

# Simon and the Bully



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I am dedicating this book to

**Ann Z.**

Ann taught me about forgiveness.

As a kid, I was always bullied. I was excluded, made fun of, and was the brunt of many stares. When I started high school, I turned into a bully. Yes, you read correctly. I was bullied as a kid, and yet I became a bully. In high school, there was this girl, Ann. For some reason, I felt like I had the right to bully her. Ann was very sweet and kept to herself, yet I felt I had the right to make fun of her. I always felt bad about it.

Some thirty-plus years later, I called Ann up and apologized for being mean to her in high school. Ann graciously accepted my apology.

Ann made me realize that even though I had been a bully, it's never too late to say you are sorry.

It is never too late to reflect on your behavior and the impact it has on others. All we can do is try to be better, to learn from our mistakes, and make others aware that bullying has no place in our society. No one is better than the next. Instead of being mean to people, we should try and be the change agent.

Thank you Ann for teaching me an invaluable life lesson.





# FOREWORD

A few years ago, Patricia Simon, wrote and published two beautiful books for children born with facial differences (*Smile with Simon* and *Simon and the Buddy Branch*). These books became a great success because through simple stories, they introduced the interactions and feelings of children born with facial differences to the rest of their peers. These books were also indirectly addressed to parents, educators and the public in general and brought a powerful message: there are among us people born with facial differences who should not be marginalized. They deserve our acceptance, respect and love as any other person.

Ms. Simon recently expanded her work with two additional books: *Simon and Patty Go To Camp* and *Simon and the Bully*.

Unfortunately, bullying among children and adults is real in our society and every effort to eradicate it is welcome. Children can be very cruel to their peers and these books, in a simplistic but powerful way, brings the message of tolerance and acceptance of all human beings regardless of their different appearances. “So let’s all be kind to one another,” should become the motto of all children, parents and teachers in an effort to improve our society and interactions with each other!

In *Simon and Patty Go To Camp*, the theme of facial differences is repeated, but here children affected with differences are encouraged to express their feelings, avoid self-isolation, not to be shy and above all, to understand that they are special and that “beyond the face there is a heart.” There is advice for “normal” people as well: Accept these kids for who they are and that regardless of appearance, we are all the same. Each person deserves to be treated with friendliness, compassion, kindness and, of course, love.

What a beautiful gift Patricia Simon is giving us!

I wish these books become mandatory reading for all children and adults and especially, teachers. Imagine their impact on the new generation through promotion of respect for all, improvement of self-esteem regardless of appearance and above all, reduction of bullying which could have significant and long lasting effects on the growing children.

Once again, thank you Pat very much for these incredible initiatives.

Mimis Cohen MD, FACS, FAAP  
Professor and Chief Division of  
Plastic, Reconstruction and Cosmetic Surgery  
University of Illinois, Chicago  
Director Craniofacial Center UIC





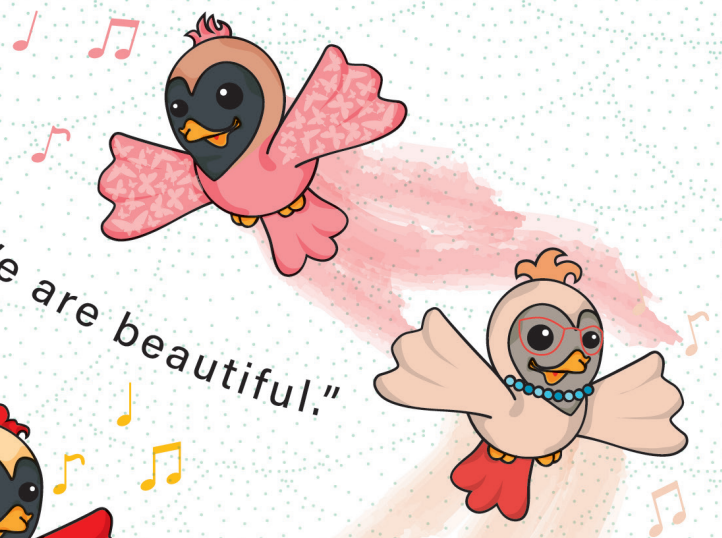
**Simon and his friends were covering the sky  
with all different colors from their feathers.**

**Each bird had a unique voice,**  
and when all the birds sang together it became a beautiful song.





"We are different. We are beautiful."



