

STUDENTS *with* SOLUTIONS

A creative challenge for youth to share their bullying prevention ideas



ELEMENTARY STUDENTS KIDS SPEAK UP ABOUT SPEAKING UP!

Students are invited, with support from adults, to create videos and artwork/posters using our messaging guide for the opportunity to be featured on National Bullying Prevention Center (NBPC) websites, viewed across the country and the world – plus, win some awesome prizes! This challenge is a creative way for adults to engage youth in conversation about bullying prevention while they learn about speaking up for themselves and their peers.

How it works

- Create your video, or artwork/poster, using the following messaging guide
- Video recording should be 1-3 minutes in length and include as many ideas or messages as possible
- Enter by March 31, 2025, and include video or artwork/poster links in the submission form

Additional notes

- Minor adaptations to the messaging guide are encouraged; however, be sure to use the following language:
 - Use the phrase “**bullying prevention**” instead of “anti-bullying”
 - Use “**someone who bullies**” instead of “bully or bullies”
 - Use “**target**” instead of “victim”
- Music included in videos must be royalty and copyright free, such as YouTube Audio Library
- Artwork/poster submissions to include at least three (3) of the guide’s ideas or messages

Top entries

Selected videos and artwork/posters may be featured on the [Kids Against Bullying](#), [Teens Against Bullying](#), or [NBPC](#) websites, along with a behind-the-scenes look about the students participating (with permission), as well as a chance to receive awesome prizes!

Top entries to be announced the week of May 1, 2025



ELEMENTARY STUDENTS KIDS SPEAK UP ABOUT SPEAKING UP!

Kids Messaging Guide for Video

Speaking up about bullying that is happening to you, or anyone, is important because:

If someone is being hurt, and this has happened (usually) more than once by one or more people, either by their words or actions – you will need to speak to an adult about what is happening. That’s the best thing to do because most bullying will not stop until a caring adult gets involved.

So, how do you speak up for yourself? Speaking up if something like bullying is happening means:

Finding an adult you trust, letting them know you need help, explaining what’s bothering you, giving your ideas about what you want to have happen, and making a plan so that the situation can be better.

Your plan starts with describing what’s happening. Remember:

Bullying can be physical, like pushing and shoving, hitting or breaking someone’s things. Bullying can be emotional like name calling or leaving someone out on purpose. Words, whether said in-person or online, have the power to hurt as much as hitting, because all bullying hurts.

When you’re speaking up for yourself to an adult, tell them:

Where, when, and who was part of the bullying, how it made you feel, and, most importantly, what you want to have happen to make the situation better.

Remember, bullying can happen anywhere and anytime.

Bullying is never okay. It’s not cool. It’s not funny. It’s not fair. It’s just wrong, and it shouldn’t happen at all.

No one should ever bully. No one should ever be bullied.

Be a kid who knows how to stop bullying, by speaking up!

ELEMENTARY STUDENTS KIDS SPEAK UP ABOUT SPEAKING UP!

Kids Messaging Guide for Artwork/Poster

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How do you speak up for yourself?

Speaking up if something like bullying is happening means:

When you're speaking up for yourself to an adult, tell them:

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it's not cool
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