

# BULLYING PREVENTION ACTION KIT

Speak up. Reach out. Be a Friend for Change!

Join Disney Friends for Change and  
**PACER** and help put an end to bullying!



When you see someone bullying or being bullied, you can make a difference. Check out the tips below to learn how you can take a stand against bullying!

## TIPS TO HELP PREVENT BULLYING

1

### SPOT IT

Know the signs of bullying so you can help make a difference.

- **WHO?** Kids who bully are often looking for someone to pick on. And kids who are bullied never deserve it. No one has the right to hurt someone else—in person or online.
- **WHAT?** Bullying is happening when someone is hurt by words or actions, and has a hard time stopping it.
- **WHERE?** Bullying can happen anywhere: at school, on your computer, on the bus, or outside. No matter where it happens, all kids have the right to be safe.
- **WHY?** Some people bully others because they think it will help them fit in or look cool. It won't and it doesn't!

2

### STOP IT

Telling is *not* tattling! Nobody deserves to be bullied, and everyone deserves respect.

- **IF YOU ARE BULLIED...** Remember that it is not your fault! Tell an adult right away.
- **IF YOU SEE BULLYING...**
  - Ask the kid who is bullying to stop.
  - Don't join in.
  - Tell an adult.
  - Be a friend to the kid being bullied.
  - Ask other kids to speak up as well.
  - Ask your school to start a bullying prevention program.

The end of bullying begins with YOU.

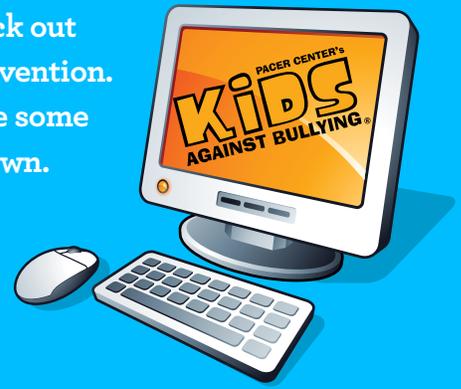


3

## SHARE IT

Visit the “Share” area of [PACERkidsagainstabullying.org](http://PACERkidsagainstabullying.org) to check out videos, posters, artwork, poetry, and stories about bullying prevention. Then download an entry form to share your own story! Here are some questions to keep in mind when you create something of your own.

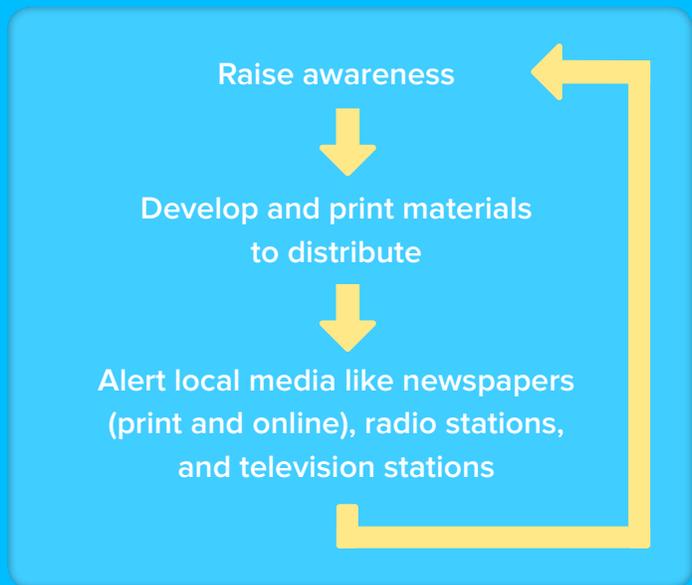
- WHAT CAN YOU DO TO PREVENT BULLYING?
- HOW DO STORIES ABOUT BULLYING MAKE YOU FEEL?
- HOW CAN YOU HELP PREVENT BULLYING?



4

## OWN IT

Get involved! Work with a teacher, your principal, or a trusted adult to strengthen bullying prevention at your school and in your community.



*You can even pledge to be a Kid Against Bullying! Just visit [PACERkidsagainstabullying.org](http://PACERkidsagainstabullying.org) and click on “Take the Pledge” for more information and to receive your certificate.*



# PREVENTION STARTS WITH YOU!

The answer to bullying prevention can start with YOU, and you can make a difference!

Take a step back and think about new ways to respond to the kids around you. Here are a few ways to get started.

- If a new student starts at your school, reach out and make a new friend.
- Respect people's differences.
- Remember that no one deserves to be bullied.
- If something is upsetting or frustrating you, talk to a trusted adult.



PACER's National Bullying Prevention Center unites, engages, and educates communities to address bullying through creative, relevant, and interactive resources. Visit [PACER.org/Bullying](http://PACER.org/Bullying) for more information and resources.

FIND OUT MORE WAYS TO HELP PREVENT BULLYING! VISIT:  
[DISNEY.COM/FRIENDS](http://DISNEY.COM/FRIENDS)