

Bullying Prevention Month, October 2011 : Tips for Students

| SAT/SUN | MON | TUE | WED | THU | FRI |
|---|--|---|---|--|---|
| <p>1 / 2 WEEK 1: Tips for when you see bullying (bystanders)</p> | <p>3 If you see something, say something.</p> | <p>4 Don't join in on bullying, and don't watch.</p> | <p>5 Be a friend to the person who is being bullied.</p> | <p>6 Role play speaking up when you see bullying.</p> | <p>7 Follow this week's tips to lead by example.</p> |
| <p>8 / 9 WEEK 2: Tips for when you are being bullied</p> | <p>1 0 Remember that it's not your fault.</p> | <p>1 1 If possible, stick together with friends who make you feel better.</p> | <p>1 2 Do not bully back or bully anyone else.</p> | <p>1 3 Keep doing what you love to do.</p> | <p>1 4 Follow this week's tips to make your school friendly and safe.</p> |
| <p>1 5 / 1 6 WEEK 3: Tips for when you are bullying others</p> | <p>1 7 Anyone can be a bully - ask an adult for help stopping.</p> | <p>1 8 Don't join in when friends or others are bullying.</p> | <p>1 9 Decide to stop bullying and tell people you care.</p> | <p>2 0 Remember that words hurt too.</p> | <p>2 1 Follow this week's tips to help instead of hurt.</p> |
| <p>2 2 / 2 3 WEEK 4: Tips for preventing and addressing cyber bullying</p> | <p>2 4 Be respectful. Cyberspace has no privacy or take-backs.</p> | <p>2 5 If you see cyber bullying, save the evidence.</p> | <p>2 6 Try not to respond to cyber bullying. If you do, be careful.</p> | <p>2 7 Don't join in, don't forward harmful messages.</p> | <p>2 8 Follow this week's tips to keep safe & friendly, online and on phones.</p> |
| <p>2 2 / 2 3 WEEK 4 (alt): Tips to show others respect and appreciation</p> | <p>2 4 Always be kind and make everyone feel welcome.</p> | <p>2 5 Remember that sometimes, laughter hurts others.</p> | <p>2 6 Don't use nicknames that hurt feelings.</p> | <p>2 7 Don't say someone can't do things because he or she is a boy or girl.</p> | <p>2 8 Follow this week's tips to treat your classmates well.</p> |