

National Bullying Prevention Month

STUDENT ACTIVITY KIT

A four-week guide for K-12 learners

Throughout October, use this four-week activity kit in K-12 classrooms or other youth settings. The kit features theme weeks, classroom projects, and student engagement to promote kindness, acceptance, and inclusion to prevent bullying.

Organize the Materials

- Provide everyone with a [student activity book](#); download and print, or share digitally.
- Create a bulletin board or order posters to showcase the weekly themes and group projects.

EXPLORE

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



Action Items: Show the bullying prevention slideshow and provide the follow-up quizzes for [elementary](#) or [middle and high school](#) students.

Student Activity Book:

- Page 2: Provide an overview of National Bullying Prevention Month along with the weekly themes.
- Page 3: Define kindness, acceptance, inclusion, and unity using words, art, or music.
- Page 4: Encourage youth to write down acts of kindness, acceptance, and inclusion that they see and where they see them happen. Note: This can be done throughout the month.

Classroom Posters or Bulletin Board: As a group define—using content from the page 3 exercise in the student activity book—unity, kindness, acceptance, and inclusion using words, art, or music.

PLAN

Record ideas for wearing and sharing orange on Unity Day.



Action Items: Review the [Unity Day Guide](#), as well as the [supplemental guide](#) for virtual activation. Then, think through ideas for wearing and sharing orange, such as group projects, art, and other activities.

Student Activity Book:

- Page 5: Encourage youth to think through and write down their ideas for participating in Unity Day.

Classroom Posters or Bulletin Board: As a group record ideas—using content from the page 5 exercise in the student activity book—to **GO ORANGE** for Unity Day. As a group, decide which activities you'd like to implement for Unity Day (week three).

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CELEBRATE

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



Action Items: Engage in your planned activities from week two.

Student Activity Book:

- Page 6: Complete one or more of the acrostic templates.

Classroom Posters or Bulletin Board: Invite everyone to add their own custom mark, such as an emoji, picture, thumbprint, or signature.

REFLECT

Determine ways to continue creating a kinder, more inclusive, and more accepting world all year.



Action Items: Ask students to share something they learned during National Bullying Prevention Month.

Student Activity Book:

- Page 7: Encourage youth to complete the personal reflection about actions taken during the month and determine steps they can take throughout the year.
- Page 8: Take the Create a World Without Bullying Pledge.

Classroom Posters or Bulletin Board: As a group record ideas—using content from the page 7 exercise in the student activity book—for continuing bullying prevention efforts throughout the year.



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

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