



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!**





Every 7 MINUTES  
a child is bullied.  
(National Voices for Equality,  
Education, and Enlightenment)

## 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



Clark County Children's  
Mental Health Consortium



Washoe County  
Children's Mental Health  
Consortium



I CARE, WE CARE  
TOGETHER  
WE CAN STOP BULLYING

STOP BULLYING NOW  
TAKE A STAND, AND LEND A HAND

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 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

I CARE, WE CARE  
**TOGETHER**  
WE CAN STOP BULLYING

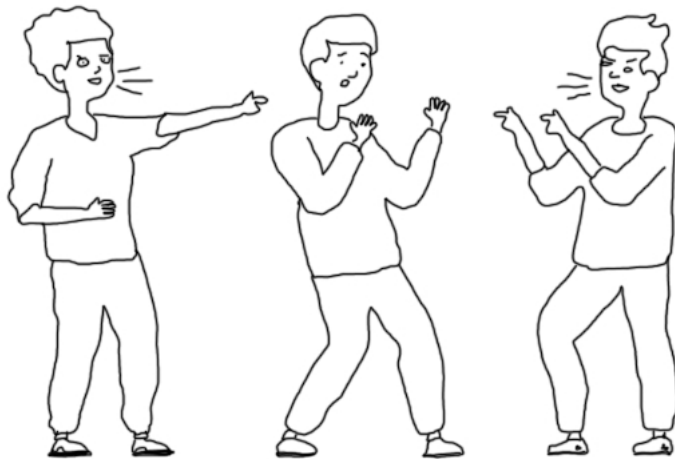
**KEEP IN MIND, TO BE KIND,  
BECAUSE BULLYING'S MEAN,  
AND NOT TO BE SEEN.**

## 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

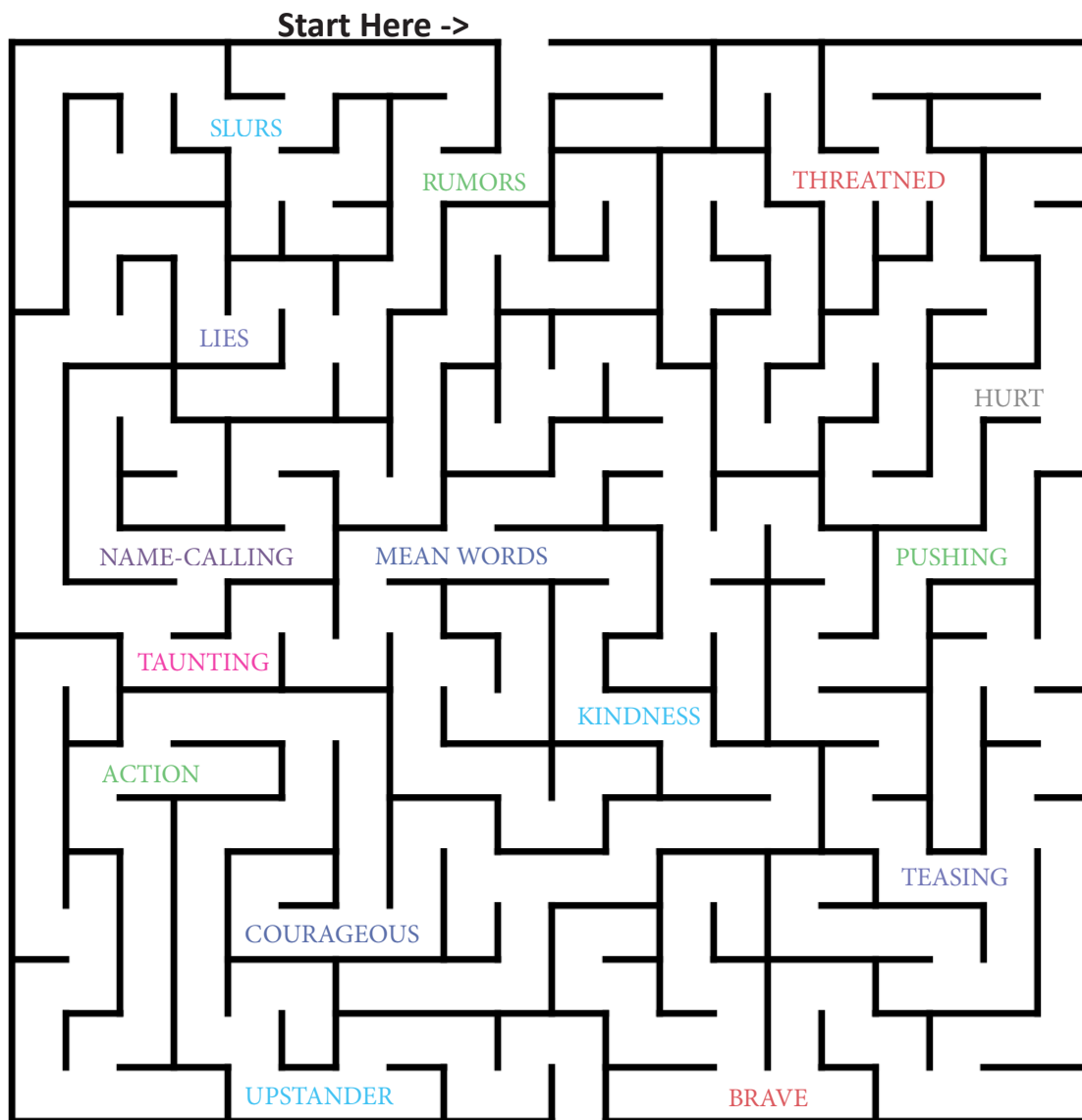
Physical bullying includes repeated hitting, kicking, tripping, blocking, pushing, and touching in unwanted and inappropriate ways.



