



## Anti-Bullying Buddies

One of the most important lessons Lauren Paul, 30, learned in the 7<sup>th</sup> grade had nothing to do with math or science – it was that, in a heartbeat, your soul can be crushed by the actions of peers. A group of girls Lauren thought were her friends organized behind her back to launch a two-year reign of emotional terror against her, pushing her to the brink of suicide. Years later, in college, she confided her desire to film a documentary about girl-on-girl bullying to a friend, Molly Thompson, who confessed that she had been bullied. Their doc, ***Finding Kind***, has been shown in 1,550 schools worldwide as part of the *Kind Campaign*, a nonprofit founded in 2009.

Through it, the two host school assemblies for girls, starting each by asking who has been affected by something negative that someone has said to her. “Every hand in the room shoots up,” says Molly. “Then we ask them to keep their hands up if they’ve ever said something negative to another girl. Most all of the hands remain up.” Next, Lauren and Molly tell their stories of being bullied and show the doc, “which leaves them feeling inspired and hopeful,” says Molly. Afterward, the girls take the *Kind Pledge*, a promise to create change in their school or community; write a *Kind Apology*, a note they give to a person they’ve hurt; and make a *Kind Card*, a thank-you to someone who has had a positive impact on their life. “The healing takes place because of a simple sheet of paper that starts an important conversation between those two people.”

Over the years, Lauren and Molly have witnessed many breakthrough moments: a girl who made a courageous speech to her peers about how she felt invisible to them – and was embraced by a standing ovation; a teen who wrote that she had been suicidal that morning but that the Kind Campaign had saved her life. “That struck us deeply.” says Molly. “Stories like that inspire us to make sure we reach as many schools as possible.” [kindcampaign.com](http://kindcampaign.com)  
The documentary, ***Finding Kind***, can be viewed on Youtube.

TACT, May 2018