

BULLYING PREVENTION MONTH K-5



CHALLENGE DESCRIPTION

October is National Bullying Prevention month. Learn what bullying is, how to treat others kindly, and how you can help make a difference to stop bullying in your community. Read book recommendations and complete activities to earn badges all month long.

CHALLENGE STRUCTURE

- 1 Registration Badge**
- 1 Completion Badge**
- 10 Logging Badges (Minutes)**
- 5 Activity Badges**

ACTIVITY BADGES

Activity Badge Title:

What is bullying?

Badge Description

What is bullying exactly? Learn more about how to recognize hurtful behaviors by reading the info below. Check off the activity once you've read it. Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Bullying is unwanted, ongoing, aggressive behavior. Bullying can include spreading rumors about someone, calling someone names, pressuring someone, excluding people, or physically hurting someone like pushing.
- Bullying can affect people for a very long time, even after they grow up. Kids who are bullied often feel sad and lonely, lose interest in activities they enjoy, and have a hard time at school. Even kids who witness (or watch) other people bullying can struggle with feeling sad or upset. It affects everyone involved.
- People who bully usually behave meanly towards others as a way to make themselves seem more powerful. Unless corrected, kids who bully often continue to bully even as grown ups.
- Bullying doesn't just happen in person—"cyberbullying" is just as hurtful to people, and can often go unnoticed. Saying hurtful things to someone online, through text, or social media can be very harmful, even though you may not think it's "real."
- Have you ever experienced bullying or seen someone else be bullied? How did you feel? *(text box)*

Activity Badge Title:

Give Respect

Badge Description

Everyone deserves respect. If you've ever bullied someone or treated someone meanly, you can always change and grow. Read below for helpful tips and check off the activity once you've read it. Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Before you do something that could be hurtful to someone, pause and think about how they might feel. Imagine what it would feel like to be in their shoes.
- Find something else to do. If you're sad or frustrated, try activities like playing a game, writing, or exercising.
- Talk to someone about how you're feeling! Sometimes talking to a friend or a grownup about how you feel can help. They may be able to offer advice or share their own experiences.
- It's okay to make mistakes. Remember, you're a person too! If you've hurt or bullied someone, apologize.
- Remember that we're all unique and deserve respect and kindness. What are some ways that you can show kindness to someone? *(text box)*

Activity Badge Title:

Protect yourself

Badge Description

If you're experiencing bullying, there are ways you can help protect yourself from what's happening. Learn more below and check off the activity once you've read it. Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Say "no." If you feel safe doing so, tell the bully to stop in a calm, clear way.
- If possible, walk away from the person who is bullying you. You don't need to explain why.
- Don't engage. People who bully often want you to react in some way, because it gives them "fuel" to keep going. Don't give them your energy.

- Find a grownup and tell them what is going on. They can help you by stopping the situation, or keeping it from happening in the future.
- Stay safe online. Only share your posts and pictures with trusted friends and family. Keep your password secret, and be sure to tell a grownup if you see anything that makes you feel upset or unsafe. Here is more information for how to report cyberbullying.
 - [How to Deal with "Haters."](#)

Activity Badge Title:

Help Others

Badge Description

There are a lot of ways to help stop bullying, whether you're experiencing it or someone you know is experiencing it. Learn more below and check off the activity once you've read it.

Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Tell a grownup when you see bullying happening so they can help.
- Stand up for the person being bullied, if it feels safe to do so. If they can't speak up for themselves, you could calmly tell the bully to stop.
- Be kind to people who you notice are experiencing bullying. Let them know they're not alone. You may even make a new friend!
- Talk about bullying at your school. You can help raise awareness about bullying prevention by talking to teachers or leaders at your school. Just one voice can make a big difference.

Activity Badge Title:

Books to Read

Badge Description

There are a ton of amazing books that you can read to learn more about bullying and how to help stop it! Learn more below. Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Pick a book from the list below to read. Which book did you choose? What did you learn? *(text box)*
 - (see book list on last page)

BULLYING PREVENTION MONTH 6-12



CHALLENGE DESCRIPTION

October is National Bullying Prevention month. Learn what bullying is, who it affects, how to treat others with respect, and how you can help make a difference to stop bullying in your community and beyond. Read book recommendations and complete activities to earn badges all month long.

CHALLENGE STRUCTURE

- 1 Registration Badge**
- 1 Completion Badge**
- 10 Logging Badges (Minutes)**
- 5 Activity Badges**

ACTIVITY BADGES

Activity Badge Title:

What is bullying?

Badge Description

What is bullying exactly? Learn more about how to recognize these hurtful behaviors by reading the info below. Check off the activity once you've read it.

