

National Bullying Prevention Awareness Month

October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

**A MONTH OF ANTI-BULLYING ACTIVITIES!
A MONTH OF ACTION!**

Monday, October 5th 2020

#BlueUp

Anti-bullying activities include STOMP Out Bullying™'s signature campaign [World Day of Bullying Prevention™](#) **on the first Monday of every October!**

This is your chance to make bullying prevention heard around the world!
You can begin to change the culture by putting an end to Bullying and Cyberbullying!

The Week of October 5th

Make friends with someone you don't know at school

If you've ever been isolated from others at school or you were new at school and it took time to make friends, you know what it feels like to be left out. Or even if you were never isolated, imagine how it would feel.

Make friends with someone at school who you don't know. You probably wish someone had done that for you.

Be a leader. Take action and don't let anyone at school be in isolation.

Challenge Others To Be Kind

The Week of October 12th

STAND UP for Others Week

When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims.

If you don't feel safe get the help of an adult immediately. Be part of the solution -- not the problem!

It's a time to see everyone's differences and celebrate their similarities

Students can participate by

- Creating positive messages on post-its and handing them out to students at school
- Creating anti-bullying videos and sharing them on the [STOMP Out Bullying site](#)
- Sharing inspirational stories on the [STOMP Out Bullying site](#)
- Create a kindness dance flash mob at school or in your community. Make a video of it and [send it to us](#). We'll share it on our web site.

The Week of October 19th

Week of Inclusion

- Don't let anyone at school eat alone in the cafeteria or on a school field trip. Make it the week of #NOONEEATSALONE
- Include other students in school activities
- Include other students in after school activities
- Invite someone you don't know that will sit next to you on the bus. Learn about each other.
- At one point or another each of us has felt insecure, or stressed out, or alone. It is important to remind our friends and classmates that we are all in it together and we are there to listen and support each other. Use the hashtag **#HereForYou** on social media to let your classmates know that they have your support and a person to reach out to if they ever need to talk.

The Week of October 26th

Start the Week with Conversations Amongst Your Peers

- Talk with your homeroom teacher and peers on how you can Change The Culture at your school.
- Use our [Student Participation Toolkit](#) to begin conversations on how your school can be judgement and bully free.
- Hold a discussion in your classroom where you allow students to openly speak and discuss their experiences with bullying and cyberbullying, and how these experiences have effected them and how they dealt with these moments.

This is your month to take leadership at your school and carry it through all-year-round!

We look forward to hearing about your student led activities during National Bullying Prevention Awareness month.

The more awareness that is created during the month of October -- and all year round, you are one step closer to putting an end to bullying!