"We are different. We are beautiful."







On a beautiful fall day, a **bird with a frown zoomed**  
by Simon and his friends.



**The bird kept zipping in  
and out until the other birds  
became frightened.**





**“Hello?”**  
Simon called  
to the  
unhappy  
bird.







**“Hey, you!”** The bird with  
a frown on his face tweeted.  
**“You, with the scar on  
your beak!”**



Simon smiled  
back. **“Hi.”**



The unhappy bird flew right up to Simon and tapped his beak. **“You got a funny face!”**

Simon was caught off guard.  
**“But I was born this way.”**



**“You don’t look like any of  
the other birds,”**

the bird with a frown said.

**“What’s wrong with you?”**

**“Nothing. I’m just like  
you,”** Simon replied.



Simon's friend Fallon flew up to the cardinal. **"Be careful of him,"** she chirped. **"He's a bully!"**





The bully bird flew away and Simon sadly perched on the Buddy Branch.  
The bully had made fun of Simon's scar on his beak.

Simon always called his scar his  
**badge of courage.**

The bully bird had made  
Simon feel that being  
**“different” was bad.**

As Simon sat on the branch, he  
tried to understand why this  
bird was so mean.





Simon's friend Patty walked by  
and saw him sitting alone on  
the Buddy Branch.


Patty could see that  
Simon had been crying.  
**“Hi, Simon. Is it ok  
if I sit with you?”**



Patty sat quietly on the Buddy Branch next to the little cardinal. Simon tried to smile but couldn't. **He was too upset to talk.**

Finally, after several minutes, **Simon got up enough courage to tell Patty about the bully bird.** Patty nodded her head and listened as Simon told her how badly the bully bird made him feel.





**“I know all about being bullied,”** Patty told Simon. “When I was little, I was teased in school for having a scar and looking different from the other kids.”

**“Thanks for telling me, Patty,”** Simon said.  
**“I feel much better.”**

He was happy that he had someone to talk to.



As Patty was talking to Simon, **the bully bird flew by and sat close to them.**  
The bully bird was curious to hear what they were talking about.



“What should I do if the bully bird is mean to me again?” asked Simon.  
“**Just be yourself,**” Patty replied. “Don’t worry about what others think of you.  
It’s important for you to keep flying and playing with the other birds.”

Patty then told Simon how she relied on her family, friends and teachers when in a difficult situation. Patty explained to Simon that there will always be those that stare and say and do unkind things.

“**It’s all about how you respond to bullies, Simon.** Look at them right in the eye, and tell them they are a bully, and to go away.”





Just then, the bully started to choke on a seed. His beak turned blue. He frantically flapped his feathers and tried to fly away.

He wanted to ask for help, but could only screech, "Eek, eek, eek!"





Simon noticed the bird choking and quickly flew over to help the bully.

Spreading his wings, Simon tapped the other bird's back so the bully could cough up the seed. When this didn't work, Simon cried, **"HELP!"** Without hesitation, **the other birds joined Simon and worked together.**



Finally, the bully started coughing and  
out came the seed.

The bully's beak started to  
change from blue to pink.





The bully took some deep breaths and gathered his thoughts.

Finally, he turned to Simon and chirped,  
**“You helped me even though I was not nice to you. I was very mean to you.”**





The bully looked at the other birds and said, **“Thank you. Thank you so much for helping me.** Before, I made fun of all of you, but you still came to save my life.”



The bully told the other birds that he was having a really bad day and had wanted to take his anger out on Simon.

**“Being mean is all I’ve known,”** the bully explained, as he started to cry. “I didn’t realize how hurtful I’ve been.”



**“What’s your name?”** Simon asked the bully.  
The bully lifted his beak. **“My name is Bully.”**  
**“No,”** Simon tweeted. **“What’s your real name?”**

The bully looked down  
and quietly replied,  
**“Leslie.”**



**“Leslie?”** Simon chirped.  
The bully told Simon that Leslie was his Grandpa’s first  
name, and he was named after his Grandpa. He told Simon  
how he was always bullied because of his name.

