EXHIBIT 6
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I was a victim of cyber bullying and bullying for about a year. Being bullied both at school and when I got home really affected all aspects of my life. Because of the technology we have today I could never get away from the bullying. I never felt safe, I never got a break from the bullies, they can find you in your home, and you can't escape it. I went to school and had a hard time just getting through the day, and then when I got home there was no break from it. It continued through texting, calling, and the internet. Some days the bullying was so bad I didn't want to go to school and I was so concentrated on just getting through the day without being noticed by anyone that my academic performance really took a turn for the worst. I felt trapped for eight hours at school, like I was in prison. Although there was never any physical bullying, which I was thankful for, the emotional stress made my body feel as if I had gotten in a physical fight. I was constantly drained from the stress. The bullying not only affected me but also my family. When I came home I had to pretend and be strong for my two little sisters when they could tell I was having a hard time dealing with everything. I am very honest with my parents so when I would tell them what was happening it was hard for them to see their daughter so upset and stressed.

Bullying is a real issue. It isn't just something you see about in movies. Every situation is different, every teenager handles it differently. Thankfully, the severity of the bullying last year has gone down tremendously but I either am bullied or see someone being bullied every day. This is a real issue in schools regardless of the size of their student body, 2000 or 100 it happens everywhere. The awareness of bullying happening multiple times a day everyday is the first step in preventing it to continue. Our teachers, administrators and community can't put their heads in the sand. As the state of Montana, we do not want to be in national news in national magazines and newspapers for a child/teenager who has taken their life because they couldn't handle the abuse any longer. Tragedy can be prevented and we are all a part of the prevention.

I don't think that any teenager deserves to be bullied no matter what choices they make in their life, their academic success, or their home life. My hope is that no kid has to go through what I went through. I would never wish that on anyone not even the kids that bullied me.

If the SAFE act can help even one teenager from being bullied it's worth it. Helping one child or teenager deal with this problem is a step to helping every teenager or child.

Thank you for listening/reading my story,

Alexa Rockwell

Billings, Montana