



Anti-Bullying Toolkit

Broward County Public Schools (BCPS) celebrates bullying awareness and prevention during observances throughout the year. Use this toolkit to help raise awareness and promote safer and more respectful schools. Use the links below to access resources in addition to this toolkit, or go to [DPI's anti-bullying webpage](#):

- [Choose Peace Stop Violence Week](#), in September
- [National Bullying Prevention Month](#), in October
- [Broward School's Anti-Bullying Week](#), the second week in November
- [No Name Calling Week](#), in January
- [Above the Influence March](#), dates varies check by clicking the link
- [National Youth Violence Prevention Week](#), dates varies check by clicking the link

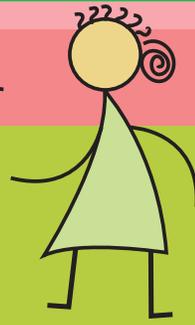
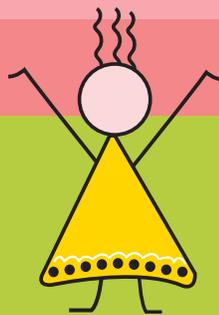
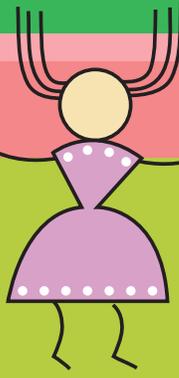
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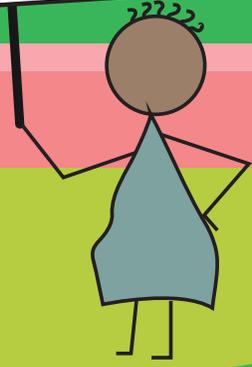


For more information contact the Diversity, Prevention & Intervention Department (DPI) 754 • 321 • 1655 BrowardPrevention.org

**MIX
IT UP**



**Make
New
Friends**



Anti-Bullying Activities

The following 4 activities can be modified for primary or secondary students.

Mix It Up at Lunch Day

Courtesy of TeachingTolerance.org

Learning about The Value of Diversity, Inclusion & Tolerance

Host a Mix it Up at Lunch Day and encourage students to identify, question and cross social boundaries. Students will gain new understandings, and friends, by eating with other students with whom they might not otherwise interact.

Use this Planning Checklist and follow the **6 Essential Steps**:

1. Create a planning group.
2. Determine a lunchtime activity (ideas can be found [here](#)).
3. Make it festive.
4. Publicize the event around school with fliers and announcements.
5. Capture the day with pictures and video.
6. Evaluate, debrief and follow-up.

Include different members of your school's community – cafeteria staff, aides, administrators, teachers and students – in organizing the event. Follow up with at least two additional Mix It Up related lessons or events on campus. Publicize your Mix It Up at Lunch Day with posters, announcements and other media. We encourage you to celebrate your school and submit your event's pictures and/or video to cynthia.tapia-rodriguez@browardschools.com.

Follow-Up Activities:

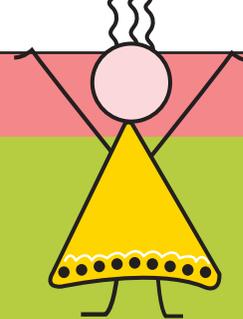
Schools experience greater impact from their Mix It Up lunch day by pairing it with at least two follow-up activities during the year to expand on the message.

- A second lunch event in the winter or spring (No Name-Calling Week in January).
- A mural capturing the spirit of Mix It Up at Lunch Day.
- A community-improvement project in the neighborhood with “mixed up” work teams.
- A formal study of the social boundaries and divisions at your school.
- Attend the annual Above the Influence March.
- Use of complementary anti-bullying classroom lessons.

More information can be found at <https://www.tolerance.org/mix-it-up>



School Rocks!



Inclusive Spirit Week

Build school spirit and encourage intergroup relationships by organizing an Inclusive Spirit Week. You will need a committee of students to help organize the activity and to develop spirit days that are linked to the goals of increasing intergroup relationships and eliminating name calling and bullying. The committee meets to brainstorm ideas for special days that fit the theme. Once a list is generated, the students vote to determine which 5 themes will be used for Inclusive Spirit Week. Sample spirit days:

- Superhero Day: Students fight name-calling by dressing as their favorite superhero.
- Everyone Counts Day: Students wear jerseys or shirts with numbers.
- Pajama Pants Day: Students put name-calling to bed by wearing pajama pants.
- We All Rock Day: Students wear their favorite concert or music shirts.
- School Color/Pride Day: Students show school pride and unity by wearing the school colors.

