

Week Long Curriculum

Elementary School Students

Monday

An overview of bullying prevention

- Use the [Bullying 101 Presentation](#) to introduce young students to the basics of bullying prevention with familiar characters and student-friendly language.
- Meet the Club Crew. Visit the [Club Crew page](#) to read and listen to their bios. Then, have students select one or more of the members who they feel most connected to and answer these questions:
 - Which Club Crew member did you choose?
 - I feel connected to this crew member because _____.
 - How does this crew member feel about bullying?
 - What advice would you give the Club Crew member about bullying?
- Find out more facts at [Did You Know?](#)
- It's really important for kids to feel that their voice is heard. Through the "Share Your Opinion" features, kids have the opportunity to respond to questions about their experiences with bullying in a simple, safe, and fun way with questions such as: [Where does bullying happen most often?](#)
- Give your students the chance to show off what they've learned through an interactive quiz with questions such as: [What Is Bullying?](#)

Take the Quiz

Now that you have learned what bullying is, it's time to show what you know! Check your response, click on "finish quiz" and see if your response matches the answer.



Tuesday

When you see bullying, what can you do?

- Ask students for their ideas about how they can respond when they see bullying. Compile all the students' ideas and create a poster to share in your distance learning platform with the heading, *"When You See Bullying, What Can You Do?"*
- Review the information in the [If You See Bullying section](#) of the PACER Kids Against Bullying website.
- Download the images of the Club Crew characters: [Brad](#), [Carmen](#), [Chandra](#), [Jay](#), [Matt](#), [Mickey](#), [Molly](#), [Mrs. Bridge](#), [Nick](#), [Pip](#), [Sally](#), and [Shannon](#). Share these with your students and ask them to color their favorite character and write down something that they learned during bullying prevention week.
- Give your students the chance to show off what they've learned in an interactive quiz: [What should you do if you see bullying?](#)
- Let your students' voices be heard by inviting them to share their insight with other students, responding to polls such as: [When you see bullying, how does it make you feel?](#)

Share Your Opinion

Your vote matters! Check the option that seems best to you. Then see how other kids voted!



Wednesday

If you are being bullied, what can you do?

- Ask students for their ideas about how they can respond when they are the target of bullying. Compile all the students' ideas and create a poster to share in your distance learning platform with the heading, *"If You Are Being Bullied, What Can You Do?"*
- Have students complete the **Are You a Target?** and **Do You Bully?** checklists. Ask them to complete both lists and explain that the more checks there are, the more likely it is that they are in a bullying situation. **Note:** Students can do this privately at home and their responses do NOT need to be shared with classmates.
- Review the information in the **If You Are a Target** section of the PACER Kids Against Bullying website.
- Let your students' voices be heard by inviting them to share their insight with other students, responding to polls such as: **Who can help if you are being bullied?**
- Give your students the chance to show off what they've learned through an interactive quiz with questions such as: **What should you do if you are being bullied?**

Take the Quiz

Now that you have learned what bullying feels like, it's time to show what you know! Check your response, click on "finish quiz" and see if your response matches the answer.



Thursday

If you are bullying, what can you do?

- Ask students for their ideas about how they can respond to bullying. Compile all the students' ideas and create a poster to share in your distance learning platform, with the heading, *"If You Are Bullying, How Can You Change Your Behavior?"*
- Review the information in the **If You Are Bullying** section of the PACER Kids Against Bullying website.
- Students often have many questions about bullying, but some may be reluctant to share them with parents or teachers. **Ask Carmen** provides a safe outlet for kids to ask questions that are answered by staff from PACER's National Bullying Prevention Center, under the persona of the character Carmen from the Club Crew. Students can also read **Carmen's Advice** for responses to very important questions.
- Let your students' voices be heard by inviting them to share their insight with other students, responding to polls such as: **What are ways to change bullying behavior?** Ask them for other ideas they might have.
- Give your students the chance to show off what they've learned in an interactive quiz with questions such as: **How do you recognize someone who bullies?**

Take the Quiz

Show what you know! Take the quiz and see if your response matches the answer.



Friday

Be a kid against bullying

- Ask students for their ideas to prevent bullying in their school: what can students do, what can the teachers do, and more. Compile all the students' ideas and create a poster to share in your distance learning platform with the heading, "*Be a Kid Against Bullying*."
- Encourage students to be creative and make posters on their own at home, responding to these questions:
 - How can you help create a world without bullying?
 - Why do you want bullying to end?
 - What would a world without bullying look like?

Have students take a photo of their posters and share them in your distance learning platform.

- Students can take the pledge to "**Be A Kid Against Bullying**".

As a Kid Against Bullying, I pledge to:

- Speak up when I see bullying
- Reach out to others who are bullied
- And be a friend whenever I see bullying

- Students taking the pledge receive the **official certificate**.
- Students are in the best position to tell us how bullying affects them, which actions from adults are helpful, and what they'd like to see happen in response to bullying. You can give your students the opportunity to **Share Their Story** with other students who may be facing similar challenges. They can also **read stories from other students**. The most important thing for students who are being bullied to know is that they are not alone.
- Give your students the chance to show off what they've learned through an interactive quiz with questions such as: **What should you do if you see bullying?**

Real Kids Speak Out

Read these stories from kids like you from all across the country.

SHARE YOUR STORY >