Activities

- Bullying is unwanted, ongoing, aggressive behavior. Bullying can include spreading rumors about someone, calling someone names, pressuring someone, excluding people, or physically hurting someone like pushing.
- Bullying can affect people for a very long time, even as they grow up as adults. Kids who are bullied often feel very sad and lonely, lose interest in activities they enjoy, and have a hard time at school. Even those who witness other people bullying can struggle with feeling sad or upset. It affects everyone involved.
- People who bully usually behave meanly towards others as a way to make themselves seem more powerful. Unless corrected, kids who bully often continue to bully into adulthood.
- Bullying doesn't just happen in person - "cyberbullying" is just as hurtful to people, and can often go unnoticed. Saying hurtful things to someone online, through text, or social media can be very harmful, even though you may not think it's "real."
- Have you ever experienced bullying or seen someone else be bullied? How did you feel? (text box)

Activity Badge Title:

Give Respect

Badge Description

Everyone deserves respect. If you've ever bullied someone or treated someone meanly, you can always change and grow. Read below for helpful tips and check off the activity once you've read it.

Activities

- Before you do something that could be hurtful to someone, pause and think about how they might feel. Imagine what it would feel like to be in their shoes. If someone has upset you, talk to them privately rather than engaging in public shaming or bullying. In a calm way, tell them how their behavior has made you feel. Or, simply don't engage.
- Find something else to do. Distraction isn't always a bad thing! It can help redirect our feelings, like sadness or frustration, until we are calm enough to process them. Try exercising, writing, or talking to a friend.
- Talk to someone about how you're feeling! Sometimes talking to a friend or an adult you trust can help. They may be able to offer advice or share their own experiences.
- It's okay to make mistakes. If you've hurt someone or bullied someone, apologize. A real apology includes owning your mistake, acknowledging it to the person you've hurt, reassuring them that you won't do it again, and being empathetic to how they may feel. Listening is key.
- If you feel pressured to participate in bullying or shaming another person (whether in person or online), remove yourself from the situation. If you feel safe doing so, explain to your friends why you don't want to partake and encourage them to stop as well. Remember, just because someone has a different opinion or lifestyle than you, does not mean they deserve to be treated poorly.

Activity Badge Title:

Protect yourself

Badge Description

There are a lot of ways to help stop bullying, whether you're experiencing it or someone you know is experiencing it. Learn more below and check off the activity once you've read it.

Activities

- Speak up and say “stop.” If you feel safe doing so, tell the bully to stop in a calm, clear way. If possible, walk away from the person who is bullying you. You don’t need to explain why.
- Don’t engage. People who bully often want you to react in some way, because it gives them “fuel” to keep going. Don’t give them your energy. If someone is bullying you through text, social media, or elsewhere online, don’t reply or comment.
- Tell an adult what is going on. They can help you by stopping the situation, or keeping it from happening in the future.
- Stay safe online. Only share your posts with trusted friends and family. Keep your password secret, and be sure to tell an adult if you see anything that makes you feel upset or unsafe. Here is more information for how to report cyberbullying.
 - [How to Deal with "Haters."](#)

Activity Badge Title:

Help Others

Badge Description

There are a lot of ways to help stop bullying, whether you’re experiencing it or someone you know is experiencing it. Learn more below and check off the activity once you’ve read it.

Activities

- Tell an adult when you see bullying happening so they can help.
- Stand up for the person being bullied, if it feels safe to do so. If they can’t speak up for themselves, you could calmly tell the bully to stop.
- Be kind to people who you notice are experiencing bullying. Let them know they’re not alone. You may even make a new friend!
- Talk about bullying at your school. You can help raise awareness about bullying prevention by talking to teachers or leaders at your school. Just one voice can make a big difference.

Activity Badge Title:

Books to Read

Badge Description

There are a ton of amazing books that you can read to learn more about bullying and how to help stop it! Learn more below. Grown-up guidance is recommended for readers ages 13 and under.

Activities

- Pick a book from the list below to read. Which book did you choose? What did you learn? (text box)
 - (see book lists below)

Book Recommendations

Ages 0-7

- *The Invisible Boy* by Trudy Ludwig
- *Ignore the Trolls* by Jordan Gershowitz, Sandhya Prabhat
- *Stick and Stone* by Beth Ferry
- *Stand Tall, Molly Lou Melon* by Patty Lovell
- *I Walk With Vanessa* by Kerascoet
- *A Big Guy Took My Ball!* by Mo Willems
- *We're all Wonders* by R.J. Palacio
- *Last Stop on Market Street* by Matt de la Peña
- *All Are Welcome* by Alexandra Penfold
- *Chrysanthemum* by Kevin Henkes

Ages 8-12

- *Bully* by Patricia Polacco
- *My Secret Bully* by Trudy Ludwig
- *Ugly* by Robert Hoge
- *The Hundred Dresses* by Eleanor Estes
- *Wonder* by R.J. Palacio
- *Real Friends* by Shannon Hale
- *The Proudest Blue: A Story of Hijab and Family* by Ibtihaj Muhammad
- *Those Shoes* by Maribeth Boelts

- *Each Kindness* by Jacqueline Woodson
- *Crow Boy* by Taro Yashima

Ages 13+

- *Thirteen Reasons Why* by Jay Asher
- *This is Where it Ends* by Marieke Nijkamp (Note: This book contains violence.)
- *A Piece of Heaven* by Angel Lawson
- *Moxie* by Jenifer Mathieu
- *The Outsiders* by S.E. Hinton
- *Playground* by 50 Cent
- *Dear Bully* by Dawn Metcalf
- *Side Effects May Vary* by Julie Murphy
- *It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living* by Da Savage and Terry Miller