Simon smiled. **“Leslie. I like that  
name. Nice to meet you, Leslie!”**



Simon flew back to the Buddy Branch and proudly chirped to his friends, **“This is Leslie.”**

**“Hi Leslie,”** the other birds cheerfully tweeted back.



Simon chirped into Leslie's ear, "Please remember that unkind words hurt. To be left out hurts. **After all, our differences make us who we are.**"

**"Thank you, Simon,"**  
Leslie said. "You taught me to be kind to others. I never thought I could change."





Magically, Leslie's feathers became a **brilliant red** and his frown turned into a **beautiful smile**.



**“Come on, let’s spread  
our wings and fly.”** Simon said,  
“We need to be good role models for others.  
You never know what others are going through.  
**So, let’s all be kind to one another.”**”





SMILE WITH

Simon

and

Be Kind!





# SMILE WITH Simon

We may not be the same  
And if we were it'd be a shame  
You have a voice let go and sing  
Open up just spread your wings  
You've got to feel good about yourself  
You've got to feel good about yourself

I am different but I am beautiful  
We are different but we are beautiful  
We're still alike in many ways



Cardinals, sparrows and blue jays  
We fall sometimes but that's okay  
Pick yourself up and seize the day

So smile with Simon and be kind  
Smile and see what you will find  
So smile with Simon this is his song  
His badge of courage makes him strong

We are different but we are beautiful  
Simon can lift you up my friend  
So come fly and watch as we ascend  
True friends are out there you will see  
Lean on them in times of need

So smile with Simon and be kind  
Smile and see what you will find  
So smile with Simon this is his song  
His badge of courage makes him strong

## ENDORSEMENTS

Once again, author Patricia Simon mixes beautiful words and pictures in order to teach us all lessons in getting along with others. This is a great story that exemplifies the need to appreciate one another's differences instead of exploiting them all the time.

**Joe Rutland, author, "CleftThoughts: Emotional Musings From The Facial Difference World"**  
[www.facebook.com/CleftThoughts](http://www.facebook.com/CleftThoughts)

Pat Simon teaches a life lesson in a warm and child-friendly way. Simon should be a part of every child's library whether they have a facial difference or not.

**Dr. David J. Reisberg, Director Emeritus, The University of Illinois Craniofacial Center**

Simon continues to create smiles while teaching valuable lessons. What a great read!

**Deb Silver**

**Senior Manager, Special Events**

**Smile Train**

Love Pat Simon's stories, especially *Simon and the Bully*. As we educate our children, students, and even parents about teasing and bullying, we don't want to vilify those who bully. Because many of them have experience trauma and tragedy in their own lives. Pat's lovely, colorful books explain that being confident in yourself, surrounding yourself with positive people, and being empowered to stand up to injustice has a ripple effect. It protects others, makes us feel strong, and can even change the hearts and minds of the intolerant. Thank you for creating these fun books with lovable Simon and friends to honor kindness, friendship, and love.

**Erica Mossholder, MBA**

**Executive Director**

**Children's Craniofacial Association**

[www.ccakids.org](http://www.ccakids.org)



What a delightful, whimsical, yet serious book that addresses the unique issues that children with physical differences face in their personal struggles. As the CEO of an all-volunteer surgical team that performs facial reconstructive surgeries around the world, I've seen and experienced these monumental struggles first hand. Every child deserves to be seen and loved unconditionally, and author Patricia Simon has given us a beautiful sliver of hope!

**Jennifer Trubenbach, CEO**  
**Operation of Hope**  
**[www.operationofhope.org](http://www.operationofhope.org)**

“This book is something I could relate to. But the important message is, “Don't judge a book by its cover.”

**Hipolito Arrieta**  
**Member, Face The Future Foundation**

I think this is a really important addition to Patty and Simon's stories. Interesting research I read years ago - kids often don't want to talk about bullying. This opens up the conversation for children, parents, teachers and counselors.

**Patti Caudill MS, CCC-SLP**  
**Speech Pathology Coordinator**

*Simon and the Bully* teaches children to enlist the support of their friends to defuse a bully's harsh words. The story helps young readers understand that one person's unkind words shouldn't defeat their self-confidence.

**Dede Dankelson**  
**Mother**  
**Son, Peter who has Goldenhar Syndrome.**

*Simon and the Bully* is a sweet story that inspires children to embrace what makes them different.

