

## ***Stand Up Against Bullying Day Activities***

*The following is a list of activities for “Stand Up Against Bullying Day” on September 8, 2011. These ideas may or may not be applicable to all grade levels at your school; however, they may be adapted where appropriate.*

- Encourage students to wear a pink shirt today
- Create anti-bullying postcards with student messages
- Create a school banner and have all the students and staff sign
- Create and post anti-bullying slogans
- Develop a student/teacher committee to plan other anti-bullying day activities
- Develop an anti-bullying policy for your school
- Plan individual class, and whole school assemblies
- Incorporate motivational music and poetry in your day
- Create anti-bullying role plays or scripts for the day
- Create art work that celebrates peace, respect and diversity
- Hold anti-bullying art, poetry and song contests
- Read stories and have conversations about bullying
- Kick off PEBS and positively reinforce expected behaviour
- Use story starters, such as, “If you won a million dollars, how could you use it to stop bullying?”
- Develop a list of student/educator responsibilities related to bullying situations
- Use local, national, and international media and stories to have discussions about bullying
- Develop “Eliminate Bullying” plans for your school
- Discuss the effects of cyber-bullying and face-to-face bullying
- Review the safe internet use policy with students
- Have parents in for the day to listen and share their experiences with students
- Set up peer support circles to discuss issues students are facing and brainstorm solutions
- Have older students visit and discuss bullying with younger students
- Have an anti-bullying poster competition
- Use the day to help others or participate in a community service event
- Hold activities or an event to raise money for a local charity
- Decorate fabric squares and put together a quilt related to the theme of the day

- Decorate tiles and use them to create a path to peace in your school
  - Nominate someone to be recognized for a noble and/or kind act
  - Let the local media know about a unique event or activity happening at your school
  - Start a “Sorry Box” for anonymous apologies
  - Hold a “Cool to be Kind” Day
  - Create a student “Charter of Rights and Freedoms” for your school
  - Have a guest speaker or group present at your school on peace and/or diversity
  - Have a role reversal day so you can experience life from another perspective
  - Create a school wide anti-bullying website or link to your school site
  - Hold a diversity festival for the day to appreciate others
  - Involve local businesses in your day to encourage a sense of community
  - Prepare performance pieces, such as dance or drama for the school to experience
  - Develop peer mentoring teams in your school
  - Write your local Member of Parliament to share student concerns/successes about bullying
  - Create a school wide newspaper or magazine celebrating peace and diversity
  - Create mini films related to the day to share with all students
  - Hold a youth forum or conference to discuss issues important to students
  - Join up with other schools in your community to share events for the day
  - Have a day filled with team building activities for individual classes and the whole school
  - Have team debates related to issues that students face on a daily basis
  - Use other anti-bullying, peace and diversity resources in your school for activities and event ideas
  - Take a photograph of the students and staff, while adding a unique flair, such as using bodies to form a peace sign or another relevant symbol.
  - Give out “Gotcha” slips, through PEBS, to recognize a particular behaviour that day, which promotes peace and respect
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