### CYBERBULLYING

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

## Bystander to Upstander Maze



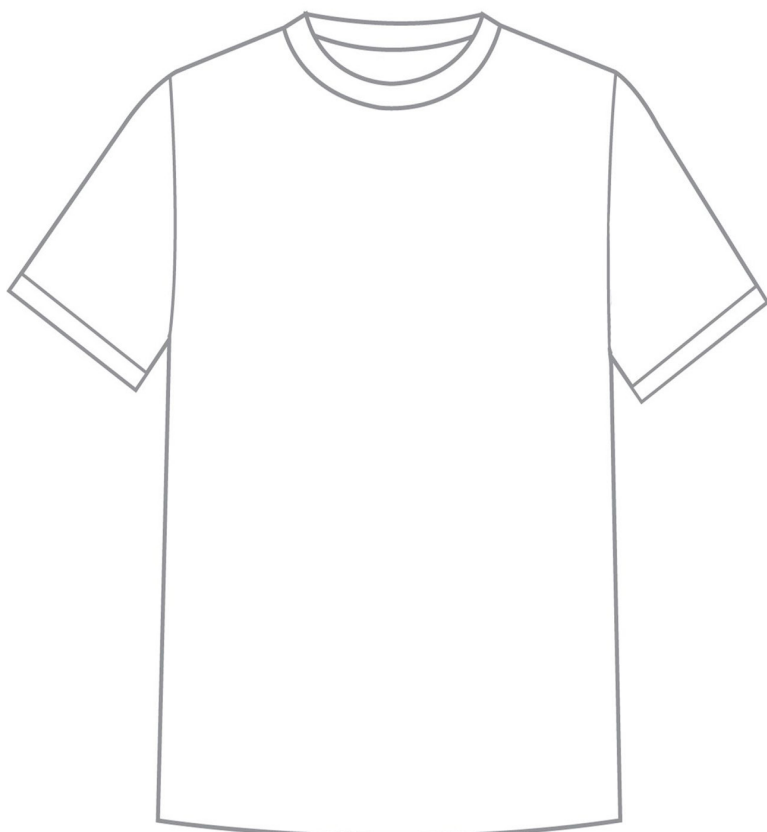
How is being bullied similar to being stuck in a maze? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



