



UNITE AGAINST BULLYING

Every Student Should Have a Safe Learning Environment

PACER's National Bullying Prevention Center®
The End of Bullying Begins With You

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PACER.org/Bullying | PACERKidsAgainstBullying.org | PACERTeensAgainstBullying.org

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How many students in your school community have been harmed by bullying?

Be a leader by showing that you care. Raise awareness of bullying prevention in your community.

October is National Bullying Prevention Month.

In schools across the country, students and educators will be working together to create events that raise awareness of bullying prevention and show people how to create a culture where bullying is uncool.



We've created this guide to make it easier for students and educators to plan bullying prevention events in their school. We hope you find it useful. And let us know how your events go by posting on our Facebook Page:

[Facebook.com/PACERsNationalBullyingPreventionCenter](https://www.facebook.com/PACERsNationalBullyingPreventionCenter)

5 STEPS TO HOLD YOUR OWN BULLYING PREVENTION EVENT



STEP 1 Form a bullying prevention event planning committee

- **Assign Group Leaders:** Your group will ideally have three leaders: A student, a teacher or school counselor, and a parent.
- **Be Respectful:** These events are intended to spark conversation and community within the school around bullying prevention. Be sure to listen and learn from everyone and their experiences.
- **Establish the mission of your event.**
Make sure that you have a specific goal.
- **Assign specific planning responsibilities to individuals.**
Find speakers, plan logistics and manage details.

STEP 2 Set your event date and location

- ☐ **Decide the date and time for your event.**
REMEMBER: October is Bullying Prevention month!
- ☐ **How long should your event be?**
Will you hold an hour-long pep-rally during lunch or an all day intensive program?
- ☐ **Explore different locations depending on the size of your rally.**
Should it be at school or somewhere in the community?
- ☐ **Talk about refreshments you will have available, and possible giveaways.**
Maybe you can get donations from the community to do a raffle.

STEP 3 Plan your activities

Here are 3 examples of activities to host a meaningful event:

- ☐ **Ask all participants to take a pledge together to stand up to bullying.**
Use the Stop Bullying Speak up Pledge at:
<https://www.facebook.com/stopbullyingspeakup>
Sign “The end of bullying begins with me” petition:
<http://www.pacer.org/bullying/digitalpetition/>
- ☐ **Recognize an individual student or group of students who are making a difference in the community by standing up against bullying.**
- ☐ **Form a school based Bullying prevention group on Facebook to continue the support.**
You can also use Facebook to help create a bullying prevention group in your school: https://www.facebook.com/stopbullyingspeakup/app_210746962313216

Also consider inviting local community leaders to lend their voice to your event. For example, a high school in Maryland hosted a bullying prevention event. They invited the Governor and First Lady of Maryland who used the event to issue a state-wide proclamation of bullying prevention awareness.

STEP 4 Promote your event

- ☐ Post on your school or organization's Facebook page.
- ☐ Create flyers to post on bulletin boards.
- ☐ Make announcements during school assembly or homeroom.
- ☐ Send invites through school email addresses.
- ☐ Create a Facebook event and invite all classmates.
- ☐ Ask your committee members to visit classrooms to talk about the event.

STEP 5 Hold your event

- ☐ Take time to set up for the event
- ☐ Organize all volunteers
- ☐ Welcome your guest speakers, and be sure they have what they need
- ☐ Be enthusiastic and encourage participants to get involved.

TIME TO CELEBRATE YOUR EVENT!

- ☐ Post photos, videos and news stories about your event to the Facebook group created.
- ☐ Send thank-you letters to all who helped make your day a success, including school staff.
- ☐ Hold a committee wrap-up meeting to discuss how your event ran.

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STOP BULLYING SPEAK UP!

Student Version

Bullying makes every day hard. It makes people feel isolated, unimportant and afraid to go to school. I have the power to stop bullying by getting involved in a few specific ways. Here is my pledge:

- **I will speak up** — I will take a stand when I see kids humiliating or hurting each other. I will talk about bullying with my friends and the adults in my life, so everyone knows I think it's wrong.
- **I will advocate** — I will stick up for others who might be in need of my help, and not just my closest friends.
- **I will be a role model** — I will not use my phone or computer to spread rumors or say hateful things, and I won't ignore it when others are cruel and intimidating.

Stopping bullying begins with me. Taking this pledge can change someone's life in a meaningful way. I will forward it to my friends and family to help grow a community committed to ending bullying. I will speak up.

Adult Version

Bullying is not just "kids being kids." It can have a damaging impact on children, families and communities. As an adult, I know I can help in a few specific ways. Here is my pledge:

- **I will speak up** — I will take a stand about this issue, even before it touches my friends and family, so everyone knows I take it seriously.
- **I will advocate** — I will advocate for children, both my own and others, in need of my help. I will support quality bullying prevention training for all school staff so everyone can effectively help our children.
- **I will be a role model** — I will show kids how to deal with conflicts by setting the standard with my own behavior.
- **I will be a partner** — I will work with schools, parents, caretakers, coaches, and others working hard to stop bullying — especially if they report my child is involved.

Bullying makes kids want to be invisible. We can show them, through our actions, that we see them, we are listening — and most importantly — they can count on us to make their lives better. Taking this pledge is the first step, so I will forward it to my friends and family to grow a community committed to ending bullying. I will speak up.