

## Youth Life

Growing from a child to an adult is one of the most exciting times of life. It includes increased freedom and exploration of new thoughts and actions. Meeting new people and gaining more freedom opens the door to the true diversity of the world. Every day, youth confront social and cultural expectations that challenge Bahá'í values. Sometimes, though, confronting these pressures can feel overwhelming and stressful rather than empowering and liberating.

## Bahá'í Faith

You are not alone in this exciting, challenging period of your life. Bahá'ís around the country are experiencing similar transitions, and many have already grown through this stage of life. The Illumine website shows how Bahá'í principles can assist with the transition to adulthood and shares the knowledge and experience from other Bahá'ís. The [illumine.org](http://illumine.org) website can help guide you through life's twists and turns.

1. Personal stories show how other Bahá'í youth grew through their teens.
2. Book and movie recommendations are entertaining and informative.
3. Resources provide ways to take action in your life.

[illumine.org](http://illumine.org)

## Being Kind Isn't Always Easy

The world is full of amazing people, but that does not mean you will get along with everyone. You will meet many people who have opinions different than yours, but there are usually ways to find common ground with them. However, sometimes people are unwilling to let go of negativity. They focus on differences instead of similarities. These people might use the differences they see in you as a reason to bully, gossip, or backbite. Always remember that you are only responsible for your own actions, not the actions of others. You can try to change the topic, or remove yourself from the situation when someone is bullying you. The Bahá'í principle of unity for all mankind makes it clear that you should not bully, gossip, or backbite. 'Abdu'l-Bahá expresses this clearly by saying **“The worst human quality and the most great sin is backbiting.”** Everyone is working through their own challenges. Nothing is gained by dwelling on the negative.

## Sympathy and Protection

Bullies treat others badly because they are fighting personal battles in an unhealthy way. When you are the victim of a bully, you might feel like you need to retaliate. Responding this way helps no one. It is not worth compromising your beliefs to try to hurt someone. Instead, have sympathy for the bully and the challenges they face. Talking about a bully to a counselor or parent is not considered gossip.

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Youth Life +  
Bahá'í Faith



[illumine.org](http://illumine.org)

# Bullying



Staying positive  
leads to  
greater unity

[illumine.org](http://illumine.org)

This brochure is part of a Masters of Fine Arts thesis project  
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The official Baha'i website is: [bahai.org](http://bahai.org).

“Beware lest ye give ear to the words of those from whom  
the foul smell of malice and envy can be discerned; pay  
no heed to them, and stand ye for righteousness.”

Bahá'ú'lláh