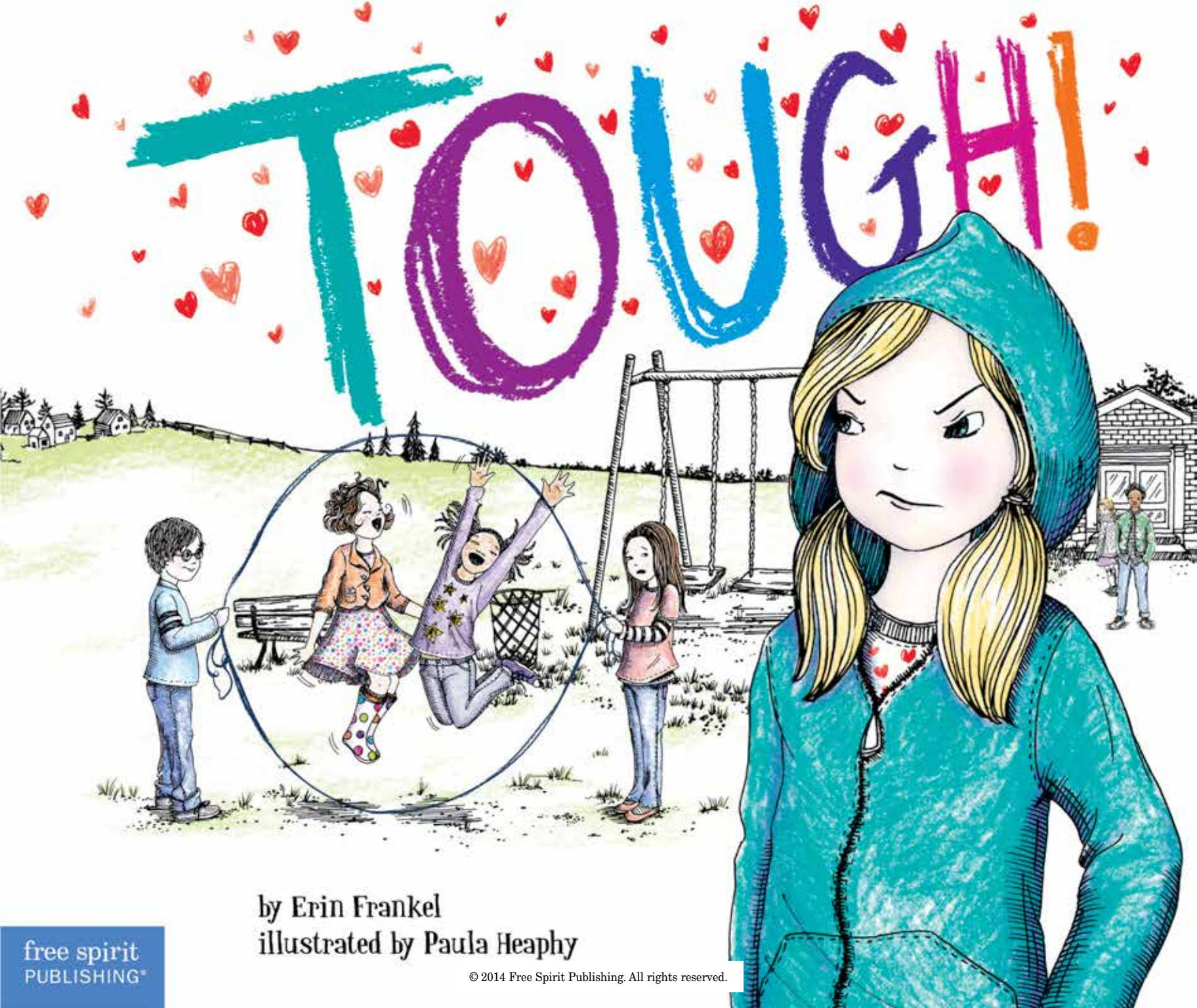


# TOUGH!



by Erin Frankel  
illustrated by Paula Heaphy

free spirit  
PUBLISHING®

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“Delightful . . . Not only for kids, this series is a *must* for educators, parents, and caregivers who want to help children end the cycle of cruelty.”

—**Barbara Coloroso**, best-selling author of *The Bully, the Bullied, and the Bystander*

“I love this series. Kids are sure to empathize with the characters and recognize their own power to stop bullying.”

—**Dr. Michele Borba**, internationally recognized child expert and author of *The Big Book of Parenting Solutions*

“The well-drawn characters have real problems with . . . credible resolutions. This [series] should find a home in every school library.”

—**Kirkus**

“The books stand alone as separate titles, but they’re much more effective when utilized together to give a complete view of how the main characters are feeling and the outside events that help shape their roles.”

—**School Library Journal**

“An excellent tool for teaching school-age children good mental health techniques to survive and grow beyond bullying.”

—**Children’s Bookwatch, Reviewer’s Choice**

“A good discussion starter.”

—**Booklist**

“Incredibly insightful . . . a must-own for educators.”

—**Imagination Soup**



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For all children,  
young and old, who  
have been involved in bullying.  
Don't lose sight of who you are.

Know yourself.  
Be yourself.  
And always listen  
to your heart.

**Free Spirit offers competitive pricing.**

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What are you staring at?  
*I'm* not the weird one.  
My name is Sam and I'm

**TOUGH!**

That's Luisa. *She's weird.*  
She dresses weird.



