

THE GIRL WHO NEVER LOST CONFIDENCE



BY [CHILDBOOK.AI](https://childbook.ai)

Parnika stared at her phone, her hands shaking. Another mean comment appeared on her class group chat. "Why does Parnika always look so weird?" someone had written. She felt her eyes burn with tears. At school that day, two girls laughed and pointed at her hair during lunch. Parnika tried to smile, but inside she felt small and hurt. When she got home, she ran straight to her room. Her mother knocked gently on the door. "Parnika, what's wrong?" Parnika hugged her pillow tight, wondering why anyone would want to be so cruel.



The next day at school, Parnika sat alone at recess. Her classmate Meera sat down beside her. "I saw what those girls did yesterday. That wasn't fair," Meera said kindly. Parnika felt relieved someone noticed. "Why do they do this?" Parnika asked. Meera thought for a moment. "My dad says bullies act mean because they're unhappy inside. It's not about you at all." Parnika considered this carefully. "Really?" she asked. Meera nodded firmly. "You're smart, kind, and creative. Don't let them make you forget that." Parnika felt a tiny spark of hope grow in her chest.



On Wednesday, the bullies tried again. They made fun of Parnika's lunch in the cafeteria. But this time, Parnika remembered Meera's words. She took a deep breath and looked right at them. "I like my lunch. My grandmother made it with love," she said clearly. The bullies seemed surprised. One girl muttered something and walked away. Later, two other classmates came up to Parnika. "That was brave," one boy said. "Can I sit with you tomorrow?" another asked. Parnika smiled, feeling stronger. She realized standing up for herself felt much better than hiding.



By Friday, Parnika felt different. She looked in the mirror and smiled at her reflection. Her wavy black hair framed her face beautifully. She was kind, smart, and brave. That day at school, when another mean comment appeared online, Parnika didn't cry. Instead, she blocked the sender and closed the app. At lunch, she sat with Meera and her new friends, laughing and sharing stories. The bullies watched from across the cafeteria but said nothing. Parnika realized something important: their words only had power if she believed them. She was beautiful inside and out, and nothing could change that truth.



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