One out of every five (20.2%) students report being bullied. (National Center for Educational Statistics, 2019)

I am an Ally against Bullying!

ACTIVITY BOOK

Draw your own Anti-bullying Hand

BULLY FREE IS THE WAY TO BE!
ABOUT THIS BOOK

This Bullying activity book was created to recognize October as National Bullying Awareness month. Children can have fun completing the activities while learning about bullying prevention. The goal is to increase public awareness and to prevent Bullying.

The #SafeAllies program is a collaboration of Nevada PEP and Youth M.O.V.E. Nevada. #SafeAllies reaches children, youth, and parents through digital resources while supporting children and youth in mental health recovery from a bullying incident. #SafeAllies also offers training workshops on the laws and processes for reporting a bullying incident and navigating the education system.

COMMUNITY CARE CHAMPIONS

COMMUNITY CARE PARTNERS

Every 7 MINUTES a child is bullied. (National Voices for Equality, Education, and Enlightenment)
60% of youth with major depression do not receive any treatment. (Mental Health America, 2018)

Color Your Own Antibullying logo!

BULLYING IS WHACK,
GET ON THE RIGHT TRACK,
Students experiencing bullying are at increased risk for depression. (Centers for Disease Control, 2019)

Word Search

R C A L M X P I T S B U L L Y I N G A J
X M P M G W M Z I C C U E R N L S W E O
W D X D F H F E J H B E P O A S C L G A
Q S U P P O R T Q O B R A O T C K Q U K
B R E S P E C T X O T W R W S P T V X R
K L Y R U M O R S L A U E I Q I M I F B
I B O P Q Y W S C A L F N U T C T Q O O
N Y T N B W C E Q V K L T W B E L I Y N
D S A L E T N L W A I R S Q X A L S V J
N T U I E B D F A T H R E A T E N L T E
E A N Z P X O E C V L H X X S T O P E P
S N T H F L T S B D O A L L Y B X U A R
S D I H U Y U T N H L I G H T H R A C C H
T E N Q V R W E A Z O K D L X P J Q H K
G R G B T R T E C O M M U N I C A T E R
K B X S F G T M C L M C O U R A G E R R

Bystander Intervention starts with YOU

ACTION
ALLY
AVOID
BULLYING
BYSTANDER
CALM
COMMUNICATE
COURAGE
HURT
KINDNESS
PARENTS
POSITIVE
RESPECT
RUMORS
SCHOOL
SELF ESTEEM
SLUR
STOP
SUPPORT
TALK
TAUNTING
TEACHER
TELL
THREATEN

KEEP IN MIND, TO BE KIND, BECAUSE BULLYING’S MEAN, AND NOT TO BE SEEN.
Suicide is the 2nd leading cause of death in Nevada for ages 15-24. (Office of Suicide Prevention, DHHS 2017)

Learn while Coloring the 4 Types of Bullying

**SOCIAL BULLYING**
Social bullying is designed to harm someone’s social reputation and/or cause humiliation (spreading rumors, humiliating someone).

**VERBAL BULLYING**
Verbal bullying includes name calling, insults, intimidation, teasing, homophobic or racist remarks, or verbal abuse.

**PHYSICAL BULLYING**
Physical bullying includes repeated hitting, kicking, tripping, blocking, pushing, and touching in unwanted and inappropriate ways.

**CYBERBULLYING**
Cyberbullying is using electronic devices (computers, phones, emails) to torment, threaten, harass, humiliate, embarrass or target another person.

BULLYING FREE IS THE WAY TO BE!
15% of students ages 12-18 reported bully incidents happened online or by text. (National Center for Educational Statistics, 2019)

How is being bullied similar to being stuck in a maze? ____________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Bystander to Upstander Maze

You Made it!

How is being bullied similar to being stuck in a maze? ____________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
13% of 9 to 12 year olds reported experiencing bullying at school and online. (Patchin & Hinduja, 2020)

Celebrate Unity Day in October
Design Your Own Orange Unity Day T-Shirt

THINK OF A SAYING TO PUT ON YOUR T-SHIRT LIKE . . .

MAKE IT ORANGE, MAKE IT END

CHOOSE KINDNESS, ACCEPTANCE & INCLUSION

IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND

WORDS YOU CAN’T REWIND SO REMEMBER TO BE KIND.
Children with disabilities or special needs are at an up to 63% greater risk than their peers of being victims of bullying. (Education Post)

Unscramble The Words
Draw a line to the matching word

- sgaenti
- dmowerans
- pssgnogii
- gmcenllania
- soumrr
- iihtgtn
- aocuerg
- ctaoin
- ahttrse
- uhpisgn
- isednksn
- niiaylgtlbun
- yeibrnbcgyllu

- antibullying
- cyber bullying
- kindness
- name calling
- mean words
- gossiping
- hitting
- teasing
- courage
- pushing
- rumors
- threats
- action

HOW CAN YOU HELP BE A HERO TO THOSE WHO ARE BEING BULLIED?
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________

REAL HEROES STAND UP FOR ALL, SHORT AND TALL, BIG AND SMALL.
A slightly higher portion of female students report being bullied at school 24% vs. 17% of males. (National Center for Educational Statistics, 2019)
41% of students who reported being bullied indicated that they think it would happen again. (National Center for Educational Statistics, 2019)

Taking Steps to Stop Bullying Q & A

How does being bullied make you feel?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How does being a bystander make you feel?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can you be an upstander in a bullying situation?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
#SafeAllies
Support and resources for Nevada parents and youth
800-216-5188  |  nvpep.org/safe-allies

#SafeAllies Focus Group Results

Youth MOVE Nevada Podcast
A podcast on youth topics and mental health
800-216-5188  |  nvpep.org/youth-move

Safe Voice
Anonymous bullying reporting app for Nevada students
833-216-7233  |  safevoicenv.org

PACER’s National Bullying Prevention Center
Resources for educators, parents, and youth
800-537-2237  |  pacer.org/bullying

StopBullying.gov
Learn how to identify bullying and stand up to it safely

TheTrevorProject.org  |  866-488-7386
Provides resources to young people nationwide,
LGBTQ youth aren’t alone

STOMPOutBullying.org
Standing Up Against Hate, Racism And Discrimination.
BEING BULLY-FREE MAKES ME FEEL:

TOGETHER WE CAN