

# Stand Up, Speak Out!



THE POWER TO  
END BULLYING



## UNITY DAY

KINDNESS ★ ACCEPTANCE ★ INCLUSION

YOUTH

MOVE

Motivating Others  
through Voices  
of Experience

NEVADA

#SAFE  
ALLIES

NEVADA

PEP 

Strengthening Families *with*  
Education • Empowerment • Encouragement

# Thank you to our Supporters!

## WINNER'S CIRCLE SPONSORS



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HENDERSON



Brownstein

## PIT CREW SPONSORS



Findlay Henderson

Our Little World TREATMENT CENTER



Specializing in Autism Spectrum & Related Disorders



## GRANDSTAND SPONSORS



# 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 to torment, harass, humiliate, embarrass, or target another person.

# Let's Celebrate Unity Day!



Write about what each word means to you!



KINDNESS

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INCLUSION

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ACCEPTANCE

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UNITY

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Unity Day is on October 16th, 2024. Unity Day celebrates kindness, acceptance, and inclusivity, bringing us together to stand against bullying.

# CALL IT OUT.

People who watch others being teased or bullied are **BYSTANDERS**.

When bystanders don't call the bullies out, this encourages more bullying.



**UPSTANDERS** do call bullies out when people are teased or bullied.

They go out of their way to support people who've been bullied.

**CAN YOU BE AN UPSTANDER?**

Make a list of things you can do to call out a bully.


Examples:

Be Kind

Stand up for someone being bullied

Tell the bully to stop

Tell an adult what you saw

Make a report on the SafeVoiceNV App

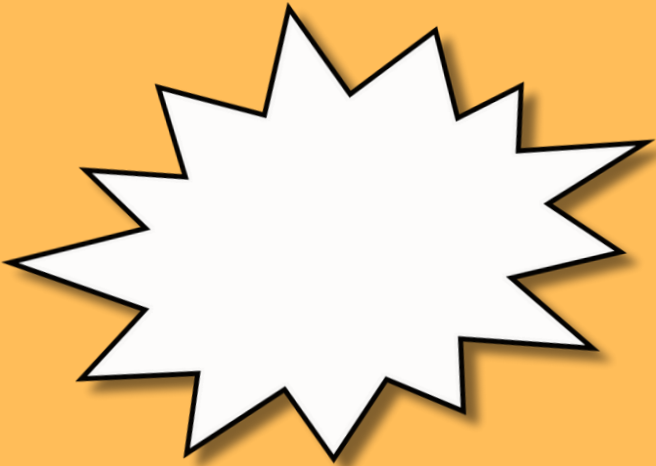
Help someone who is hurt

"Always have a willing hand to help someone, you might be the only one that does."

