

BULLYING PREVENTION 101

A FREE, online curriculum to prevent bullying and promote kindness

Created in partnership with Planet Fitness's Judgement Free Generation® initiative, these engaging, age-appropriate resources for elementary, middle, and high school students help build understanding and skills on preventing bullying and promoting kindness. Resources include:

Classroom Guidebook: Detailed instruction for educators

PowerPoint
Presentations

Handouts

Activities

Videos

Topics include:

- Things you should know about bullying: *How to define who is involved and the impact*
- Advocacy and self-advocacy: *What you can do if you experience or witness bullying*
- Creating a Judgement Free Generation: *Ways to promote kindness, acceptance, and inclusion*

For resources and to learn more, visit
PACER.org/planetfitness



THE
JUDGEMENT FREE
GENERATION®

a pro-kindness, anti-bullying movement

This guide is brought to you by PACER's National Bullying Prevention Center in partnership with Planet Fitness. The Judgement Free Generation® is Planet Fitness's philanthropic initiative designed to combat the judgement and bullying faced by today's youth by creating a culture of kindness and encouragement. Our mission is to empower a generation to grow up contributing to a more judgement free planet—a place where everyone feels accepted and like they belong.