

## **Additional Activities for “Week of Respect”**

### **1. Have You Seen Bullying?**

You can help stop bullying. Next time you see someone being bullied, try one (or more) of these ideas:

- If it is safe, speak up. Say something like, “Stop it!”
- Tell an adult. Kids who are being bullied are sometimes scared to tell an adult. That is where you come in – tell an adult who you trust, like your teacher or coach. You can tell them in person or leave them a note.
- Be a friend to the person who is being bullied. You can still help the kid who is being bullied:
  - Talk with them.
  - Sit with them at lunch.
  - Play with them at recess.
- Set a good example. Do not bully others.

### **2. Take a Stand Against Bullying**

Everyone has the right to feel safe in their school and community. If you see someone being bullied, you have the power to stop it. By standing up for someone who is being bullied, you are not just helping someone else, you are also helping yourself. It is important to help others when you can.

#### **What to Do When Someone is Being Bullied**

- Take a stand and do not join in. Make it clear that you do not support what is going on.
- Do not watch someone being bullied. If you feel safe, tell the person to stop. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken their audience and power away.
- Support the person being bullied. Tell them that you are there to help. Offer to either go with them to report the bullying or report it for them.
- Talk to an adult you trust. Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a parent, teacher or another adult who trust to discuss the problem, especially if you feel like the person may be at risk of serious harm to themselves or others.

### **3. Work to Prevent Bullying**

Bullying is less likely to occur when there are strong messages against it. Work with your school, community, or other groups to create and support these messages:

- Get involved with your school and community to find ways to prevent bullying.
- Create an assembly, performance, or event to spread the message.
- Be a leader and teach younger kids that bullying is no okay and that they can stop bullying before it begins.

- **What Kids, Teens, and Young Adults Can Do about Cyber-Bullying**

You can prevent cyber-bullying by being careful of what you do:

- Always think about what you post or say. Do not share secrets, photos or anything that might be embarrassing to you or others. What seems funny or innocent at the time could be used against you. You do not have complete control over what others forward or post.
- Set privacy settings on your accounts. Make sure that you are only sharing information with people you know and trust. Pay attention to notices from social networks, because sometimes privacy settings change.

#### Make Cyber-Bullying Stop

If you or someone you know is being cyber-bullied, know that it does not have to be this way. There are things you can do to help you and your friends:

- Talk with someone you trust. Talking to someone could help you figure out the best ways to deal with the problem. Reach out to a family member, friend or another adult who you trust.
- Do not respond to cyber-bullying. Sometimes people post or text teasing or name-calling to get a reaction. If someone has posted or sent a message that could be hurtful to others, refuse to pass it along or respond to it.
- Keep evidence of cyber-bullying. Record the dates, times and descriptions of instance when cyber-bullying has occurred. Save screenshots, emails, and text messages, then share them with a trusted adult when you report the incident.
- Block the person who is cyber-bullying you. Many websites and phone companies let you block people. Also, cyber-bullying may violate the “Terms and Conditions” of these services. Consider contacting the service provider to file a complaint.
- Report the incident to your school. They may be able to help you resolve the cyber-bullying or be watchful for face-to-face bullying.
- Ask for help. Sometimes, talking to a counselor or health professional can help you get through the emotional effects of bullying.

#### 4. Teens

Bullying is a serious problem. Chances are, you have experienced bullying, whether you were bullied, you bullied someone else, or you saw someone being bullied.

If you feel mistreated, misunderstood or isolated and think you have no place to turn, **know that you are not alone and there is help.** Talk to trusted adults at home, and/or your counselor, teacher, or coach at school. They want to help. There are ways to get involved. Learn how you can take a stand against bullying if you see it happen at your school or in your community.

[from [www.stopbullying.gov](http://www.stopbullying.gov) – this U.S Government based website has additional activities and resources. ]