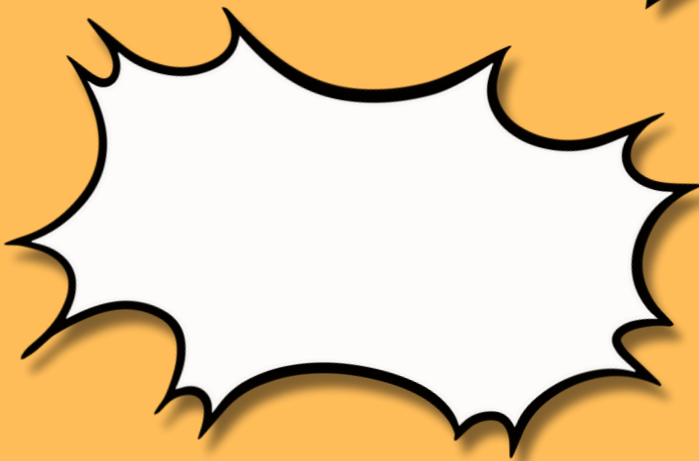
Roy T. Bennett

# Stand Tall

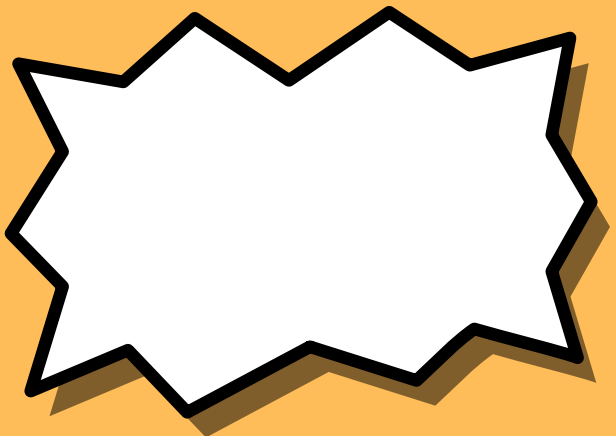
*"I am worthy!"*



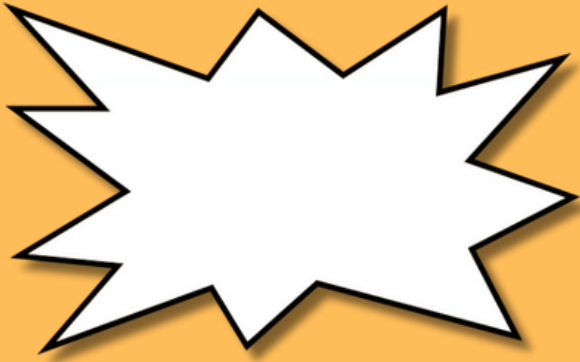
*"I am strong!"*



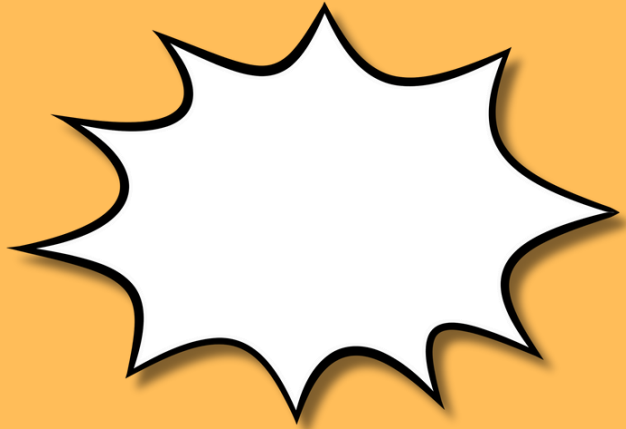
When you've finished writing your messages, look into the mirror and shout them out!



# Speak Bold



Write empowering affirmations to combat bullying!



"I am enough"



"I am smart!"

# Be Kind to Others

## B I N G O

**TELL  
SOMEONE  
WHY THEY'RE  
AWESOME**

**HOLD THE  
DOOR FOR  
SOMEONE**

**DONATE  
UNUSED  
BELONGINGS**

**GIVE A  
COMPLIMENT**

**SAY "HI!" TO  
SOMEONE  
NEW**

**CHECK IN ON  
LOVED ONES**

**GIVE  
SOMEONE  
A HIGH  
FIVE**

**ASK SOMEONE  
ABOUT  
THEMSELVES**

**SIT BY A NEW  
STUDENT AT  
LUNCH**

**HELP  
SOMEONE  
CLEAN UP**

**ASK  
SOMEONE  
IF THEY  
NEED  
HELP**

**DONATE A TOY  
OR BOOK**



**READ A BOOK  
WITH A  
FRIEND**

**WRITE 5  
THINGS YOU  
LOVE ABOUT  
YOURSELF**

**SPEND  
MORE TIME  
WITH FAMILY**

**MAKE A  
HANDMADE  
GIFT FOR  
SOMEONE**

**GO FOR  
A WALK  
WITH A  
FRIEND**

**LET SOMEONE  
GO BEFORE  
YOU IN LINE**

**TAKE  
A SELFIE  
WITH A  
FRIEND**

**SEND A CARE  
PACKAGE**

**LISTEN TO  
SOMEONE  
WHO NEEDS IT**

**LEAVE A NICE  
NOTE IN A  
LIBRARY  
BOOK**


**SMILE AT 5  
PEOPLE YOU  
DON'T KNOW**

**HELP  
SOMEONE  
WHO IS  
STRUGGLING**


Kindness is like bingo—each small act fills in a space on the card of a more accepting and inclusive world.

# What Did They Say??

Write down what you would say to a friend expressing these negative thoughts.



**I'M SO STUPID.  
I SHOULDN'T  
HAVE MADE  
THAT MISTAKE.**



**I'M NOT GOOD  
AT ANYTHING.**



**NOTHING I  
SAY OR DO  
MATTERS.**



"I am stronger than my challenges and my challenges are making me stronger."

- Karen Salmansohn

# Word Search

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

CYBERBULLYING

ASSERTIVE

EMOTIONAL

STAND OUT

UNITY

BYSTANDER

SAFE SPACE

UPSTANDER

SPEAK OUT

REPORT

FRIENDSHIP

SAFEVOICE

PHYSICAL

BULLY

PEACE

Find the Words, Stop the Hurt.  
Search for Kindness, Not Bullying.

Draw what Bullying Prevention means to you!

**BE A FRIEND**



**NOT A BULLY**

United we stand, divided we fall. Let us unite against bullying!

# RESOURCES



## **SAFEVOICE NV**

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



## **YOUTH MOVE NEVADA**

Supports youth and provides bullying resources  
**[nvpep.org/youth-move](https://nvpep.org/youth-move)**



## **TEEN TEXT LINE**

Stigma-free, non-crisis peer support text service for youth  
**775-296-8336 | [namiwesternnevada.org](https://namiwesternnevada.org)**



## **#SAFEALLIES**

Bullying resources and training for youth & families  
**[nvpep.org/safe-allies](https://nvpep.org/safe-allies)**



## **PACER'S NATIONAL BULLYING PREVENTION CENTER**

Bullying resources for educators, parents, and youth  
**800-537-2237 | [pacer.org/bullying](https://pacer.org/bullying)**



## **STOP BULLYING**

Provides information from various government agencies  
**[stopbullying.gov](https://stopbullying.gov)**



## **NEVADA PEP**

Support for families that have children with disabilities  
**1-800-216-5188 | [nvpep.org](https://nvpep.org)**