

# Introduction to Bullying Prevention Classroom Toolkit

---

Looking for a way to introduce bullying prevention and awareness into your classroom, school, or community organization? The Bullying Prevention Month Introductory Toolkit contains daily learning opportunities and engaging activities to get students talking about bullying. The toolkit provides the basics about bullying and sets the stage for student-supported initiatives.

## Monday

---

Discuss each of the following questions: What is bullying? What is cyberbullying? Why do students bully? Why are students targeted by bullying? Make sure that each student is allowed the opportunity to respond.

*Activity:* Record the question and the responses on poster-size paper and post them on the classroom wall or in the hallway.

## Tuesday

---

Discuss each of the following questions: What can students do to help? What can adults in the school do to help? What can parents do to help? Make sure that each student is allowed the opportunity to respond.

*Activity:* Record the question and the responses on poster-size paper and post them on the classroom wall or in the hallway.

## Wednesday

---

Middle and High School: Read “A Letter to a Bully”  
(<http://www.reclaiming.com/content/node/121>)

Elementary School: Read “The Bully in the Mirror.”

### **The Bully in the Mirror**

*Antonio, 4th Grade*

Mirror Mirror on the wall why must I be the  
Bully that has to fall. I beat on kids around the school  
The mirror told me it wasn't cool. The mirror told me to change.  
My ways I have beat up kids all by days. I have no friends  
It's just not right. The mirror said cause you like to fight.  
I am a bully how could this be. The mirror is starting to  
Change me. Reflection are now flashing back to me.  
Someone plant the seed inside of me. Now the mirror has  
shown me poor. I'll change my ways and start  
new days the bully is no more part of me.  
Any bully can change.

*Activity:* Ask each student to write a letter to the author, telling them what they would like them to know. These letters may contain personal content, so posting responses to a wall is optional.

---

**Thursday**

---

Review some of the responses sent to the “I Care Because . . .” feature (<http://www.PACER.org/bullying/icarebecause/>).

*Activity:* Create a classroom mural, with “I Care about Bullying Prevention Because . . .” written in the center. Ask each student to add his or her reason.

**Friday**

---

Discuss what can be done in your school to prevent bullying.

*Activity:* Record the ideas. Have the children present them to your guidance counselor or principal.

*Activity:* Sign the “Kids Against Bullying” pledge or the “The End of Bullying Begins with Me” petition online (<http://www.PACER.org/bullying/digitalpetition/> ) or set up a table at your school where students can sign paper copies of the petition (which can be downloaded at <http://www.pacer.org/bullying/pdf/PetitionandGuidelines.pdf>) to be sent to the National Bullying Prevention Center to add to the petition.