

BE AN ALLY AGAINST
BULLYING!



SPEAK UP,
SPEAK
OUT!



#SAFE
ALLIES

NEVADA
PEP
Strengthening Families *with*
Education • Empowerment • Encouragement

PARTNERS



Washoe County
Children's Mental Health
Consortium

Nevada Institute For Children's Research & Policy

NICRP

University of Nevada - Las Vegas



CCCMHC

Clark County Children's Mental Health Consortium



Children's
Advocacy
ALLIANCE



UNITY DAY

TOGETHER AGAINST BULLYING
UNITED FOR KINDNESS, ACCEPTANCE, AND INCLUSION

10.18.23 #UNITYEVERYDAY

ABOUT THIS BOOK

This activity book was made to help you identify what a bully is and what you can do to stand up for yourself and others.

This book will help give you the confidence to stop bullying and become an upstander and an ally.

ABOUT YOUTH MOVE NEVADA

We are a youth lead group that works to inspire youth to make changes in their community. We believe in the value of sharing your life experiences and using your power to make your community better. We also believe in creating safe spaces where youth can learn how to use their voices and learn self-advocacy skills.

WORDS TO KNOW

Action: the fact or process of doing something, typically to achieve an aim.

Ally: a person or organization that actively supports the rights of a minority or marginalized group without being a member of it.

Bystander: a person who is present at an event or incident but does not take part.

Cyberbullying: the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

Report: give a spoken or written account of something that one has observed, heard, done, or investigated.

Respect: a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

Upstander: a person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.

"Kindness and justice are not synonymous. Be kind. And advocate and work for justice. Lives depend on it."

- Bernice King

Name:

Favorites:

color:

food:

movies/books:

sport/activity:

animal:

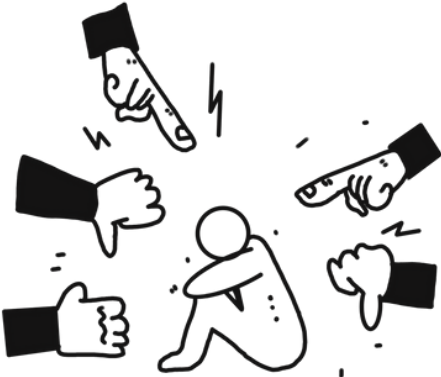
A Quote to live by:

Top Three Goals:

I Love....

My Favorite Self Care Activity:

What is Bullying?



Social Bullying

Social bullying is designed to harm someone's social reputation or cause humiliation (spreading rumors).



Verbal Bullying

Verbal bullying includes name-calling, insults, intimidation, teasing, 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, e-mails,) to torment, harass, humiliate, embarrass, or target another person.

Write a letter to your younger self saying what you would have wanted to know about bullying

A blank sheet of white paper with horizontal blue lines. A vertical red line is positioned on the left side, creating a margin. Along the left edge, there are 15 circular punch holes. The paper is otherwise empty, ready for writing.

Word Search

N	P	R	E	V	E	N	T	E	E	A	N	Y	E
S	C	O	C	I	B	C	E	S	I	O	L	E	R
C	A	A	L	C	T	Y	A	F	I	L	T	A	E
A	O	P	D	T	T	S	S	T	A	R	V	C	S
I	U	M	L	I	N	T	C	T	O	E	C	Y	P
D	P	R	M	M	E	A	G	P	A	R	C	E	E
E	S	D	P	U	A	E	E	E	E	N	L	O	C
M	T	E	I	R	N	R	R	E	R	U	D	R	T
L	A	V	S	U	A	I	C	N	E	T	T	E	T
A	N	M	S	M	S	R	C	O	P	T	R	A	R
I	D	R	O	O	P	E	T	A	C	O	V	D	A
C	E	E	G	R	O	D	T	U	T	P	E	P	Y
O	R	E	R	S	T	V	I	O	O	E	V	R	D
S	M	E	E	T	S	E	F	L	E	S	T	T	A

