

Short narrative essay for grade 7

“The Day I Stood Up for a Friend”

In seventh grade, I faced a situation that changed how I viewed friendship and courage. It was a normal day at school when I noticed my friend Sam being teased by a group of kids during lunch. They made fun of his new glasses, calling him names and laughing. Sam looked uncomfortable, but he didn't say anything. I felt bad for him but also unsure of what to do. Part of me wanted to stay quiet and avoid getting involved, but another part of me knew it wasn't right to stand by and watch.

As the teasing continued, I could feel my heart pounding. I took a deep breath, stood up, and walked over to where Sam was sitting. “Hey, leave him alone,” I said, my voice shaking. The group looked surprised, but they stopped laughing. I wasn't sure if they would listen, but after a few moments, they backed off and left.

Sam looked up at me, grateful but still a little embarrassed. “Thanks,” he said quietly. I could tell it meant a lot to him, and in that moment, I realized how important it is to stand up for others, even when it's difficult.

That day, I learned that doing the right thing isn't always easy, but it's necessary. Standing up for my friend made me feel stronger and showed me the power of kindness and courage. It also reminded me that true friends are there for each other, no matter what.