

# My Journey Through Bullying — Why I Created These Books

I grew up as an identical twin—**small-framed**, often called “cute”—in a big, loyal family where we were taught that if one of us got into trouble, the rest would step in. I understood the concept of bullying, but it wasn’t until we moved to a new school in fourth grade that I experienced it firsthand.

## 1. The Bully at the Backstop

One day, I walked into the school bathroom and, for the **first time, saw a group of boys smoking** by the window. Shocked, I accidentally stared. **“What are you looking at?”** one of them barked. I said **“Nothing,”** but it was too late. I was told to meet behind the backstop after school—or else.

I **didn’t tell a soul**. I felt sick all day but showed up. I got a black eye—but I also landed a lucky punch that bloodied his nose. Growing up with a twin gave me the benefit of knowing how to wrestle, which may have made a big difference that day.

## 2. Fear in the Sixth Grade

We moved again in sixth grade—and this school was worse. There was little discipline, and **I was afraid of everything, especially using the bathroom**. One afternoon, I held it too long and lost control. I wet my pants in class. A puddle formed under my desk, and **another student shouted it out**.

That moment haunted me. It stemmed directly from my bathroom experience in fourth grade. The fear of confrontation, embarrassment, and ridicule shaped how I viewed safety in school.

## 3. The Pain Behind the Popularity

Even in high school, despite being well-liked, I wasn’t immune. A few classmates found subtle, cruel ways to tear me down—using **cutting nicknames that attacked the identity** I had worked so hard to build. **Words can wound deeper than fists, and these did**.

## 4. The Barracks Breakdown

During Air Force Basic Training, bullying took a more competitive shape. I had been helping other airmen with drills, and it sparked jealousy. **Just before inspection, someone flipped my footlocker**. I later heard them yell, “Why is everyone asking White? I have answers too!”

Despite the sabotage, I stayed focused, scored top marks, and graduated as Honor Graduate. But it was a clear reminder that bullying doesn’t stop with age—it just changes form.

## 5. Fired for Being Favored

Even in my professional life, I wasn’t immune. At one job, I was temporarily fired after a jealous supervisor accused me of insubordination for simply sharing a project with a VP’s office. **They told leadership I quit and walked out on a critical task**. Fortunately, another manager saw me walking out and asked what happened. I told the truth—and got my job back

## Why I Created *There Are Bullies in This Book*

These moments—from childhood confusion to adult injustice—have shaped who I am. I know what it feels like to carry shame, silence, and self-doubt. I also know how empowering it is when someone finally shows you that you’re not alone—and that your voice matters. I remember a popular girl who I was walking with when a bully called me a name and gave me a shove. She immediately scolded the guy saying, **“I hope that made you feel big for how small it made you look.”** That guy never bothered me again.

That’s why I created ***There Are Bullies in This Book***—a free interactive children’s series that helps kids recognize harmful behavior, make kind choices, and build the emotional resilience I wish I had at their age. I believe if we can teach children early to name bullying, understand it, and talk about it—we can give them a stronger, safer future.