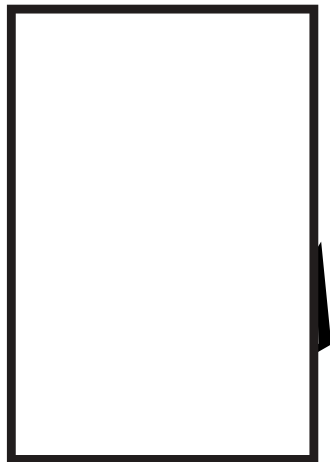
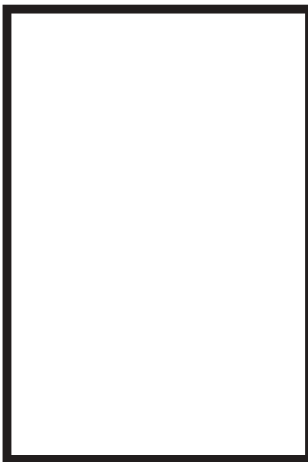
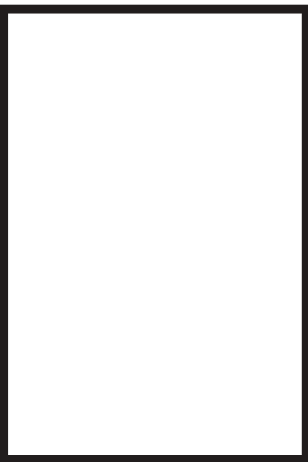
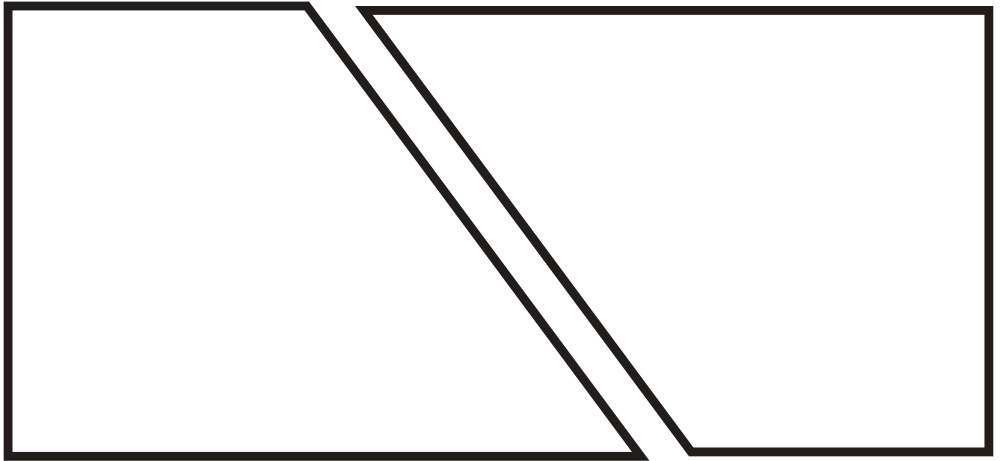
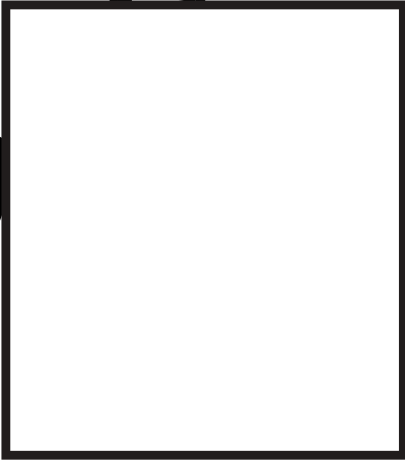
SOCIAL MEDIA
RUMORS
ADVOCATE
SELF ESTEEM

UPSTANDER
BYSTANDER
GOSSIP
ALLY

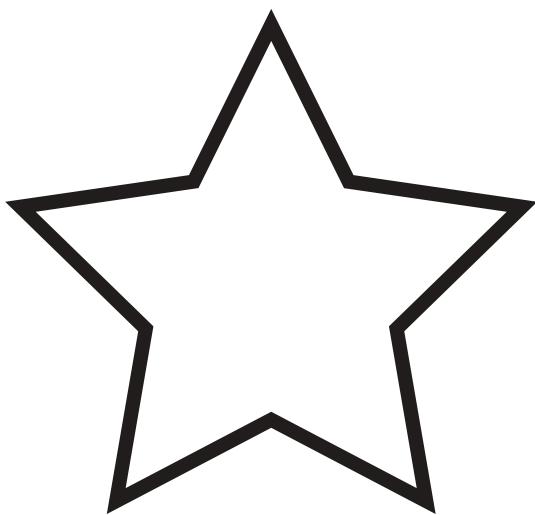
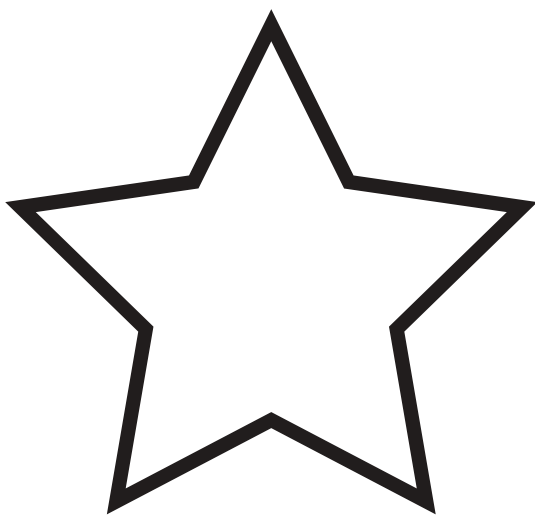
REPORT
PREVENT
COMMUNICATE
ACTION

