APPENDIX V – 152
In Lak’ech
Bullying

- Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.

- It can be physical and emotional

- Have you ever experienced bullying?
- How did it make you feel?
Relationships

- We have forgotten how to get along.
- In our society the normal is to dehumanize each other.

- Our ancestors knew the importance of strong relationships with each other.
- They practiced humanizing each other everyday.
In Lak’ech You are my other me

Tu eres mi otro yo
You are my other me

Si te hago dano a ti
If I do harm to you

Me hago dano a mi mismo
I do harm to myself

Si te amo y respeto
If I love and respect you

Me amo y respeto yo
I love and respect myself
Nehuan Ti Nehuan I Am You Are I
Let’s practice humanizing each other

Nehuan
Ti Nehuan