



Student Action Plan Against Bullying

A PEATC
Bullying Prevention and
Awareness Brief
for Virginia's Parents

Be A Champion Against Bullying!

*The End of Bullying Begins With
You!*

WHAT IS BULLYING?

Bullying is characterized by aggression used within a relationship where the aggressor(s) has more real or perceived power than the target. Bullying can involve overt physical behavior or verbal, emotional, or social behaviors.

Cyber bullying can include offensive text messages or e-mails, rumors or embarrassing photos posted on social networking sites, or fake online profiles.

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Student Action Plan Against Bullying!

Bullying affects everyone. Whether you are the target of bullying, a witness, or the person who bullies, it is something that impacts you, your peers, and your school.

Bullying can be stopped, but it won't just happen. You have to take action and develop a plan that works for you and your situation. This is your opportunity to change what is happening to you, or someone else, and make a difference. Start by creating your own plan to take action against bullying.

What You Can Do

The following steps will help you develop an action plan to address a bullying situation that is happening to you or someone else.

Step 1: Think about the bullying you have experienced, seen, or even done yourself.

Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.

Step 2: Then consider how that situation could be different.

Include what you would like to see happen, how things could be changed, and what would help you feel back in control of the situation.

Step 3: Next, think about the steps needed to make those changes happen.

Consider what role you need to take, who would need to be involved, and what they would need to do.

Once you have read through the steps, use the form "My Personal Plan To Take Action Against Bullying" and begin filling in your ideas.

Want Other Ideas to Help Think About Your Plan?

- * Review examples on page 2
- * Learn your state law - visit www.Olweus.org and link to the interactive state map
- * Read PACER Handouts
 - "Drama: It is happening to you?"
 - "Tips for Teens: Use Your IEP Meetings to Learn How to Advocate for Yourself"

Want To Do More?

- * Review ideas to get involved on page 3
- * Visit the PACER websites listed on page 4

Your Action Plan Against Bullying!

Step 1. Describe the bullying that's happening. Include dates, location, who is involved, and details of the behavior.	Step 2. Describe what you would like done about it. Think about how the situation could be stopped or prevented.	Step 3. What steps can you take to make that happen? Include who could help, what they can do, and what you can do.
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Kyla is a 10-year-old girl with Tourette syndrome. A classmate is making fun of one of her “tics.”
Tics are behaviors that happen involuntarily and are often repetitive.

<p>There are times when I blink my eyes, not just some but a lot – especially when I feel stressed. When it happens, there is this kid named Jordan that imitates me, and he make a big production out of it. He exaggerates blinking and then tells all his buddies to watch him, and a lot of them laugh. It really hurts and makes me wish I didn't have to go to school.</p>	<p>I don't want to get anyone in trouble, I just want him to stop. It's hard when it feels like people are laughing at me because of something I can't control. I want to say something to him but it's not easy to do. I wish one of the other kids would stick up for me. Maybe I could talk with some of my friends and see if they would support me when this happens. I think it might help if I explain that blinking my eyes is just a part of who I am.</p>	<p>I am going to talk with my mom and ask her for her ideas on the best way to tell the other kids about my tics. I am going to ask her if we can go to my teacher together and let her know what's been happening. My friend Karla is someone who is always at my side. I am going to ask her if I can talk with her anytime when I'm feeling bad. When I feel ready, I want to prepare myself to say something to Jordan, but in the meantime I am going to remember that I have many people who care about me.</p>
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Nate is a 16-year-old boy who is tired of seeing his classmate Jack get harassed because of the way he walks.

<p>Sam keeps calling Jack a “spaz.” Everyone hears it, but nobody says anything. Sam thinks it's funny. Jack does walk differently, but it's because he has cerebral palsy, which affects how he moves.</p>	<p>Sam shouldn't use that word because it's offensive. I could talk with Jack about how he thinks I could help. Or maybe I could ask our teacher to talk about how words can impact the way we view people. I can say something to Sam, but it would need to be something that wouldn't make things worse for Jack. I could encourage others to say something, too. No one deserves to be treated that way.</p>	<p>I should talk with my guidance counselor and ask him what he thinks of my ideas. I could also ask him if there is anything we can do in class to show how much words can hurt others. If I can make a difference for Jack, then maybe others will figure out they can do something, too.</p>
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Want To Do More?

Developing an action plan is a great first step to end bullying in your school. Now decide if you want to do even more! Read the ideas below and decide which ones are right for you. Place a check in that box and then get ready to take bullying prevention to the next level.

- **Learn MORE!**

Visit PACERTeensAgainstBullying.org for middle and high school students or PACERKidsAgainstBullying.org for elementary school students. Tell your parents and teachers to visit PACER.org/Bullying.

- **SUPPORT the Movement!**

Sign “The End of Bullying Begins with Me” online petition at PACER.org/Bullying. Elementary school students can also take the “Kids Against Bullying” pledge at PACERKidsAgainstBullying.org.

- **Share YOUR Story!**

Send your story, picture, song, video, poem, artwork, or audio clip describing how you overcame a bullying situation (or helped someone overcome theirs) to bullying411@PACER.org. Stories are posted to the websites.

- **Tell Why YOU Care!**

Post a statement on PACER.org/Bullying saying why you care about bullying prevention, or share how you’ve already made a difference.

- **Join US in October!**

October is National Bullying Prevention Month, sponsored by PACER’s National Bullying Prevention Center. Tell your parents, teachers, and other adults about this event and ask for their help bringing information to your school or community.

PACER's National Bullying Prevention Center

PACER's National Bullying Prevention Center unites, engages, and educates communities nationwide to address bullying through creative, relevant, and interactive resources. PACER resources include innovative websites, downloadable classroom toolkits, student-led activities, and much more! Share these great resources with friends, parents, teachers, and other adults in your community.

Resources for Parents and Professionals

Administrators, educators, parents, and community leaders can access resources to raise awareness of bullying and provide education about bullying prevention, including how students can take an active role in addressing bullying.

Resources include interactive websites, lesson plans, classroom toolkits, informational handouts, videos, petitions, and more!

PACER's National Bullying Prevention Month

October is National Bullying Prevention Month, sponsored by PACER's National Bullying Prevention Center. Tell your parents, teachers, and other adults about this event. Ask for their help in bringing information to your school or community.

Resources include contests, events like Run Walk Roll Against Bullying, petitions, opportunities to become a partner, live events, pledges, and much more.

Website for Middle and High School Students

PACERTeensAgainstBullying.org is a website created by and for teens. It's a great place for middle and high school students to find ways to address bullying, take action, be heard, and join an important social cause.

Website for Elementary School Students

PACERKidsAgainstBullying.org is a creative, innovative, and educational site designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.

