

# Create a World



# Without Bullying

## A Guide to Using Your Resource Kit

**Resource kit materials:** Each resource kit has materials for at least 50 individuals.

**Audience:** The content is appropriate for elementary, middle, and high school students, as well as adults.

**Goal:** The aim is to share and distribute all the materials, with the exception of the posters and pledge sheets.

**Defining “your world”:** The call to action of the resource kit is to unite and help create a world without bullying. Encourage everyone to think of their “world”—not in the literal sense, but as a place, group, or activity that is meaningful for them. Their world could be their classroom, their soccer team, their place of worship, or their online gaming community. Help everyone understand that their actions are important and what they do in their “world” matters for them and for others.

**Decide how you plan to use the materials:** For example, will the materials be used:

- In the classroom
- During a parent night
- For your business
- In your neighborhood
- Over distance learning
- At your local library or community center
- During a virtual school or community event

**When sharing the resource kit in-person:**

- Decide what time of year is best to provide the materials. For example, you could introduce the materials during National Bullying Prevention Month in October or at the start of the school year.
- Identify an ideal place to display the posters and a table area to hold the materials
- Consider hosting a booth with the materials that individuals can take, with 1-2 people available to answer questions and share additional information

**When sharing the resource kit for distance learning or virtual event:**

- Send each virtual participant a packet that includes a brochure, bookmarks, cards with inclusion acts, a decal, a pencil, and a flyer
- Encourage them to review the information and then connect via webinar or a video event to discuss the materials and the roles we can play in bullying prevention
- Hang the posters in a common space or consider using them as a background image for the virtual event
- After the event is over, send virtual participants a link to PACER's online pledge to encourage them to show their continued support for bullying prevention



# Overview of Materials and Ideas for Implementation

**Posters:** A series of high impact, colorful visuals to display year-round in classrooms, hallways, or community spaces to encourage everyone to help create a world without bullying; includes five posters, 24 x 36 inches.

**Idea:** Place the posters in a location where everyone can easily view them. If you are hosting a table or booth where individuals can come and take materials, display the five posters close to the other items from the kit. These posters can be attached to a wall or even placed in a frame. The content of the posters is a great way to start a conversation with others about the rest of the kit materials. For example, sharing information from the posters, such as “One out of five students is bullied,” can be a powerful way to introduce the importance of bullying prevention.



**Note:** On the poster with the text, “In a world where you can be anything, be \_\_\_\_\_,” customize the “thought bubble” with your own content. Examples include: “Be kind,” or a school tagline or mascot such as, “Be a Mustang.”

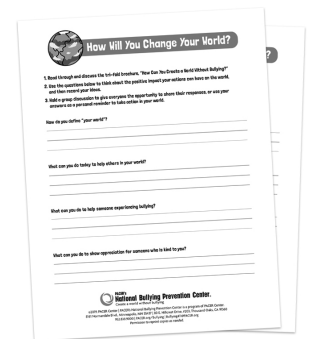


**Brochures:** Informational handout providing ideas about how to create a world without bullying; includes 50 brochures.

**Idea:** Use these brochures to educate and inspire everyone to take a role in preventing bullying by being intentional with acts of kindness, acceptance, and inclusion. If you’re using the brochures in the classroom or during a virtual event, invite others to share their own ideas for bullying prevention.

**Activity Sheet:** Questions to share with participants to help them reflect on how they can change their own world. 8 ½ x 11, 50 sheets.

**Idea:** Encourage participants to read through the brochure, think through their responses to the questions, and then record their ideas.



**Bookmarks:** A creative way to encourage elementary school students to “Be A Kid Against Bullying” and encourage middle and high school students to “Create a World Without Bullying”; includes 100 bookmarks each of the two versions.



**Idea:** Share “kids” bookmarks with elementary school students and “teens” bookmarks with middle and high school students and with their families. Encourage them to visit the websites.

**Cards with Intentional Acts:** Business-size cards with suggestions for intentional acts of kindness, acceptance, and inclusion that anyone can do; includes 100 pre-cut cards—average two per person.

