



Get involved in National Bullying Prevention Month

You can make a difference in October!

October is almost here, and that means National Bullying Prevention Month! Join PACER's National Bullying Prevention Center and be a Kid Against Bullying while working for kindness, acceptance, and inclusion. Help us bring the message to every student that no one deserves to be bullied. Each and every kid deserves to be treated with respect. How can you participate? Here are some ideas that you can do at school or in your community:

- **Wear orange on Unity Day!**
Mark your calendar for Wednesday, Oct. 25. That's the day everyone can come together and send one large orange message of support. One way to turn your classroom orange is by ordering a free Unity Day poster from PACER.
- **Have a poster contest!**
See who can create the best poster that celebrates everybody coming together during National Bullying Prevention Month.
- **Take the pledge and be a Kid Against Bullying!**
Fill out the online pledge, view the interactive results, and download your official certificate. Take the pledge at PACERKidsAgainstBullying.org/join-the-cause/take-the-pledge.





Meet Chandra

From PACER's Kids Against Bullying Club Crew

Chandra recently moved with her family and doesn't really know many people yet. But she sees a lot of things going on, like kids being picked on because they're different. She knows it's wrong. She tries to stop it – even if she feels afraid. There are two things Chandra knows for sure: Nobody likes bullying and everyone deserves respect.

Chandra's Challenge

Put Kindness into Action!

Bullying so often tears people down. When you know that someone has been hurt or broken down, help them back up! This can be someone you know well, or someone you just met. Put kindness into action and support a peer this month! Ideas include:

- Inviting a new friend into a group activity at recess
- Holding the door for someone who is coming in behind you and smiling at them
- Complimenting a peer on something they did well, such as a science project
- Assisting a classmate when you see they need help with something
- Leaving a kind note in a book at the library when you finish reading it

Pip's Quiz

Test Your Knowledge!

Pip, the hamster mascot of the Club Crew, loves to visit new places and meet new kids. Help Pip answer a few questions about bullying!

1. **Who gets bullied?**
 - a) Boys
 - b) Shy and quiet kids
 - c) Middle school students
 - d) Anyone can be bullied
2. **How can you help a friend who is being bullied?**
 - a) Let them know they don't deserve to be bullied and they're not alone
 - b) Stay around them if the person bullying them is nearby
 - c) Tell them to talk to an adult about the bullying
 - d) All of the above
3. **Your best friend ignores you and makes jokes about you when other people are around. What should you do?**
 - a) Don't let her know that it bothers you
 - b) Tell an adult about what's happening
 - c) Just ignore what she's doing, maybe she will stop
 - d) Pretend you like the jokes and make jokes about yourself, too

Answers: 1. d) 2. d) 3. b)





Meet Carmen

From PACER's Kids Against Bullying Club Crew

Not many people know this, but I have epilepsy. The signals in my brain get mixed up. I take medication so it hardly ever happens anymore. But once it happened at school, and some kids made fun of me. I felt so bad. I don't want anyone to feel that way!

When I see kids picking on other kids, it makes me so mad! Usually I just find some friends and we march right over and say, "stop it!"

Did you know that words do hurt? They may not leave bruises or broken bones, but they can leave scars on the inside.

Ask Carmen

Carmen is a member of the Kids Against Bullying Club Crew, and she knows a lot about bullying. She gives great advice about bullying to kids around the country, like Erin. Want to ask Carmen your own question? Visit PACERKidsAgainstBullying.org.

Dear Carmen:

Someone I thought was my friend is being really mean to me, even after I asked them to stop. What should I do?

- Erin, 4th grade

Dear Erin:

I'm glad you wrote in, because this does happen and it's really confusing when it does. Friends – even best friends – can bully. You should talk to an adult about it right away. Tell the adult what's been happening with this friend and how long this has been going on. Remember, you deserve to be treated with respect, especially by a friend.

- Carmen

Kindness, Acceptance, and Inclusion Why does it matter?

Kindness, acceptance, and inclusion matter because it is important that everyone feels like they belong. To create a more welcoming environment, reach out to others who you do not know very well. Getting to know new people may lead to new friendships!

Kindness, acceptance, and inclusion can be shown through the smallest ways – your actions can make a difference! Try to smile and say hi to others as you walk by, invite someone new to sit with you at lunch, or give a random compliment to a classmate. Offer a helping hand as making an extra effort can affect someone else in a positive way!



PACER Center
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Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue. PACER offers digital-based resources for parents, schools, teens, and youth, including:

- **PACER.org/Bullying**: A portal page for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, and more.
- **PACERKidsAgainstBullying.org**: A creative and educational website designed for elementary school students to learn about bullying prevention and be inspired to take action.
- **PACERTeensAgainstBullying.org**: A place for middle and high school students to find ways to address bullying, to be heard, and to own an important social cause.

