

FOR KIDS: ACTION GUIDE: REDRAW YOUR WORLD WITHOUT BULLYING

Are you ready to join kids like you who are taking ACTION to create a world without bullying? Follow these steps to learn how!

STEP 1: GET INSPIRED! These kids won PACER's 2022 Unity Award for helping to address bullying in their communities. Read their story [here](#).

- **Zak** helps include blind athletes to compete in hockey.
- **Emma** supported a classmate after she was picked on because of her haircut.
- **EllaGrace** leads bullying prevention activities at school, like asking kids to pledge to stop bullying.
- **DaVonja** helps make new students feel welcome.
- **Atoms Matter** promotes kindness, acceptance, and inclusion by celebrating different cultures all year long at their school.
- **Outspoken Oaks** created a bullying prevention club at their school.
- **Hunter Elementary** hosts bullying prevention events year round.

Which story was your favorite?

What did you like about the story?

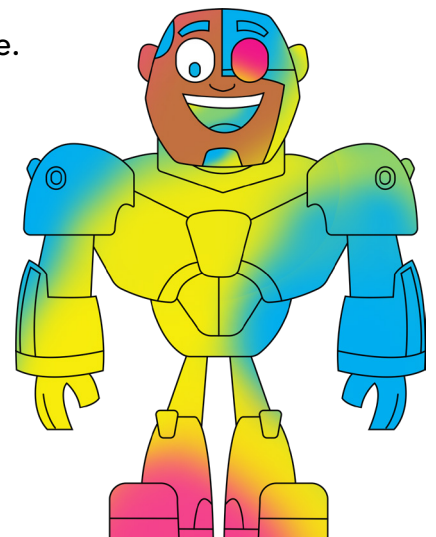
STEP 2: THINK ABOUT YOUR WORLD!

Each of the Unity Award recipients has a story that changed their world. Your "world" can be places in your community, school, activities, or online.

In your world, have you ever seen or heard about someone bullying another kid about an aspect of who they are?

Think about what part of their identity made them a target for bullying. Circle all that apply.

- | | |
|------------|-------------------|
| Disability | Height or weight |
| Religion | Nationality |
| Race | Gender expression |
| Language | Other _____ |
| Skin color | _____ |



STEP 3: IDENTIFY YOUR SUPERPOWER

Circle all the actions you can take. Remember, even small acts can make a BIG difference!

INTRODUCE YOURSELF TO SOMEONE NEW

LOOK OUT FOR THOSE WHO ARE ALWAYS EXCLUDED AND INVITE THEM TO JOIN YOU AND YOUR FRIENDS

START A "EVERYONE BELONGS" CLUB!

CHECK IN ON A STUDENT WHO WAS BULLIED AND ASK "HOW ARE YOU DOING?"

SPEAK UP WHEN YOU SEE BULLYING HAPPEN

DON'T JOIN IN WHEN OTHERS ARE TEASING OR NAME CALLING

CELEBRATE DIFFERENT CULTURES

ASK YOUR FRIENDS TO JOIN YOU AND MAKE A PLEDGE TO STOP BULLYING

HELP FIND A TRUSTED ADULT TO TALK TO

STEP 4: TAKE ACTION!

Draw how you will take action to "Redraw Your World without bullying?"



**CONGRATS! YOUR ACTIONS MATTER!
THANK YOU FOR HELPING TO
CREATE A WORLD WITHOUT BULLYING**



PACER's
National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/bullying

