

October is National Bullying Prevention Month
Morning Announcements (adopted from stopbullying.gov)

Week 1: Tips for when you see bullying

Mon, Sept 29: What is bullying?

- Good morning! This week kicks off National Bullying Awareness and Prevention Month. Every morning, there will be a different message about what you can do to stop bullying!
- First of all, how do you define bullying? Bullying can take many forms. It can be physical, like hitting, kicking, or punching. It can also be social or emotional, like using words to hurt someone, leaving someone out, or gossiping and spreading rumors. Bullying can happen at school, in your neighborhood, or online.
- Adults may not see when someone is bullied. This happens because bullying often happens outside the view of adults. This is why it is important to report bullying to an adult! Adults want to know about it and stop it from happening.
- Video: [Yes...that's bullying \(1:16\)](#)

Tues, Sept 30: If you see something, say something

- If you see bullying (or if it happens to you) and if it is safe to speak up, say something like, "Stop bullying!"
- Tell an adult you trust. You can tell them in person or leave them a note. Remember that reporting isn't "tattling." Tattling is when you are just trying to get someone in trouble. Reporting bullying is stopping someone from getting hurt.

Wed, Oct 1: Don't join in on bullying, and don't watch.

- If you feel safe, tell the person who's bullying to stop. If you don't feel safe, walk away and encourage others to walk away too. This lets other students know that you think bullying is not okay. Tell a trusted adult so that he or she can stop the bullying.

Thurs, Oct 2: Be a friend to a person who is being bullied.

- Even if you don't think it's safe to speak up, there are many other ways that you can help the person being bullied. Talk to them, sit with them at lunch or on the bus, or play with them at recess. Kids who are bullied often feel like no one cares. By being kind, you can let them know that they aren't alone.

Fri, Oct 3: Follow this week's tips to lead by example.

- Don't bully others and don't join in or watching bullying happen. Speak up if you feel safe and report bullying to a trusted adult. Be kind to the person being bullied.

Week 2: Tips for when you are being bullied

Mon, Oct 6: Remember that it's not your fault.

- If you are being bullied, it's not your fault. Be proud of who you are!

Tues, Oct 7: If possible, hang out with friends who make you good about yourself.

- Choose friends who make you feel better about yourself. If your friend makes you feel bad or says mean things, he or she is not being a good friend. Tell your friend how you want to be treated and make it clear that you expect to be treated that way. If your friend doesn't listen try to find new friends through school clubs and activities like music, sports, and art.

Wed, Oct 8: Do not bully back or bullying anyone else.

- If you bully back or bullying someone else, you're hurting them and you might also get in trouble. Instead, report the bullying to a trusted adult. Remember, there is a difference between reporting and tattling—reporting bullying is keeping you and others safe.

Thurs, Oct 9: Keep doing what you love to do.

- Don't let the person bullying you take away the activities you enjoy. Keep doing what you love to do, as long as it's safe.

Fri, Oct 10: Follow this week's tips to make your school friendly and safe.

- If you are being bullied, do not bully back or bully someone else. Instead, remember that it's not your fault, tell an adult, stick with good friends, and continue to do what you love to do as long as it's safe.

Week 3: Tips for when you are bullying others

Mon, Oct 13: Anyone can bully. If you are bullying someone, ask an adult to help you stop.

- Anyone can bully. If you think that you sometimes bully others, talk to a parent, teacher, counselor, or other trusted adult to get support to help you stop. Remember you have a choice and it's wrong to choose to bully others.

Tues, Oct 14: Don't join in when friends or others are bullying.

- If your friends or classmates are bullying someone, don't join in. If they ask you to join in, say no and walk away. Try to get them to stop and walk away too. Tell an adult so the bullying can be stopped.

Wed, Oct 15: Accept being told "no" without getting upset or angry.

- You will be told "no" many times in your life. If you are able to respectfully accept "no" for an answer, people might be more likely to say "yes" to you in the future. So when someone tells you "no," look at the person, say "okay" and stay calm. If you disagree, you can ask him or her about it later.

Thurs, Oct 16: Remember that words hurt too.

- Remember that it's not just about physically hurting others. Words can hurt a lot too.

Fri, Oct 17: Follow this week's tips to help instead of hurt.

- If you think that you sometimes bully others, talk to an adult you trust about how to stop. Decide to stop and tell people close to you so that they can support you. Don't say hurtful things or join in on bullying. A positive, friendly environment is better for everyone, including you!

Week 4: Tips for addressing cyberbullying

Mon, Oct 20: Be respectful in person and online.

- It is always important to be respectful, online and in real life. If you see someone bullying online or in a text message, tell a trusted adult. Also, remember that nothing is private when you are online or on your phone. There are no "take-backs" either. What you write or post will always exist somewhere, even after you delete it.

Tues, Oct 21: If you see cyberbullying, save the evidence.

- If you experience or see cyberbullying, save the evidence. If the bullying continues, you may need the proof before steps can be taken to make it stop. You can save the evidence by printing it, copying and pasting it, or just not erasing it. Share it with a trusted adult too.

Wed, Oct 22: Try not to respond to cyberbullying. If you do, be careful.

- Always report cyberbullying but try not to respond to it. If you choose to respond, try to stay cool and calm and tell the person to stop bullying. Do not bully back.

Thurs, Oct 23: Don't forward harmful messages.

- If someone sends you mean emails or messages about someone else, respond by saying that you think it's mean and you won't send it to anyone else. Do not respond if you do not feel safe. Remember to report the cyberbullying to a trusted adult.

Fri, Oct 24: Follow this week's tips to keep the internet safe and friendly.

- Always be respectful and report bullying to an adult, whether you see it online or in person. If you see cyberbullying, save the evidence, and don't join in or forward mean messages.

Week 5: Tips to show respect and appreciation for others

Mon, Oct 27: Always be kind and make everyone feel welcome.

- It's never okay to criticize or be mean to someone because he or she is different from you. We feel good about ourselves when other people care about our feelings and are kind to us.

Tues, Oct 28: Remember that sometimes, laughter hurts others.

- Laughter can be fun and make us feel good. It's sometimes hard not to laugh when we hear other people laughing. While it's good to laugh at our own mistakes, it's not okay to laugh at someone or to make fun of them. This hurts people's feelings and makes them feel left out.

Wed, Oct 29: Don't use nicknames that hurt feelings.

- When someone uses a nickname that we like, it can make us feel good and friendly towards each other. Make sure that people feel good about the nicknames you use for him or her.

Thurs, Oct 30: Don't say someone can't do things because he or she is a boy or a girl.

- Boys and girls have lots of skills. Don't say someone can't do things because he or she is a boy or a girl. Don't use mean names because you think they are not acting like other boys or girls.

Fri, Oct 31: Follow this week's tips to treat your classmates well.

- Always be kind and make others feel welcome. This helps make our school a safer and friendlier place. Remember that everyone can do something to stop bullying!