

# FOR GROWN-UPS: HELP KIDS TAKE ACTION TO REDRAW THEIR WORLD WITHOUT BULLYING

Help kids develop their skills to redraw their world so that everyone—especially those bullied based on their identity—feel welcomed, supported, and respected.

**Identity-based bullying** targets an aspect of who the child is, often focusing on a core part of how they see themselves.

Download the handout titled "For Kids: Action Guide To Redraw Your World Without Bullying"

## STEP 1: REVIEW THE STORIES

Read the stories of PACER's National Bullying Prevention Center 2022 Unity Award recipients with your child/students. Ask what they liked about the stories and encourage them to write or draw their responses.



## STEP 2: HELP KIDS THINK ABOUT THEIR WORLD

A kid's "world" includes their community, school, activities, or online.

## EXPLORE HOW THEY PERCEIVE IDENTITY

Use the questions below as prompts to examine the identities and relationships between people that kids see every day.

- What does this place look like and what happens there? Who is there with you? What are they like?
- Who plays or hangs out together? Does everyone get along? Does everyone feel like they belong?
- Expand on what the child shares, for instance,
  - *If the child shares that at school "Alex has the most friends - he's really popular - but sometimes he's mean to Joe and says things like 'you're huge and you can't play,'" ask "Why do you think Alex has so many friends? Why do you think he is mean to Joe?"*
- Remember to allow children to express themselves without judgment. It's valuable for kids to hear and share perspectives.



Ask them if they have seen or heard of kids being bullied about an aspect of who they are and encourage them to review the checklist. Provide examples as needed.



**DISABILITY**  
**RELIGION**  
**RACE**  
**LANGUAGE**  
**SKIN COLOR**

**HEIGHT OR WEIGHT**  
**NATIONALITY**  
**GENDER EXPRESSION**  
**OTHER** \_\_\_\_\_  
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### **STEP 3: HELP THEM UNCOVER THEIR SUPERPOWER**

Everyone can play a role to be an ally or friend to someone who is bullied. Help kids think about how they can make a difference.

**Review the actions  
in the handout.**

**Encourage students  
to circle which ones  
they want to explore.**

**Ask what other  
ideas they have.**

### **STEP 4: ACTION TIME!**

Encourage your child/students to share what action they will take to redraw their world without bullying.

**Visit the website to download the Guide for Grown-Ups**

- Draw a picture, describe in words, write a poem, attach a photo, etc.
- Cut out what they share.
- Post their responses on a wall or classroom bulletin board; if at home, hang on the refrigerator.
- Use submissions to create a classroom bulletin board and participate in Cartoon Network's **BULLETIN BOARD CHALLENGE**.