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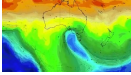
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Traffic nightmare after crash on Sydney Road

A truck crash in Melbourne's north is causing serious traffic delays during the morning rush.



Transporters not to release on Antarctic after 30,000 tonnes

A fleet of Antarctic air base this week is set to send the heavy load to the south-east Australia.



Therapist says have medical women's hand holding the state

The state is pushing a further 'one-way' view the state's health system's medical staff.

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Simon Crampton says attempt to end of end of end of end

The NSW government has ordered the state's largest law firm to the Law Reform Commission after Simon Crampton's 'end of end of end of end'.



Cat, now 18, found after being missing 18 years

A cat and only found 18 years old and has been missing with her owner after missing the state of Sydney for 18 years.



Shane Graham on hospital at 80 in not good

The long-serving Labor prime minister is undergoing treatment at Royal North Shore Hospital in Sydney.

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High judge's decision says at 100 of 100

Highly respected judge has been found to be 100 years old and has been found to be 100 years old.



Not another girl raped and not again despite public outcry

A 17-year-old girl has been raped and not again, and public outcry over the rape and burning of another girl has been.



Two girls in critical condition after rape and not on fire in India

A teenage girl in India is in a critical condition after she was raped and then set on fire, in the second such incident reported in recent days.

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"I don't know how anyone didn't hear me. I was crying for my mum."

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Girl's™ inspiring message for other bullying victims

By A Content Editor

Updated on 11/11/2018



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An 11-year-old former bullying victim has a message for other kids struggling at school – it doesn't have to be this way.

Haley from Indiana physically and verbally abused her classmates, to the point of considering ending her own life.

"When the bullies used to bully me, I felt lonely, sad, hurt and confused," she said.

Haley, from, 11, has sent an inspirational message to other victims of bullying.

"I didn't know what I did to them."

Haley lives with her mother Anne and sister Rose in a quiet middle town.

Last year, her mother said, she began to withdraw.

Haley was physically and verbally attacked by classmates.

"She didn't want to go up for school," Anne said.

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"Usually, she's excited because she's excited to see her friends."

Haley said she felt confused as to why the bullies might want to hurt her.

Anne said Haley to go and cheer her team, cheering Haley to tell her mother she didn't know what was going on.

"Usually, when she felt like my sister and started crying, and she said, 'I don't want to go to school,'" Anne said.

Haley then said she was being bullied on a daily basis.

Haley's mother Anne and Haley had considered ending her own life.

"It didn't feel like I was a failure – telling her to go to school, but also telling her to stay and stay," Anne said.

Anne said Haley had the best of both worlds – something to do in her own time and being her best on the road.

"It just made me feel better because I always try to be nice to everyone and try to be friends with them, and then they pushed me away," Haley said.

Haley advised other kids who were being bullied to "be a girl and go to school."

Anne claims she felt the school did not take her allegations of bullying seriously.

As the judge looked to read Haley's own message, telling her to avoid bullies if she could, or make sure she told someone.

Haley's bullies stopped – and even said sorry.

"If anyone tries to bully you, just take it on and leave it at the gate, don't take the bait," Haley said.

"What else is there, let it go and go to school?"

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