**Sticks and stones may break your bones, but names can never hurt you."**  
Telling that to a bully is usually of little comfort to a child who is being constantly teased or called names. The pain caused by verbal blows often can last longer than that caused by physical blows, especially if the bullying is frequent and ongoing. That fact is captured in the following poem by an unknown author.

*Sticks and stones may break my bones,   
But words can also hurt me.   
Sticks and stones break only skin,   
While words are ghosts that haunt me.*

*Slant and curved the word-swords fall  
To pierce and stick inside me.   
Bats and bricks may ache through bones,   
But words can mortify me.*

*Pain from words has left its scar  
On mind and heart that's tender.   
Cuts and bruises now have healed;   
It's words that I remember.*