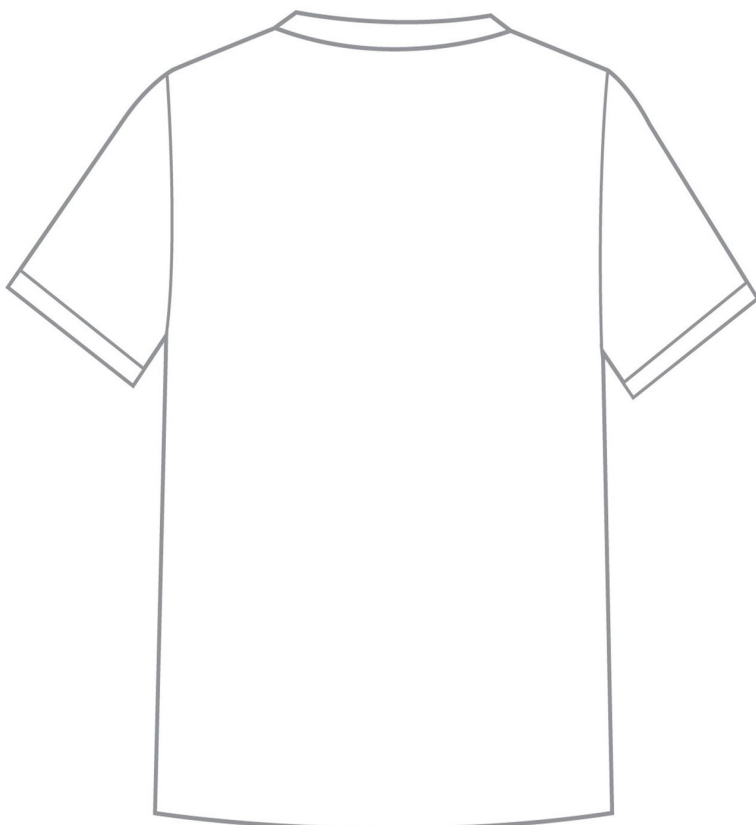
13% of 9 to 12 year olds reported experiencing bullying at school and online.  
(Patchin & Hinduja, 2020)

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

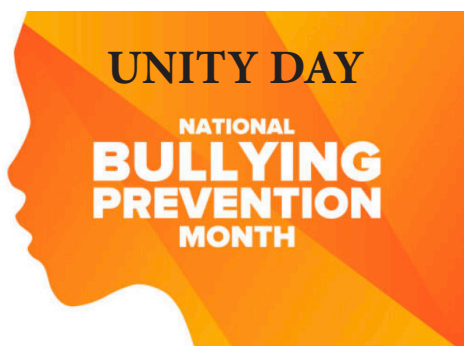
FRONT



BACK



**OCTOBER**



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  
ctaoiin  
ahtrrse  
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? \_\_\_\_\_

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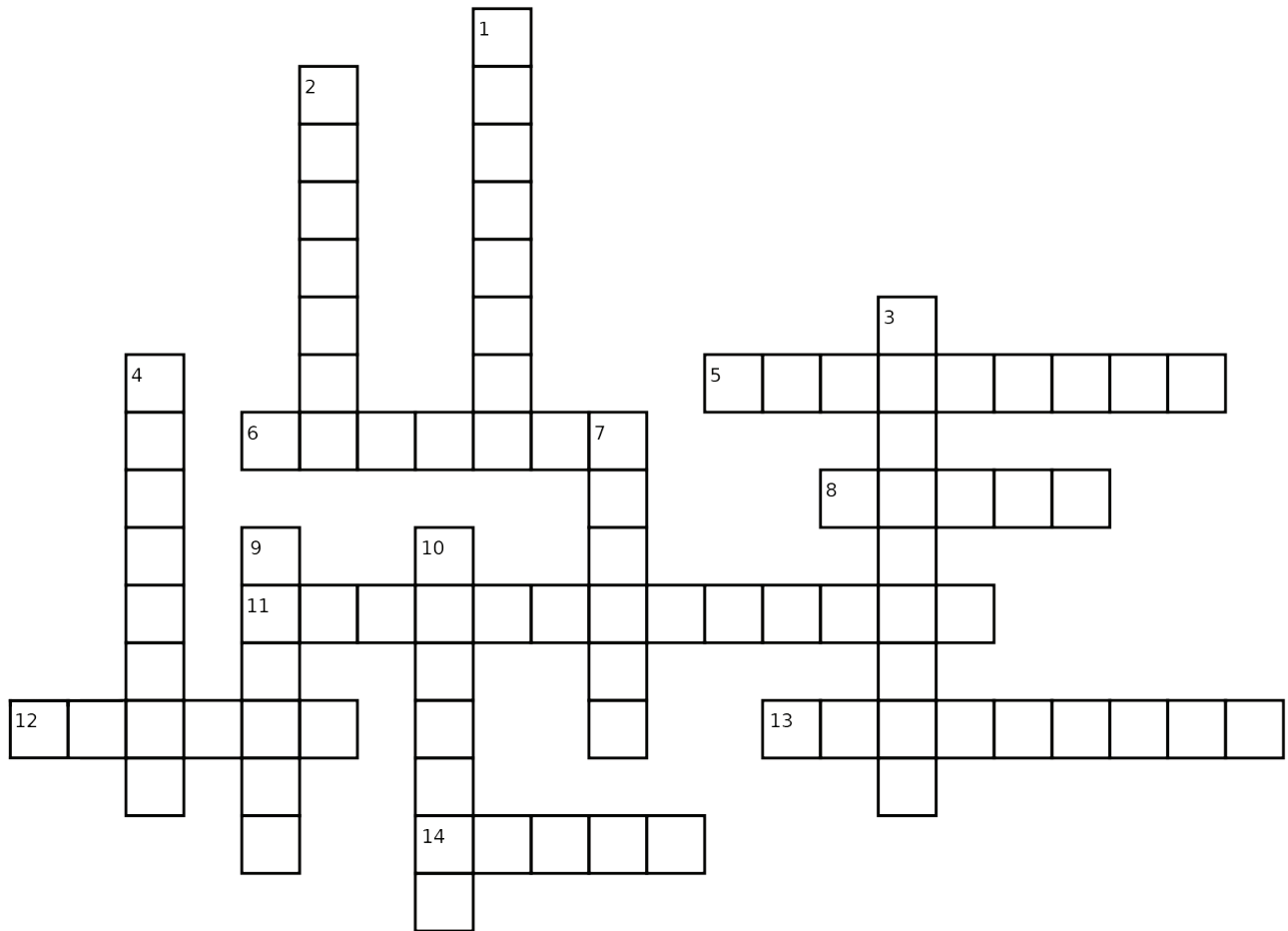
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## Crossword Puzzle



