

Kindness Looks Good On You



Bullying Prevention Activity Book



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

**#SAFE
ALLIES**

A SPECIAL THANK YOU TO THE



FOUNDATION

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CENTER**



"Helping kids find their super powers."



Kind Soul Sponsors

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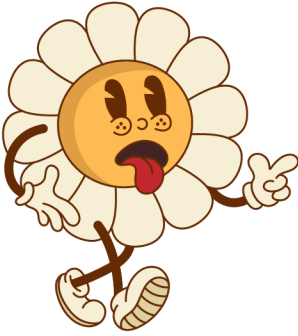
**Uncle Billy and
Uncle Jeff**

Smart & Final.
CHARITABLE
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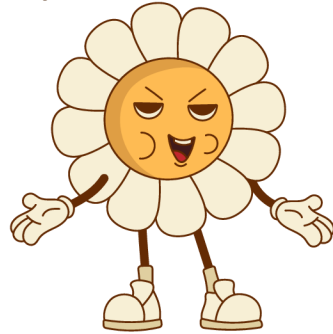
What is Bullying?

Bullying is unwanted, aggressive behavior that includes a real or perceived power imbalance and has potential to be repeated. Bullying is not a mutual disagreement. A mutual agreement is a conflict between individuals of roughly equal power, where both parties have an equal chance to express their perspective.



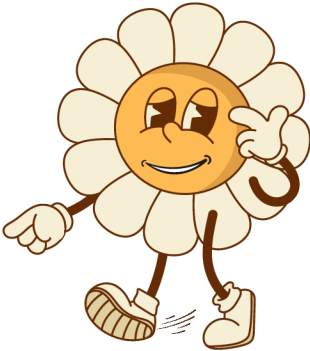
Social Bullying

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



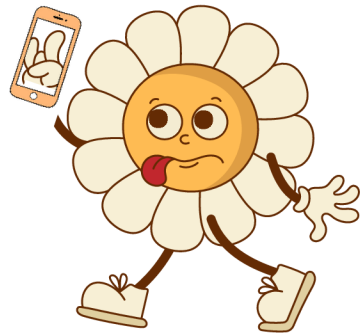
Verbal Bullying

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.

Stand Tall, Spread Peace, Stop Bullying!

Unity Day Haiku

Orange is the color for Unity Day, we wear it because it represents visibility, hope, and coming together to celebrate kindness, acceptance, and inclusivity while standing against bullying.

Write a haiku for Unity Day! A haiku is a three-line poem with 5 syllables in the first and last line, and 7 syllables in the middle line.

Example Haiku:

Peace signs in the air

Colors blend, love everywhere

Vibes unite us all

Wear Orange
on Unity Day!



Join the Kindness Revolution, Unity is the Solution!
Unity Day, October 22nd, 2025.

Boogie Against Bullying

Complete each scenario with how you'd stand up for someone who needs you!

A student keeps pushing another student in the hallway.



A classmate receives hurtful messages online from others.