“It takes courage to be kind.” - Maya Angelou

**Draw a comic strip showing someone
being an Upstander**

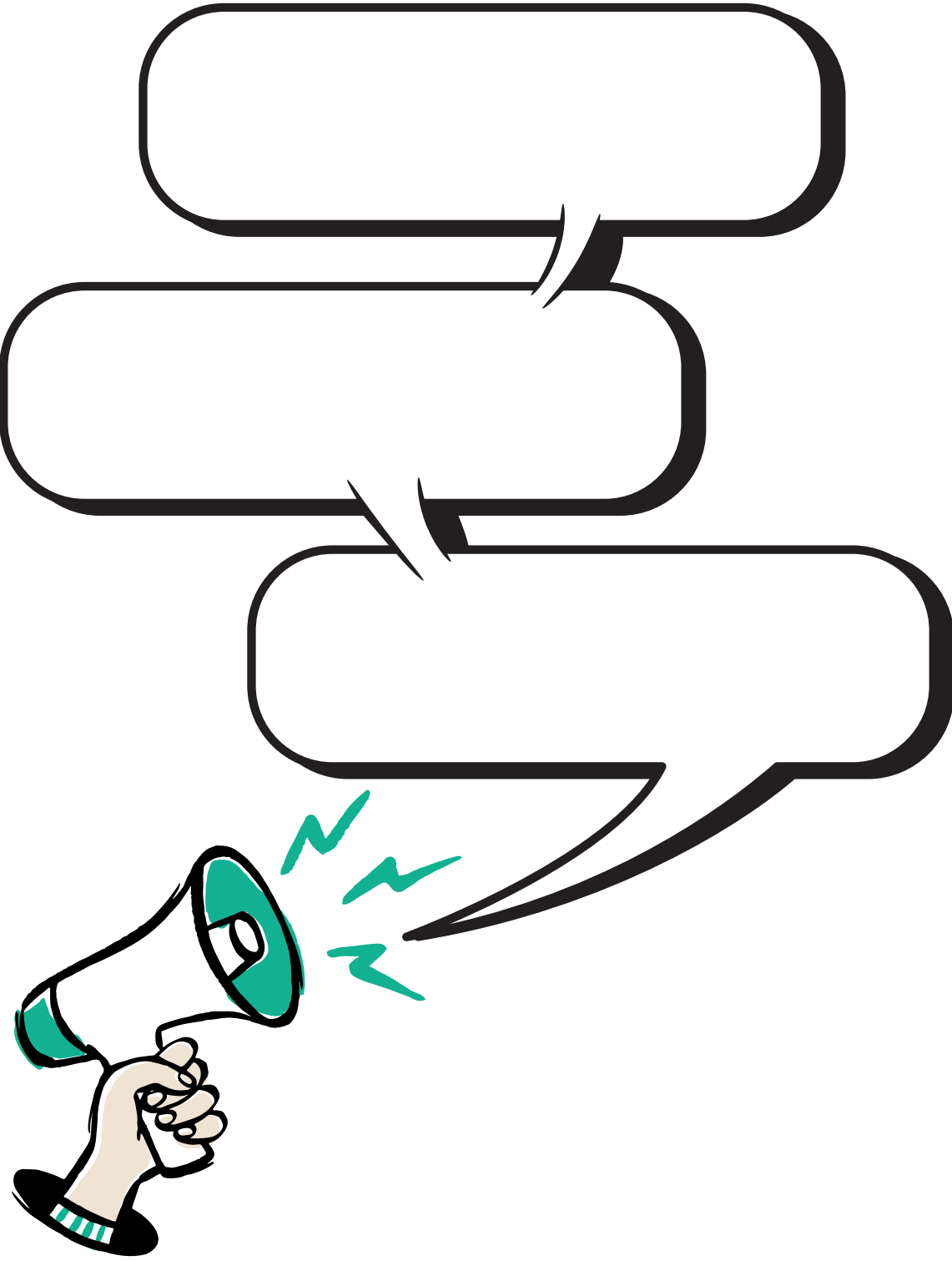


Fill in the stars with your support system, these are people you could go to if you were being bullied



"How do we change the world? One random act of kindness at a time." - Morgan Freeman