She acts weird.



She talks weird.



*Someone* has  
to tell her,  
so I do.

## Sam's Notes

It's *tough* work changing my behavior, but being mean all the time is even tougher. Here are some things I've learned:

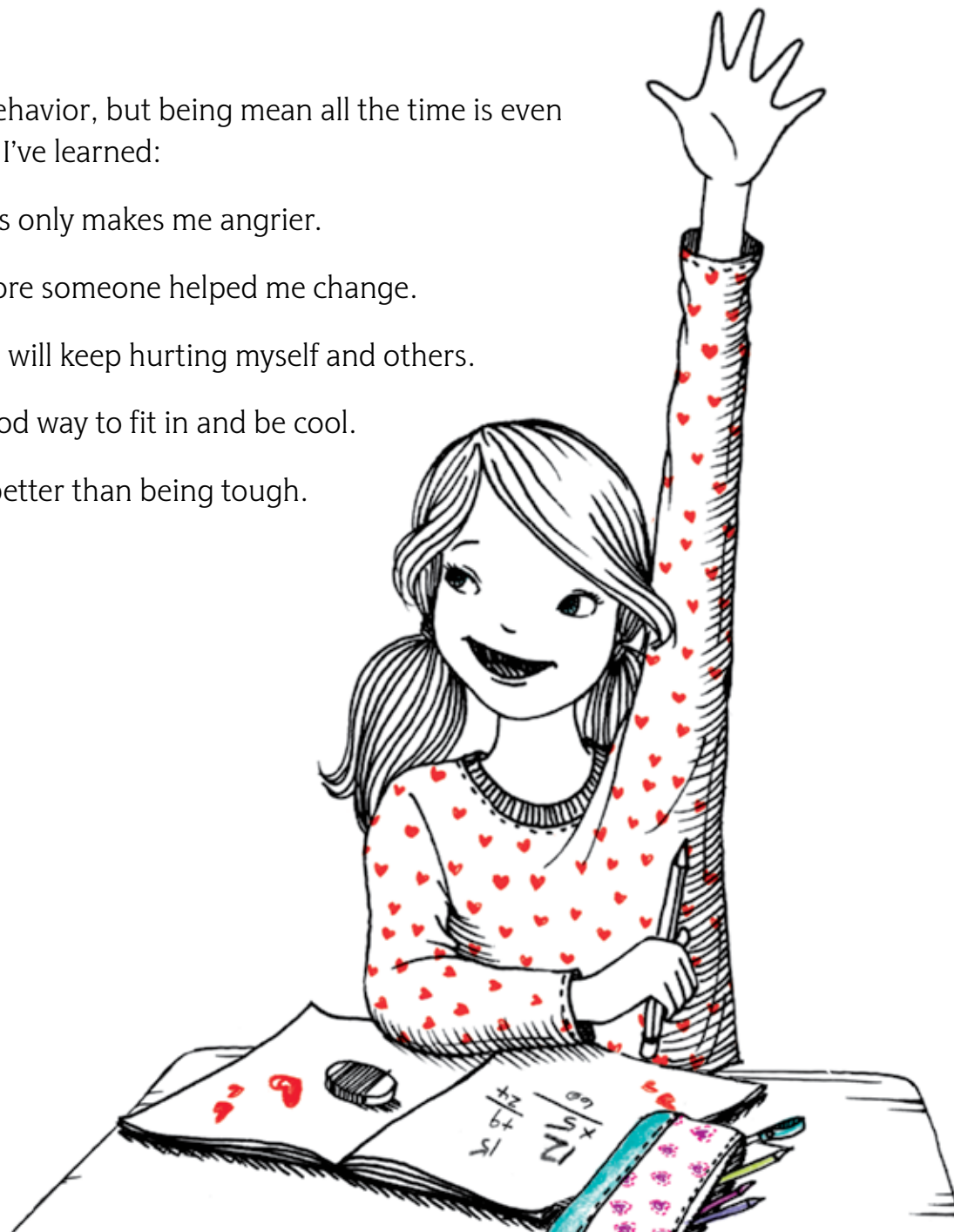
**T**aking my anger out on others only makes me angrier.

**O**ut of control is how I felt before someone helped me change.

**U**nless I change my behavior, I will keep hurting myself and others.

**G**iving people a chance is a good way to fit in and be cool.

**H**aving real friends feels a lot better than being tough.



## Luisa's Notes

I'm glad Sam is giving up her old ways. I know that I'm not *weird*—no matter what anyone says. Here are some other things I learned as a target of bullying:

**W**hen everyone joins together to help, things start getting better.

**E**very person who is picked on needs someone to stand up for him or her.

**I** think all people deserve to be treated with kindness, including Sam.

**R**ealizing that no one liked her behavior helped Sam change.

**D**isrespecting others means you are also disrespecting *yourself*.



## Jayla's Notes

I found out that things got a lot harder when I didn't *dare* to stand up for myself and Luisa. Now I feel good about the choices I'm making. Here are some things I know for sure:

**D**eciding to do what I knew was right took courage.

**A**ssisting Sam when she bullied Luisa meant *I* was bullying, too.

**R**eaching out to Luisa and being her friend was a good choice.

**E**liminating bullying is everyone's responsibility—we all have the power to help.