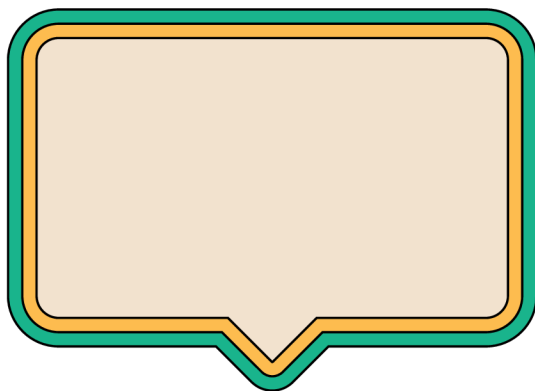
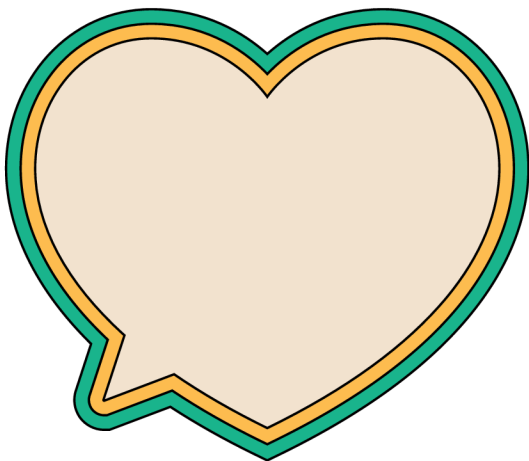
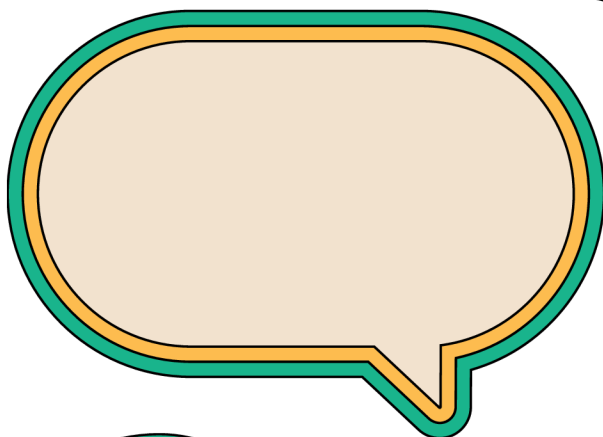
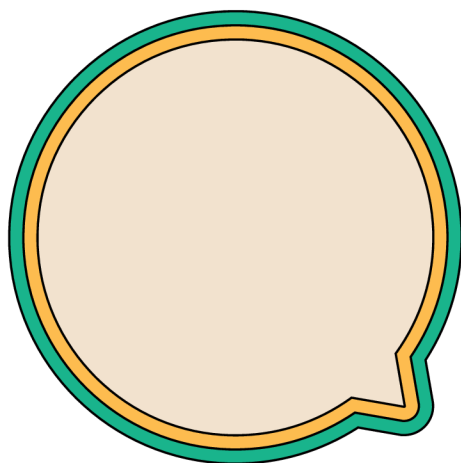
Someone keeps teasing your friend about how they look.



Your Moves Can Make a Difference!

Groovy Vibes, Positive Minds

**"I am strong, worthy,
and no one's words
can define me."**



Write down your favorite affirmations!

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**

**Talk to
Someone
Who is
Sitting Alone**

**Help
Someone
Clean Up**

**Ask
Someone
if They
Need Help**

**Send an
Uplifting
Song to
Someone**



**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**

**Share a
Good Mood
Playlist**

**Listen to
Someone
Who Needs It**

**Leave a Nice
Note in a
Library Book**

**Smile at 5
People You
Don't Know**

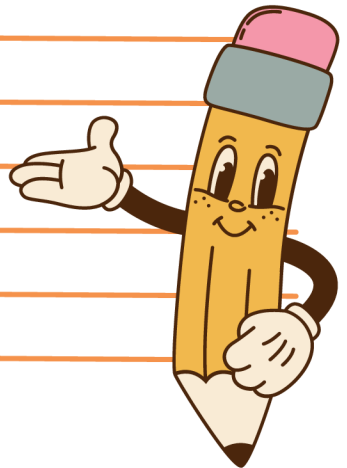
**Help
Someone
Who is
Struggling**

Far Out Friends Don't Put Others Down.

Peace, Love, Reflect

What does it feel like to experience bullying?

Why is it important to stand up?



Grow Through What You Go Through.

Search for Kindness

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 U P Z 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
 K I N D N E S S M 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 O U T 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

KINDNESS

STAND UP

UNITY

BYSTANDER

SAFE SPACE

UPSTANDER

SPEAK OUT

REPORT

FRIENDSHIP

SAFEVOICE

PHYSICAL

BULLY

PEACE

Did you find all the words?



Peace and Love Pledge

Fill each part of the peace sign with ways you can show kindness to someone or stand up against bullying.



Peace Begins With You.

Groovy Safe Space



Draw what bully free means to you!

Resources



SafeVoice NV

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



Youth MOVE Nevada

Supports youth and provides bullying resources
nvpep.org/youth-move



#SafeAllies

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



Pacer's National Bullying Prevention Center

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



Stop Bullying

Provides information from various government agencies
stopbullying.gov



Nevada PEP

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



Teen Text Line

Stigma-free, non-crisis peer support text service for youth
775-296-8336 | namiwesternnevada.org