**Idea:** Turn all cards face down so others can't see the suggestions, and spread them along a table. Then, invite others to randomly select a card. Encourage them to take action with the suggestion on the card. If you are doing this at a school, you can also provide them with incentives and rewards for every act. For example, once a student completes a call to action, they can turn in the card with their name on it and receive something in return (such as a decal or pencil). If you are doing a virtual event, encourage participants to complete one of the acts sent to them before the event and then share how it went during the video call.

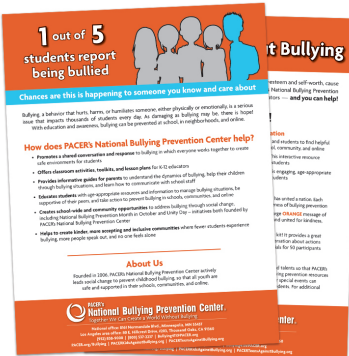


**Pledge:** A fill-in-the-blank form on which participants can add their names to show support for bullying prevention; includes five pre-printed sheets—permission to photocopy as needed.

**Idea:** Encourage everyone to sign the pledge using their first name only; let them know that by signing, they are pledging to prevent bullying by speaking up with kindness, reaching out with acceptance, and being a friend through inclusion. If you are hosting a virtual event, you can share the digital version of the pledge and still encourage participants to sign.

**Decals:** An item to share with an important message and call to action; includes 120 round stickers, 4 designs of 30 each, 2.5 inches in diameter.

**Idea:** Give a decal to those who sign the pledge or those who complete one of the cards with inclusion acts. Encourage them to stick it to their tablet, laptop, backpack, or water bottle. If you are hosting a virtual event, you can mail the decals with the material package and encourage participants to use them as a way to share this important message with others.



**Informational Flyers:** Colorful and informative 8 ½ x 11-inch flyer (two-sided) outlining the creative resources, outreach activities, and opportunities available through PACER's National Bullying Prevention Center; includes 50 flyers.

**Idea:** Share the flyers. Encourage everyone to visit the PACER website that best suits their perspective: [PACER.org/Bullying](http://PACER.org/Bullying), [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org) or [PACERTeensAgainstBullying.org](http://PACERTeensAgainstBullying.org)

**Pencil:** Participant take-away with the campaign message; includes 50 #2 lead pencils.

**Idea:** Give a pencil to anyone who signs the pledge or completes one of the cards with inclusion acts. If you are hosting a virtual event, you can mail the pencils with the material package and encourage participants to use the pencil as a reminder to continue conversations about bullying prevention.



# Want to do more? Visit these websites to learn how you can help create a world without bullying in your community, at school, and while online.



## PACER's National Bullying Prevention Center

Parents and educators can access bullying prevention resources, which include educational toolkits, awareness toolkits, contest ideas, promotional products, and more.

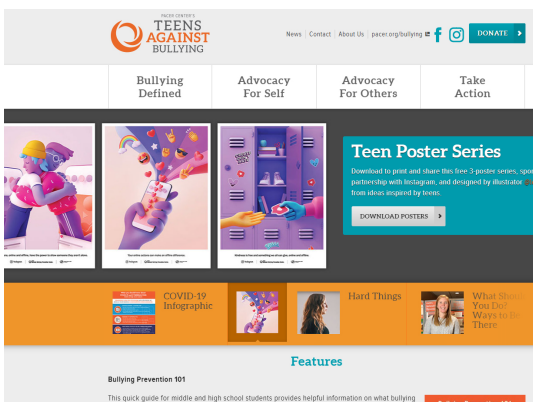
[PACER.org/Bullying](https://PACER.org/Bullying)



## PACER's Kids Against Bullying

A creative, innovative, and educational website designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.

[PACERKidsAgainstBullying.org](https://PACERKidsAgainstBullying.org)



## PACER's Teens Against Bullying

A website created by and for teens, this is the place where middle and high school students can find ways to address bullying, take action, be heard, and own an important social cause.

[PACERTeensAgainstBullying.org](https://PACERTeensAgainstBullying.org)

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