**You can speak up! Write in different ways
you can respond to bullying**



Unscramble the words

1. avcedtoA

2. lgbunyli

3. inrfed

4. alisco amedi

5. tdrnebysa

6. sraputnde

7. nftdacnio

8. yhmpate

9. scpeetr

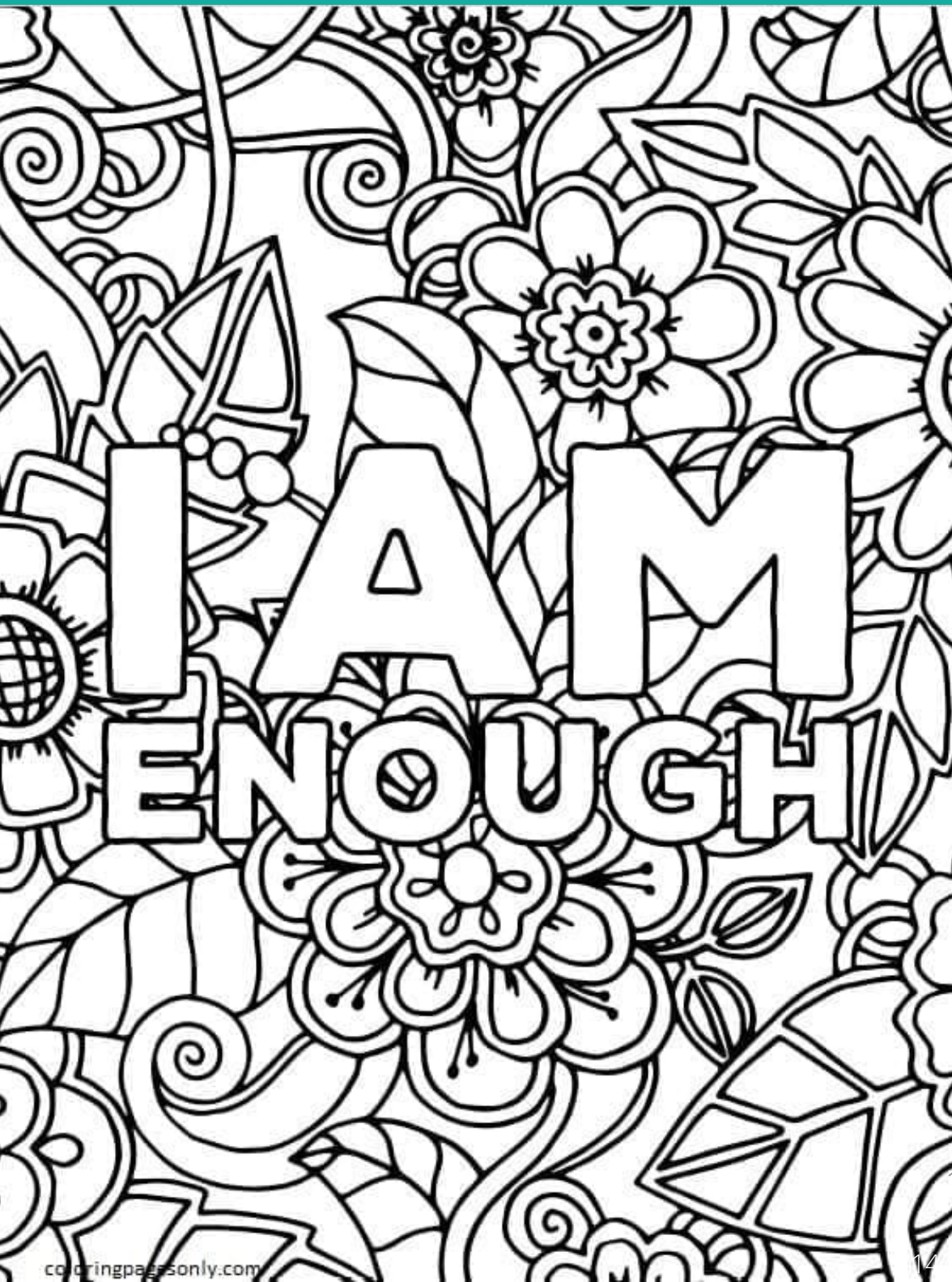
10. eacguro

Answers: 1. Advocate 2. Bullying 3. friend 4. social media 5. bystander 6. upstander 7. confidant 8. empathy 9. respect 10. courage

"No act of kindness, no matter how small, is ever wasted."

- Aesop

Be KIND to yourself



RESOURCES



NEVADA PEP

Support for families that have children with disabilities
1-800-216-5188 | nvpep.org



#SAFEALLIES

Bullying resources and training for youth & families
nvpep.org/safe-allies



FAMILIES S.H.A.R.E.

Family program to reduce stress and build resilience
nvpep.org/families-share



CHILDREN'S MENTAL HEALTH

Resources and information for children's mental health
1-800-216-5188 | nvpep.org/safe-allies



PACER'S NATIONAL BULLYING PREVENTION CENTER

Bullying resources for educators, parents, and youth
800-537-2237 | pacer.org/bullying



SAFE VOICE

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



STOP BULLYING

Provides information from various government agencies
stopbullying.gov