### Down:

1. The opposite of negative
2. What the lion in the Wizard of Oz wanted the most
3. Knowledge or understanding of a situation or fact
4. Act of being nice
7. Emotions or physical reactions that continue after the event.
9. The process of doing something
10. To be useful

### Across:

5. Having familiarity, awareness, or understanding of something
6. You show this by being polite and kind to someone
8. Used to describe anyone or anything that displays courage
11. The electronic posting of mean messages about someone
12. To talk about someone or start a rumor
13. Someone who intervenes on behalf of a person being attacked or bullied
14. Opposite of divided; togetherness or oneness



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?

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How does being an bystander make you feel?

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How can you be an upstander in a bullying situation?

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**BULLYING IS BAD  
DON'T MAKE OTHERS  
FEEL SAD!**

# RESOURCES

## #SafeAllies

Support and resources for Nevada parents and youth  
800-216-5188 | [nvpep.org/safe-allies](http://nvpep.org/safe-allies)

## #SafeAllies Focus Group Results

<http://bit.ly/safeallies-focus-group-results>

## Youth MOVE Nevada Podcast

A podcast on youth topics and mental health  
800-216-5188 | [nvpep.org/youth-move](http://nvpep.org/youth-move)

## Safe Voice

Anonymous bullying reporting app for Nevada students  
833-216-7233 | [safevoicenv.org](http://safevoicenv.org)

## PACER's National Bullying Prevention Center

Resources for educators, parents, and youth  
800-537-2237 | [pacер.org/bullying](http://pacер.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.

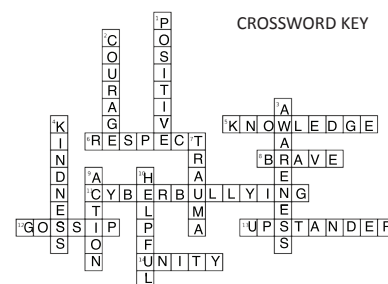
TOGETHER WE CAN  
STOP BULLYING!



PACER's  
National Bullying Prevention Center®

[stopbullying.gov](http://stopbullying.gov)

THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives



Nevada PEP  
Central: 702.388.8899 | Satellite: 775.448.9950  
Statewide: 800.216.5188 [www.NVPEP.org](http://www.NVPEP.org)



BEING BULLY-FREE  
MAKES ME FEEL:

TOGETHER WE CAN