Band-Aids for Bullying

Courtesy of TeachingTolerance.org

Band-Aids for Bullying shines a light on behaviors that hurt others and helps students think about how they can change their behaviors to help others. The event is best organized during lunch time, but can be adapted to the classroom.

Supplies needed: Poster board, Band-Aids, pencils or markers, glue, and 2x4-inch Band-Aid Labels.

Publicizing the event: Announce the upcoming event with posters and morning announcements. Students help create and hang anti-bullying posters with sayings on colorful Band-Aid-shaped posters, such as: “Be A Kindness Crusader”, “Stand Up for Respect”, “Help A Friend”, and “Stop Bullying”.

On the day of the activity: During lunch, set up several large posters showing silhouettes of teenagers. Ask student participants to sign in at tables in front of the posters. At each table, students are given pencils and one of the 2x4-inch Band-Aid Labels with an image of a bandage.

Students are asked to reflect on a time when they bullied someone or were a bystander to bullying. Then, they reflect on how they will change their actions in the future to make it better. They write their intended actions on their Band-Aid label. If they were a bystander and acted in a positive way to help, they can write the action they took to heal the situation. After completing the statements, students stick their labels to the posters. Each student is then given a Band-Aid to wear as a symbol of support and as a reminder that bullying hurts, but they can help heal the injury. After the event, display the posters in your school’s multipurpose room or hallways. Students read the anonymous statements during and after the event, empathizing with those who were bullied, with those who admitted to their hurtful actions, and celebrating those who did kind things as bystanders.



Stomp Out Bullying Pledge

Supplies needed:

- Large banner or posters
- Markers
- [Steps to Respect Anti-Bullying Pledge](#) (from *The Right to Be Safe: Putting an End to Bullying Behavior* by Cricket Meehan, Ph.D. Copyright © 2011 [Search Institute](#)®)

Complete the [Steps to Respect Anti-Bullying Pledge](#) (or create your own) with your students. Afterward, have students write “STOMP OUT BULLYING!” on a banner or posters with markers and have them trace each of their shoe or foot prints onto the banner.

Have each student write a portion of the Anti-Bullying Pledge (any other anti-bullying comments they want to add) onto the banner or poster. For example “Be a rock star, not a bully!” or, “Bully free is the way to be!” Hang the banners or posters around school.

You can also encourage students to bring a pair of shoes to school and hang them from the ceiling with the posters or banners.

Primary & Secondary Lessons

The most effective way to reduce bullying and improve school climate is not through one-time events, but by reinforcing messages repeatedly. It’s just like learning your ABC’s! Reinforce your anti-bullying events or activities throughout the year with the following lessons.



The ABC's of Bullying Prevention Book contains 3 bullying prevention lessons for each grade level. The lessons for each grade level cover ‘What is the problem?’, ‘Why should I care?’, and ‘What can I do about it?’. These key concepts are the elements for creating a caring environment where students choose to stop bullying.

Love



Kindness
Rocks!

STOP
Bullying

Primary & Secondary Lessons (Continued)



DPI's SharePoint is accessible to all BCPS employees. It contains numerous resources such as curriculum (over 30 on bullying prevention), videos, activities, as well as proven licensed programs on DPI's 6 strands of prevention: Diversity, Health & Wellness, Instructional Strategies, Substance Abuse Prevention, Violence Prevention, and Academic & Behavioral Supports/MTSS.



DPI's website at BrowardPrevention.org has numerous resources including curriculum, videos, training modules, and more.



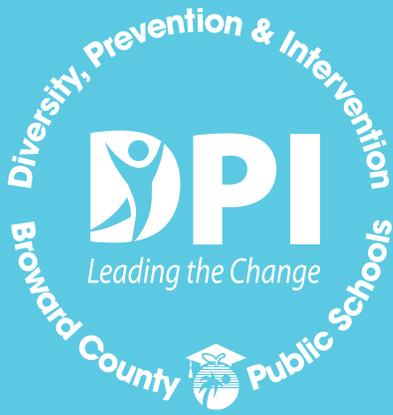
DPI's Free Resource List contains numerous free resources including curriculum which utilizes social and emotional learning (SEL). The prevention and intervention lessons are divided into the strands of prevention and subject areas such as bullying, Internet safety, sexual health, etc.



