

BUTTERFLY

Written by Lizzie Sider, Jamie O'Neal, Jimmy Murphy, Lisa Drew ©2011
Discussion questions by country music singer/songwriter, Lizzie Sider, Age 15

**I used to hide and keep inside
Afraid to show the world who I was
In shades of gray, I'd spend my days
So invisible because
They'd always put me down
Yeah, I let 'em keep me down**

What do you think these words mean? Have you ever experienced being excluded, or teased? How did it make you feel about yourself?

How would you define someone who bullies? Why do people bully? Do you know of someone, in your school, or otherwise, who has been a target? Have you ever stood up (verbally or physically) for him/her?

Suppose the person bullying was one of your friends, would you keep silent? At what point would you do something? What would you do?

**But look at me now, look at me now
Finally comin' out and wantin' to fly
Gonna spread my wings, bright and colorful things
Let 'em take me up to touch the sky
They thought they knew me plain and shy
But all along I was a Butterfly**

Everyone in this world, young or old, has a purpose, worth, and beauty of their own. Every person is a butterfly. One of the best feelings in the world is discovering who you are, your talents and desires, and having the courage and support to fulfill your purpose in life. But, what can happen to a child when he/she is ridiculed and made to feel that he/she has no worth?

**Why live a life in black and white
Wrapped up in a safe little space
It's only fear that kept me here
With dreams too big for this small place
They liked me deaf and dumb
Had no idea what I'd become**

Some words of encouragement I share with others are 'never stop dreaming' and 'never stop believing in yourself.' As my parents told me when I was going through teasing at school, "Nobody has the power to ruin your day." When you truly understand that, it is life changing. I want you to carefully read every word in that statement and recognize the impact that it can have on you, or someone who is being teased or bullied. What are some words of encouragement that have been passed onto you, or that you have given to someone else?

**And look at me now, look at me now
Finally comin' out and I'm wantin' to fly
Gonna spread my wings, bright and colorful things
Let 'em take me up and touch the sky
They thought they knew me plain and shy
But all along I was a Butterfly**

Do you think adults have a responsibility to keep children safe, and to intervene if a child is being bullied? Has this ever happened at your school? What did they do? Did their efforts make a difference in the minds and hearts of the kids? What would you advise that adults do to help?

**These colors of mine are unique
Gonna be who I'm meant to be
Now I see it's all up to me**

Someone once said, "With great power comes great responsibility." What does that mean to you? In what ways might this concept apply to bullying?

**Look at me now, look at me now
Finally comin' out and I'm wantin' to fly
Gonna spread my wings, bright and colorful things
Let 'em take me up and touch the sky
They thought they knew me plain and shy
But all along I was a Butterfly**

**Yeah, I AM a Butterfly
Yeah, I AM a Butterfly
Yeah, I AM a Butterfly**