**Peter Dankelson**

**Born with Goldenhar Syndrome.**

**PetesDiary.com**

This is a beautifully written book with an important message. We should all learn Simon's lesson that our differences make us who we are.

**Rob Grant**

**President, Face the Future Foundation**

Certain life circumstances are so impactful, they define our very essence. Sharing those events to enlighten, enrich and educate others produces timeless treasures such as *Simon and the Bully*, by Pat Simon. In this lovely, heartwarming tale of Simon, my friend Pat sheds light on the painful reality of bullying and thematically reminds us that you can't control others, but you can control your own internal dialogue and maintain personal power in the face of adversity. Bravo to Simon, the bonds of friendship, and those shared trials in life that allow us opportunities to let our light shine.

**Jean Klein, RN**

**Mother, Teacher**

As someone who was born with a cleft lip and had a bully in my life, this book certainly resonates for me as I know it will for so many others, especially those children who have a visible difference and wish to be accepted and respected. This book has an important message that should be read by all children.

**Dina Zuckerberg, Director of Family Programs**

**myFace, [www.myface.org](http://www.myface.org)**



# **SIMON'S FAVORITES**

**AboutFace.ca**  
**ACPA American Cleft Palate-Craniofacial Association**  
**Bear Necessities Pediatric Cancer Foundation**  
**Beauty with a Twist**  
**BORN A HERO, Pfeiffer's Health and Social Issues Awareness**  
**Camp About Face**  
**Cary Kanno-Musical Artist**  
**Children's Craniofacial Association (CCA Kids)**  
**CleftProud**  
**Cuddles For Clefts**  
**Doctors Without Borders**  
**Emory Cleft Project-Dept Human Genetics, Emory Univ School of Medicine**  
**Face the Future Foundation Illinois**  
**FACES: The National Craniofacial Association**  
**Facing Forward Inc**  
**Love Me Love My Face: Jono Lancaster**  
**MyFace**  
**National Organization for Rare Disorders (NORD)**  
**Noordhoff Craniofacial Foundation Philippines, Inc**  
**Operation of Hope Worldwide**  
**Operation Smile**  
**Patients Rising**  
**Pete's Diary: Peter Dankelson. Motivational Speaker**  
**Rare Disease Legislative Advocates (RDLA)**  
**Joe Rutland -CleftThoughts**  
**Smile Train**  
**Solidarity Bridge.org**  
**St. Jude Children's Research Hospital**  
**UI Health Craniofacial Center at the UIC College of Medicine**

# **ABOUT PATRICIA ANN SIMON**

**I am a RN and was born with a cleft lip and palate.**

**I have written four books, *Smile with Simon*, *Simon and the Buddy Branch*, *Simon and Patty Go To Camp*, and *Simon and the Bully*. These children's books resonate with young people suffering from similar craniofacial differences.**

**My first children's book, *Smile with Simon* is about a cardinal named Simon, who's born with a gap in his beak. His gap made it difficult for him to eat, smile, and sing. In the story, he meets a young girl named Patty, who relates with Simon because she has a cleft lip.**

**I wrote a second book, *Simon and the Buddy Branch*, which further stresses the importance of kindness, love, and acceptance in the lives of children with facial differences.**

**My aim is to help children born with facial differences understand that it's okay to be different. I want to remind them that they are beautiful.**

**I am also a member of American Cleft Palate-Craniofacial Association (ACPA), Children's Craniofacial Association (CCA), Cleft Community Advisory Council (CCAC) for Smile Train, and former board member of Face the Future Foundation, which supports the efforts of University of Illinois Health Craniofacial Center.**

**I have given a keynote speech for the Inaugural Cleft Lip and Palate Team Day at Morgan Stanley Children's Hospital in New York Presbyterian Hospital,**

**My book, *Smile with Simon* was translated to Tagalog so that it could be used at a Philippine speech camp.**

**I created a webpage, [www.smilewithsimon.org](http://www.smilewithsimon.org) which features videos and songs that reinforce the message we are all different, and to be accepting and kind.**

**Books can be purchased directly through my website:  
[www.smilewithsimon.org](http://www.smilewithsimon.org)**