During National Bullying Prevention Month in October, students and adults can participate in theme weeks to promote **KINDNESS, ACCEPTANCE, and INCLUSION** to prevent bullying in the classroom and other youth settings.

**WEEK ONE: EXPLORE**
Learn how kindness, acceptance, and inclusion can help prevent bullying.

**WEEK TWO: PLAN**
Record ideas for wearing and sharing orange on Unity Day.

**WEEK THREE: CELEBRATE**
Gather in-person or online on Unity Day to share your efforts and show your commitment.

**WEEK FOUR: REFLECT**
Determine ways to continue bullying prevention efforts all year to create a kinder, more inclusive, and more accepting world.

The student activity book is designed to be completed each week with activities to support the weekly theme.

**NATIONAL BULLYING PREVENTION MONTH**
A campaign founded in 2006 by PACER’s National Bullying Prevention Center that is held during the month of October to unite communities nationwide to educate and raise awareness of bullying prevention.

**UNITY DAY**
A one-day event held the third Wednesday of October to come together in one giant, **ORANGE** message of hope and support. It’s a day to **WEAR AND SHARE ORANGE** to visibly show that our society believes no child should ever experience bullying.
Research the definitions of these keys words: kindness, acceptance, inclusion, and unity. Then, illustrate what they mean with your own words, a drawing, song lyrics, or poetry.

- **Kindness**
  - Roses are red, violets are blue, including others is nice to do.

- **Acceptance**
  - Welcoming, belonging, togetherness, valued, connection

- **Inclusion**
  - “Cause it’s hard to feel strong, When you’re feeling so alone.”
    - Hayley Reardon, Stand Together

- **Unity**
  - Roses are red, violets are blue, including others is nice to do.
Look around your world—school, neighborhood, online, anywhere you go—for acts of kindness, acceptance, and inclusion. Write down any acts you see and where you see them.

**LIBRARY**
(e.g., An older kid was reading a book to a younger kid)

**ONLINE**
(e.g., Saw someone stand up for a friend)

**SCHOOL**
(e.g., Someone held the door and said, “Hi”)

**PLAYGROUND**
(e.g., I asked a new kid to join our game)
Use the suggestions below, or your own, for ways to wear and share orange through projects and activities on Unity Day. Then, describe your ideas in writing or pictures.
Write a word, line of poetry, or song lyric that starts with each letter of the words unity, kindness, acceptance, and inclusion. It can be about helping others, making a difference, or something else of your choosing.

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THINK ABOUT HOW TO CONTINUE EFFORTS ALL YEAR TO CREATE A KINDER, MORE INCLUSIVE, AND MORE ACCEPTING WORLD.

WRITE OR DRAW YOUR THOUGHTS HERE.
Pledge your support and learn more about how you can get involved in your community.

Thank you for your commitment to bullying prevention.

“I PLEDGE TO SUPPORT OTHERS WHO HAVE BEEN HURT OR HARMED, TREAT OTHERS WITH KINDNESS, BE MORE ACCEPTING OF PEOPLE’S DIFFERENCES, AND HELP INCLUDE THOSE WHO ARE LEFT OUT.”

Sign here to pledge your support

VISIT ONE OF NBPC’S WEBSITES FOR RESOURCES AND INSPIRATION

PACER.ORG/BULLYING
Parents, educators, and students

PACERTEENSAGAINSTBULLYING.ORG
Middle and high school students

PACERKIDSAGAINSTBULLYING.ORG
Elementary school students