



Broward County Public Schools Anti-Bullying Week



Broward County Public Schools (BCPS) celebrates Anti-Bullying Week annually, the second week in November. This special week was created to raise awareness and provide opportunities for our schools and communities to enhance their bullying prevention efforts. Use this toolkit's lessons to help raise awareness and promote safer and more respectful schools. For additional resources, click on the links in this toolkit or BCPS staff can access resources at [SC&D's Resource SharePoint](#), go to BrowardPrevention.org, or call the School Climate & Discipline (SC&D) Department at 754-321-1655.

Table of contents

- Anti-Bullying Activities
- Primary and Secondary Lessons

Other violence prevention observances you can celebrate throughout the year:

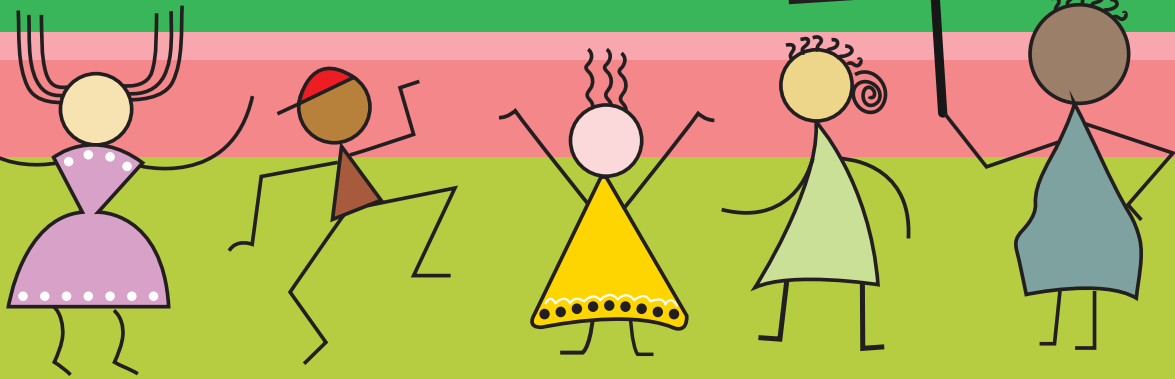
- [Choose Peace Stop Violence Week](#), in September
- [Start with Hello Week](#), in September
- [National Bullying Prevention Month](#), in October
- [Digital Citizenship Week](#), in October
- [Mix It Up at Lunch Day](#), in October
- [No Name Calling Week](#), in January
- [Teen Dating Violence Prevention Month](#), in February
- [National Youth Violence Prevention Week](#), in March



For more information contact the School Climate & Discipline Department, (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. More information at www.tolerance.org/mix-it-up.

Mix It Up at Lunch Day is an observance that occurs in October, but it can be celebrated every month! 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, as they eat with other students who they might not have otherwise interacted.

Objective: To discover the value of diversity, inclusion, and tolerance.

Directions: Use this [Planning Checklist](#) and follow these 6 essential steps:

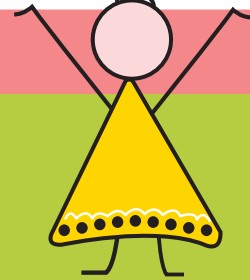
1. Create a planning group. Make sure to include different members of your school's community like cafeteria staff, aides, administrators, teachers or students.
2. Determine a lunchtime activity (ideas can be found [here](#)).
3. Make it festive.
4. Publicize the event around school with flyers, [announcements](#), posters, and social media. We encourage you to celebrate your school and submit your event's pictures and/or videos to cynthia.tapia-rodriguez@browardschools.com.
5. Capture the day with pictures and videos.
6. Evaluate, debrief, and follow-up with supporting lessons and activities. Have at least two additional Mix It Up related lessons or events on campus.

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. Additional ideas include:

- 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.
- Attendance at the annual [Above the Influence March](#).
- Use of complementary anti-bullying classroom lessons.



School Rocks!



Inclusive Spirit Week

Directions: 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. They will meet to brainstorm ideas for the spirit days, which will fit the goals/theme of increasing intergroup relationships and eliminating name calling/bullying. Once a list is generated, the students will vote to determine which five themes will be used.

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, band shirts.
- School Color/Pride Day: Students show unity and school pride 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 and help others. The event is best during lunch time, but can be adapted to the classroom.

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

Before the activity: Announce the event with posters and morning announcements. Students help create and hang anti-bullying posters on colorful Band-Aid-shaped posters with sayings such as Heal the Hurt, Stand Up, Help a Friend, and Stop Bullying.

During the activity: At lunch in the cafeteria, 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 activity: 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®)

Directions: Complete the [Steps to Respect Anti-Bullying Pledge](#) (or create your own) with your students. Afterward, have students write “STOMP OUT BULLYING!” on the 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 and 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 with the following lessons, or those from the [BCPS List of Approved Curriculum](#), at [SC&D’s Resource SharePoint](#), or at [BrowardPrevention.org](#).



The *ABCs of Bullying Prevention Book* contains three 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 intervene and stop bullying.



The *Be the 1 Positive School Culture Initiative (PSCI) Toolkit* helps to create safer and more respectful school environments where all students can thrive. It uses evidence-based strategies to permanently embed Multi-Tiered System of Supports (MTSS) for violence prevention and intervention within your school. The pro-social marketing campaign and lessons inspire your students to Be the 1 to help prevent and intervene with bullying.

I Love Love



Kindness Rocks!

STOP Bullying

Primary and Secondary Lessons (Continued)



Class meetings is a well researched longstanding approach to creating healthy and successful students, connected classrooms, and positive school-wide climates.



Online curriculum consisting of 3 units for grades K-2, 3-5, and 6-8, as well as 4 units for grades 9-12. Each unit has 5 lessons, family activities, and professional development resources. Topics include cyberbullying, privacy, safety, and more.



Mindfulness is the intentional cultivation of moment-to-moment attention and awareness in order to enhance behavioral, academic and social-emotional learning to assure life readiness. As we practice mindfulness, we become more aware of direct experiences, beyond the chattering mind, and begin to act in accordance with their essence, potential, and purpose.



PBS/PBIS (Positive Behavior Support/Positive Behavioral Interventions & Supports) is a prevention oriented multi-tiered framework for school personnel. Use these PBIS guides for elementary and middle and high to reduce bullying behavior through the blending of school-wide positive behavior support, explicit instruction, and redefinition the bullying construct.



Social and Emotional Learning (SEL) is the process in which students and adults are able to recognize and manage emotions, solve problems effectively and establish positive relationships with others. SEL provides direct instruction in skills that enable students to succeed in college, career and life by being responsible citizens and decision makers.



The Think B4U Post Internet safety toolkit includes assemblies, lessons, and marketing materials. Inspire your students to practice safe and respectful online communication. One of the five subject areas is on the dangers of cyberbullying.



The We Are Broward Immigrant Support Plan is a toolkit with three lessons per grade level. It encourages 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.



Thank you to our community partners and contributors!



TEACHING TOLERANCE 

 **Children's Services Council**
of Broward County
Our Focus is Our Children.

CHOOSE PEACE 
STOP VIOLENCE

Search 
INSTITUTE



For more information contact the School Climate & Discipline Department, (754) 321-1655.
BrowardPrevention.org