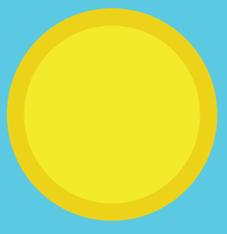
The Think B4U Post Internet Safety Program is a comprehensive 5 subject Internet safety initiative designed to inspire students to be responsible digital citizens who practice safe and respectful online communications. One of the 5 subject areas is on dangers of cyberbullying.



The We Are Broward Immigrant Support Plan is a toolkit with resources including 3 lessons per grade level encouraging all students to embrace the culture of their peers. The lessons explore the concepts of culture, diversity, and immigration and build upon each other with the aim of sensitizing students to personal biases and how it might feel to be an immigrant or outsider. Access the full toolkit in CANVAS or go to BrowardPrevention.org to learn more.



Thank you to our
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and contributors!



TEACHING
TOLERANCE 

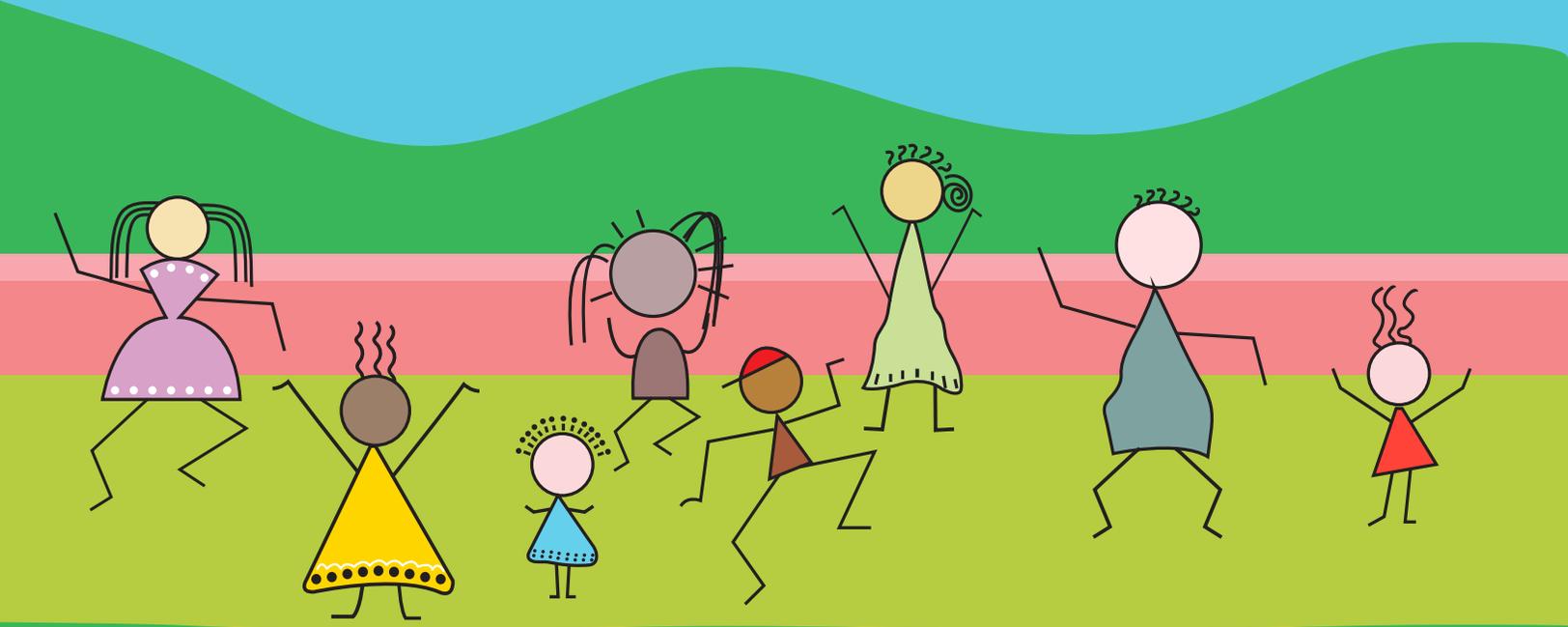
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Our Focus is Our Children.

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For more information contact Diversity, Prevention & Intervention Department (754) 321-1655
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