

## Youth Engagement Toolkit

Bullying is a serious problem in many communities. Maybe you have been the victim of bullying or you know someone who has been bullied. Possibly, you are aware of bullying problems in your school or neighborhood and want to do something about it. The Federal Partners in Bullying Prevention are comprised of staff members from a variety of federal agencies, such as, the Departments of Justice, Education, Health and Human Services and Agriculture, who work to prevent bullying and help find solutions where bullying exists. We are inviting you to take action to make a difference in your community!

By following the steps in this toolkit, you can join other youth leaders across the country and the Federal Partners in Bullying Prevention to organize a bullying prevention social and educational event. We define a bullying prevention “event” as a safe gathering where youth can freely discuss this important topic and start to create plans to take action in local communities. We envision that youth leaders will partner with a staff person from your youth leadership program to help organize and lead this bullying prevention initiative. Here’s what you can do:

### Before you start, get in the know about bullying:

Bullying can take many different forms. There are three types of bullying:

- Verbal bullying is saying or writing mean things. Verbal bullying includes:
  - Teasing
  - Name-calling
  - Inappropriate sexual comments
  - Taunting
  - Threatening to cause harm
- Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullying includes:
  - Leaving someone out on purpose
  - Telling other children not to be friends with someone
  - Spreading rumors about someone
  - Embarrassing someone in public
- Physical bullying involves hurting a person’s body or possessions. Physical bullying includes
  - Hitting/kicking/pinching
  - Spitting

- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

## Step 1: Watch Video

Now that you know a bit more about the different forms of bullying, it's time to gather up a group of friends or the whole community to learn more about bullying and how to prevent it. The size of the group does not matter, every person can make a difference.

We have included a link to the Cartoon Network "*Speak Up*" bullying prevention documentary, and guidance questions to help you host a meaningful discussion about the video, bullying and how to stop it. The Federal Partners in Bullying Prevention hopes that this video acts as a starting point for engagement among our youth and helps to bring about a necessary change of decreasing bullying.

➔ **"Speak Up" bullying prevention documentary:**

<http://www.cartoonnetwork.com/promos/stopbullying/video/stop-bullying-speak-up-special-clip.html>

## Step 2: Discuss It

After watching the video, start a dialogue with a group. Talk about the video and your personal experiences.

Here are some questions you and others can talk about to guide your discussion:

1. Have you or anyone you know ever encountered bullying? What kind was it? Can you relate to anyone in the video? Did you experience something similar to someone in the video?
2. Where do you feel like most bullying happens?
  - a. If it happens in school, do you feel like it changes the environment at school? Why or why not?
  - b. If it happens outside of school, where does it happen the most, and does that make it easier or harder to deal with than in a school setting? Why?
3. Why do you think people pick on each other for what they look like?
4. What do you think most people do when they see bullying? Why?
5. When bystanders get involved in situations of bullying, what do you feel works or doesn't work?

6. Have you ever heard someone stand up for someone being bullied? Describe them – who were they, what did they do, and what made them want to defend the person being bullied?
7. How do friends deal with other friends being bullied? Does being a friend change the way people see bullying... why/why not?
8. What does cyber-bullying look like? Is it different from “traditional” bullying, and if so, how?
9. Think about kids who are bullies in your school or community. Why do think that they bully, and how does it make them appear to their peers and friends?
10. What are the roles of teachers and counselors in addressing bullying? Do you feel that in your school teachers and counselors provide positive interventions when bullying occurs?
11. What are some things that could change in our schools or communities that will make it easier to speak up about bullying?
12. What kind of action oriented project can we initiate in our community?

### Step 3: We Want to Hear From You

The Federal Partners want to hear from you. Let us know about your experience with Cartoon Network’s “*Speak Up*” bullying prevention documentary and about bullying prevention activities you’ve lead in your community.

Send in a picture from an event or write about your experience. If you choose to send in a photo of your event, and you are 18, you may be asked to follow up with a permission slip from your parents. You can send pictures and letters to <http://stopbullying.tumblr.com/> and the [Cartoon Network’s Stop Bullying Speak Up Facebook page](#).

### Step 4: Want to take it a step further? Here’s what you can do NEXT!

If you want to take it a step further, and host a bullying prevention event in your community, here are some great ideas. These follow-up Bullying Prevention Community Service Project Ideas - Adapted from the Health Resources and Services Administration’s *Stop Bullying Now! Activities Guide*:

1. **Battle of the Bands:** Everyone loves music, so why not organize an event that incorporates live music? Your event can be fun and entertaining while at the same time involving the whole community. Remember to recruit volunteers who would be interested in promoting, participating in or chaperoning your event.

2. **Stop Bullying Carnival:** A carnival is an ideal way to give people important information about bullying prevention while having fun. The carnival can have information booths, games, prizes, food, contests and/or celebrity guests.
3. **Poster or T-shirt contest:** Everyone loves to be creative. Youth-designed T-shirts or posters can get a lot of attention drawn to the importance of bullying prevention.
4. **Acts of Kindness Award:** Active bystanders are one key element in preventing bullying. Start a “Stand up” award (you can create your own name that fits with your program or school). Ask youth to nominate their peers who they believe have played an effective role in preventing bullying. This award would highlight the day to day actions of students who may often go unrecognized.
5. **Bullying Prevention 5K Race or Fun Run:** Set up a community fun run/race in your neighborhood raising awareness around the importance of being more than a bystander.
6. **Roundtable Discussions:** Organize a meeting with school administrators and teachers about how they can play an important role in preventing bullying and creating a positive peer culture in the school.
7. **Start a bullying prevention club:** This club can be in charge of planning monthly activities to raise awareness and take action around bullying prevention.
8. **Positive Rap Contest:** Do you like rap music? Hold a contest where youth create a positive rap around the importance of kindness and respect and how bullying needs to be stopped in its tracks.

Want to learn more? Visit <http://www.stopbullying.gov>!