

# 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 that doesn't just happen. You must 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 some else and to make a difference. You can get started by creating your own plan to take action against bullying!

## What You Can Do

The following steps will help you in developing an action plan. Once you have read through them, go to page 2 of this handout and fill in your information.

**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.

**Example:** This is from a student who has witnessed bullying.

Step 1	Step 2	Step 3
Sam keeps calling Jack a "spaz." Everyone hears it, but nobody says anything. Jack does walk differently, but it's because he has cerebral palsy, which affects how he moves.	Sam shouldn't use that word, because it's offensive. I could talk with Jack or maybe ask our teacher to talk about how words can impact the way we view people. I could encourage others to say something, too.	I should talk with my guidance counselor and ask him what he thinks of my plan. I could also ask him if there is anything we can do in class to show how much words can hurt others.

## STUDENT ACTION PLAN AGAINST BULLYING

**Be A Champion  
Against Bullying!**

***The End of Bullying  
Begins With You!***

**PACER's  
National Bullying  
Prevention Center**

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PACER.org/Bullying | PACERTeensAgainstBullying.org | PACERKidsAgainstBullying.org

**Your Action Plan Against Bullying!**

<b>Step 1. Describe the bullying that’s happening. Include dates, location, who is involved and details of the behavior.</b>	<b>Step 2. Describe what you would like done about it. Think about how the situation could be stopped or prevented.</b>	<b>Step 3. What steps can you take to make that happen? Include who could help, what they can do and what you can do.</b>

## Want To Do More?

Developing an action plan is a great first step to ending bullying in your school. Now decide if you want to do even more! Read the ideas listed 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!

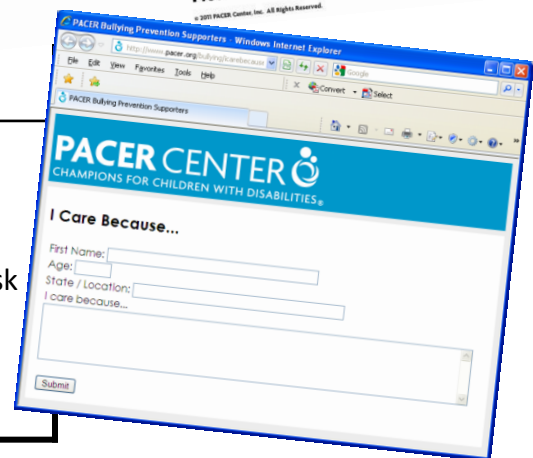
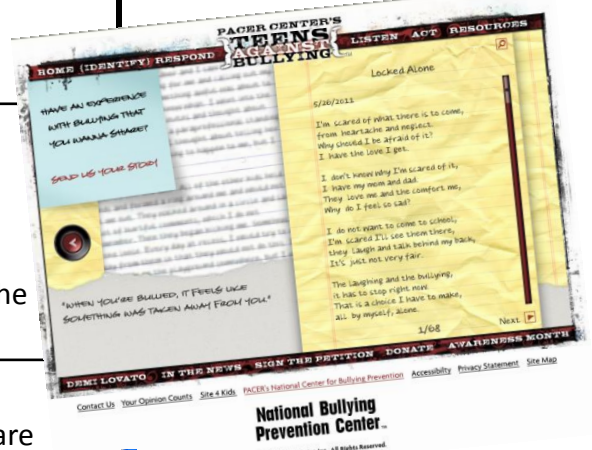
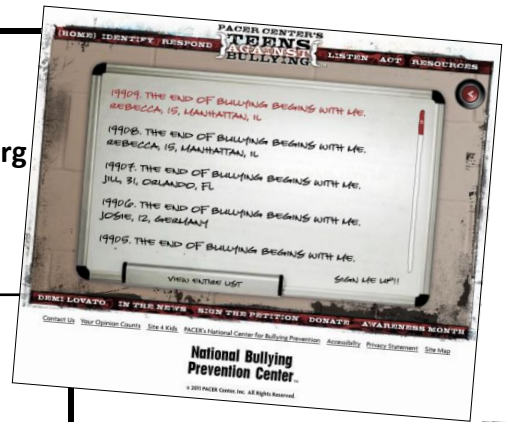
Send your story, picture, song, video, poem, artwork or audio clip describing how you overcame a bullying situation or helped someone overcome theirs to [bullying411@PACER.org](mailto:bullying411@PACER.org). Stories are then posted to the websites.

### ☐ 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 in 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 at school 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.

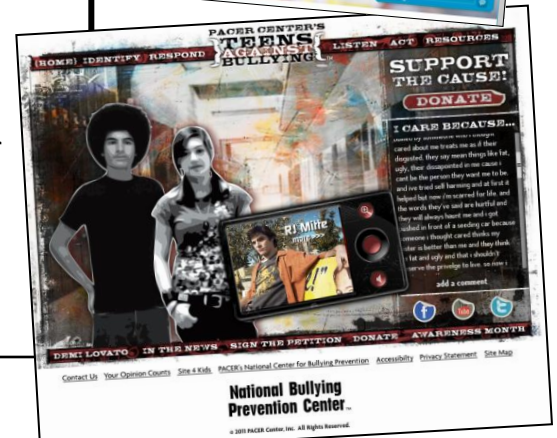
Resources include interactive websites, lesson plans, classroom toolkits, informational handouts, videos, petition signing and more!



### 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 such as Run Walk Roll Against Bullying, petition signing, 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 place for middle and high school students to find ways to address bullying, to take action, to be heard and to 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.

