

National Bullying Prevention Month

STUDENT ACTIVITY BOOK

Promoting kindness, acceptance, and inclusion to prevent bullying

EXPLORE

LEARN HOW YOU CAN
MAKE A DIFFERENCE

PLAN

GEAR UP FOR UNITY DAY

CELEBRATE

UNITE FOR KINDNESS,
ACCEPTANCE, AND INCLUSION

REFLECT

MAKE AN IMPACT
ALL YEAR LONG



PACER's
National Bullying Prevention Center.
Create a World Without Bullying | [PACER.org/bullying](https://www.pacer.org/bullying)

During National Bullying Prevention Month in October, students and adults can participate in theme weeks to promote **KINDNESS, ACCEPTANCE, and INCLUSION** to prevent bullying in the classroom and other youth settings.

WEEK ONE: EXPLORE

Learn how kindness, acceptance, and inclusion can help prevent bullying.

WEEK TWO: PLAN

Record ideas for wearing and sharing orange on Unity Day.

WEEK THREE: CELEBRATE

Gather in-person or online on Unity Day to share your efforts and show your commitment.

WEEK FOUR: REFLECT

Determine ways to continue bullying prevention efforts all year to create a kinder, more inclusive, and more accepting world.

The student activity book is designed to be completed each week with activities to support the weekly theme.

NATIONAL BULLYING PREVENTION MONTH

A campaign founded in 2006 by PACER's National Bullying Prevention Center that is held during the month of October to unite communities nationwide to educate and raise awareness of bullying prevention.

UNITY DAY

A one-day event held the third Wednesday of October to come together in one giant, **ORANGE** message of hope and support. It's a day to **WEAR AND SHARE ORANGE** to visibly show that our society believes no child should ever experience bullying.

EXPLORE



Research the definitions of these key words: kindness, acceptance, inclusion, and unity. Then, illustrate what they mean with your own words, a drawing, song lyrics, or poetry.



*Roses are red,
violets are blue,
including others
is nice to do.*

welcoming belonging
togetherness
valued connection

*"Cause it's hard to feel strong,
When you're feeling so alone."
- Hayley Reardon, Stand Together*

KINDNESS

ACCEPTANCE

INCLUSION

UNITY

EXPLORE



Look around your world—school, neighborhood, online, anywhere you go—for acts of kindness, acceptance, and inclusion. Write down any acts you see and where you see them.

A stylized map of a neighborhood with various locations marked and callout boxes for recording observations. The map includes a school, a library, a playground, and an online location. Each location has a corresponding callout box with a title, an example, and a blank space for writing. The map also features various icons like buildings, trees, and a playground.

LIBRARY
(e.g., An older kid was reading a book to a younger kid)

ONLINE
(e.g., Saw someone stand up for a friend)

PLAYGROUND
(e.g., I asked a new kid to join our game)

SCHOOL
(e.g., Someone held the door and said, "Hi")

PLAN

Use the suggestions below, or your own, for ways to wear and share orange through projects and activities on Unity Day. Then, describe your ideas in writing or pictures.



WEAR SOMETHING ORANGE

DECORATE SOMETHING WITH ORANGE

HOLD A PARADE OR WALK

TAKE A GROUP PHOTO

WRITE MESSAGES

GO ORANGE FOR UNITY DAY

CELEBRATE



Write a word, line of poetry, or song lyric that starts with each letter of the words unity, kindness, acceptance, and inclusion. It can be about helping others, making a difference, or something else of your choosing.

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REFLECT

How did participating in National Bullying Prevention Month impact you?



CHECK ALL THAT APPLY:

- I understand more about kindness, acceptance, and inclusion.
- I realize my actions can make a difference for others.
- Other (Write in your own)
- I know that learning about how we can address bullying helps everyone.
- I recognize uniting for a common cause helps bring greater awareness.

THINK ABOUT HOW TO CONTINUE EFFORTS ALL YEAR TO CREATE A KINDER, MORE INCLUSIVE, AND MORE ACCEPTING WORLD.

WRITE OR DRAW YOUR THOUGHTS HERE.

Pledge your support and learn more about how you can get involved in your community.

Thank you for your commitment to bullying prevention.

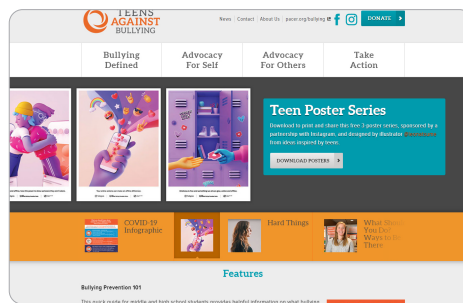
“ I PLEDGE TO SUPPORT OTHERS WHO HAVE BEEN HURT OR HARMED, TREAT OTHERS WITH KINDNESS, BE MORE ACCEPTING OF PEOPLE’S DIFFERENCES, AND HELP INCLUDE THOSE WHO ARE LEFT OUT. ”

Sign here to pledge your support

VISIT ONE OF NBPC’S WEBSITES FOR RESOURCES AND INSPIRATION



PACER.ORG/BULLYING
Parents, educators, and students



PACERTEENSAGAINSTBULLYING.ORG
Middle and high school students



PACERKIDSAGAINSTBULLYING.ORG
Elementary school students

 **PACER's National Bullying Prevention Center®**
Create a World Without Bullying | PACER.org/bullying

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