

# STUDENTS *with* SOLUTIONS



## MIDDLE AND HIGH SCHOOL STUDENTS TEENS TALK ABOUT BULLYING ADVOCACY

Students are invited, with support from adults, to produce scripted videos for the opportunity to be featured on NBPC websites to be viewed by classrooms around the country—plus, win some amazing prizes! It's a creative way for adults to engage youth in bullying prevention conversation while involving them in developing resources that can help educate their peers.

### How it works:

- Record a video using the script
- Students appearing in video will need signed permission forms
- Submit video by April 30, 2022
- Send via YouTube links to [Bullying411@PACER.org](mailto:Bullying411@PACER.org), or through DropBox, WeTransfer, or Google Drive

### Additional notes:

- Minor adaptations to the script are allowed and encouraged
- Optional: The red, italicized text indicates content in which there is the opportunity to hold conversations with students to explore ideas to incorporate their own words
- Music included in videos must be royalty and copyright free, such as YouTube Audio Library

### Top entries :

Selected videos will be featured on the Kids Against Bullying, Teens Against Bullying, and NBPC websites, along with a behind-the-scenes look (with permission) about the students participating—plus, receive amazing prizes from the list below.

**Top entries to be announced May 18, 2022**



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*Bullying hurts.*

*With 1 in 5 students reporting it,*

*Chances are it's happening to someone you know and care about.*

*So, let's talk about what we can do to be a part of the solution.*

*Bullying is*

*when someone is being hurt or harmed*

*with unwanted words or actions*

*that are repeated*

*and the person bullying has more power, which for example,  
could be*

*physical size*

*more social status*

*or even a group against an individual.*

*Now, that's the definition you might see in your school handbook.*

*But teens?*

*Many of us describe it differently, such as, bullying makes you feel*

*less about who you are as a person*

*small*

*like you don't matter*

*bad about yourself*

*like no one cares.*

*Think about what happens when someone is bullied.*

*They often*

*feel hurt or humiliated*

*believe that no one cares*

*wonder if anything will ever change.*

*That is a lonely place to be.*

*Bullying brings people down,*

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*But now imagine how that could be different.*

*Think about what it means to someone being bullied,*

*To have another person show they care,*

*Especially someone our own age.*

*We know that bullying can happen at school, in the community, and online.*

*So, let's talk about how we can take it on.*

*If you know someone is being bullied,*

*You can build them up with encouraging words and actions.*

**Try saying:**

*I'm here for you*

*I want to help*

*you don't deserve to be treated that way.*

**Take action**

*connect with them during class breaks, even just to say hi*

*invite them to join an activity*

*reach out with an encouraging text.*

**There are a lot of emotions with bullying**

*anxiety*

*fear*

*anger*

*sadness*

*shame*

*depression*

*humiliation*

*embarrassment.*

*It can be hard to talk about how you are feeling.*

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Let the person being bullied know that you are there for them.

This doesn't mean you have to fix the situation,

It's about giving them an opportunity to talk about what's going on and how it feels.

We all have the power to make a difference,

When others are negative, be positive.

Be there for those experiencing bullying and speak up when it happens.

*If you see bullying in-person, you can:*

*help them get away from the situation*

*change the subject when your peers start tearing someone down*

*if you feel safe, ask the person doing the bullying to stop*

*find an adult who can quickly intervene.*

*If you see bullying online, you can:*

*write something positive in response*

*contact the person being bullied and let them know you are there for them*

*take a screenshot of the bullying and report it online or share with a trusted adult.*

It's also really important to encourage and support them to reach out to a parent

Or someone they trust,

As the adult role is to help stop what's happening.

While it's important that we each do what we can,

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There is also strength in numbers

*encourage others to get involved too*

*start a club at your school*

*create spaces that are monitored by peers and adults.*

*Most of all,*

*Know that our actions have the power to make a real difference.*

*When we all work together, that is where real change happens.*

*Bullying hurts,*

*But it's a problem we can all do something about.*

*Together, we can create a world that is kinder, more accepting, and more inclusive.*

*Together we can create a world without bullying.*

*(End)*