

## **Overcoming Bullying – Alex Bicknell**

### **TRANSCRIPT**

ALEX:

Alright, mhmm. They called me a mutt. A mixed breed. A dog. That became who I was. Right after the attacks on September 11<sup>th</sup>, they were showing people on the TV that committed these crimes. And the first thing that somebody said was, "Look, there's Alex." I didn't know why they were associating me with terrorists. At first the way that I coped with bullying, was isolating my self. People kept saying, "You can't do this. You can't do that." And I was finally like, no I can. It kinda motivated me. From then on there I focused my energy on music production and in martial arts where I was able to gain the confidence I needed. With bullying being the epidemic it is, the first step in the right direction is building confidence in those who need it the most. I am Alex Bicknell and I am me!