

# 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**

