

ANTI BULLYING WEEK

November 13-17, 2023

Types of Bullying

- Physical Bullying
- Verbal Bullying
- Social Bullying
- Electronic or Cyber bullying

What is Bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

Signs a child is being Bullied

- Unexplainable injuries
- Declining grades
- Feelings of helplessness
- Difficulty sleeping
- Changes in eating habits
- Feeling Sick or Faking Illness
- Sudden self-destructive behaviors

Signs a child is the Bully

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Blame others for their problems
- Worry too much about their reputation

EFFECTS OF BULLYING

STOP BULLYING

PHYSICAL • VERBAL • SOCIAL • CYBER



Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

CLUB ACTIVITY IDEAS

- **Kindergarten to 2nd Grade**
 - <https://youtu.be/JkDkJmbdxVQ>
- **3rd Grade to 5th Grade**
 - <https://youtu.be/gA7LZzOGJx8>
- **Creative Activities**
 - Positive Affirmation Mirror
 - Gratitude Journal
 - Affirmation Jar
 - Transforming Negative Self-Talk Activity
 - Power Pose Challenge (e.g., Wonder Woman Pose, Performer Pose (Superman), etc.)
- **Self-Esteem:**
 - Positive affirmation jar, create cards decorate
 - Pep talk from Kid President
 - <https://www.youtube.com/watch?v=l-gQLqv9f4o>
- **Self Esteem Journal**
 - <https://www.therapistaid.com/therapy-worksheet/self-esteem-journal>
 - https://youtu.be/_gJ5V525Sck



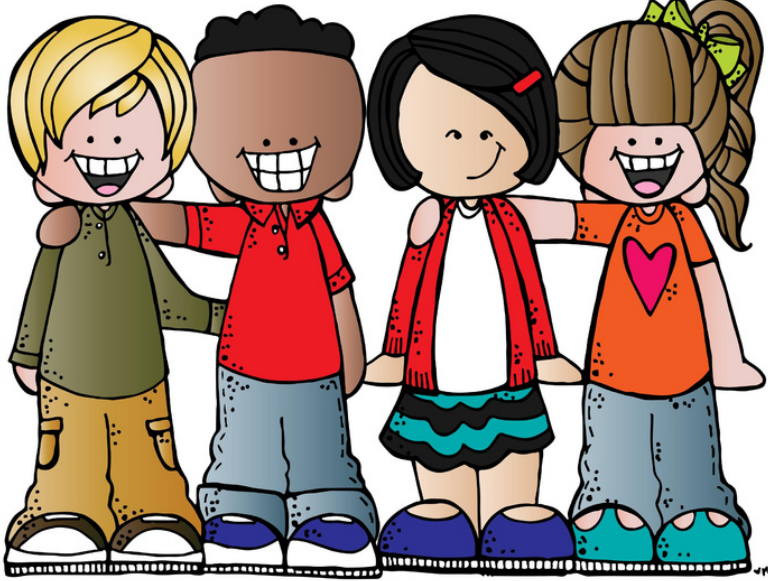
- **Affirmation Station in the Classroom**
- **Self-esteem activities**
- **Journaling**
 - [12 Prompts for Journaling for Your Mental Health \(choosingtherapy.com\)](https://www.choosingtherapy.com)
- **Positive affirmation bracelets**
 - [Amazon.com: 60 Pieces Inspirational Rubber Bracelet Motivational Quote Silicone Bracelets 20 Styles Black Stretch Wristbands for Men Women Teens \(Bright Colors\) : Office Products](https://www.amazon.com)



- **Bulletin Board Ideas**
 - "What is your reason why"/"What are you grateful for?"
 - Take what you need
 - <https://purpleprontopups.wordpress.com/2017/08/08/give-and-take-bulletin-board/>
- **School/Community Activity**
 - Create a school/community garden
 - Host an Open Mic
 - Heal through words
 - Dance party during lunch
- **Arts & Crafts Ideas**
 - Create cards or letters of gratitude
 - Halloween Art Activities
 - <https://www.stemchallenge.com/2019/08/22/halloween-stem-challenge-bone-bridge/>
 - Gratitude jar: <https://www.therapistaid.com/worksheets/gratitude-jar>



THE POWER OF KINDNESS



**WE WILL INCLUDE
OTHERS SO THEY DON'T
FEEL LEFT OUT.**



**WE ARE BUDDIES,
NOT BULLIES!**

Kindness, acceptance, and inclusion are all important actions to think about—they have the power to make a difference in your school or community. These qualities can help others feel respected, valued for who they are, and included in the group. Whether it's holding the door for someone, inviting someone new to sit with you, or saying thanks, you can help create a world without bullying one action at a time!



I am kind

BULLYING PREVENTION

Include others:

When someone is included, it can help them feel like they are a part of something bigger than themselves. You can include others by noticing if someone is alone at recess and asking if they want to join you, telling someone you're happy they are part of your school, or learning something new about a peer!

Show kindness:

Kindness is something we can all give—it's about showing you care about others! One way to share kindness is by creating kindness rocks. Paint messages about kindness, acceptance, and inclusion on rocks. Then, place these rocks around your community or school to share the message with others!

Promote acceptance:

We are all unique in our own way and acceptance is about being open to respecting those differences. One way to promote acceptance is by noticing when someone takes longer to do something or does it in a different way. Be patient and helpful, giving them the help they need to accomplish it!

M-DCPS MENTAL HEALTH Parent Assistance Line:

(305)995-7100

Parental Concern Hotline:

(305)995-2333