Stand Up Against Bullying Day Activities

The following is a list of activities for “Stand Up Against Bullying Day” on September 12, 2013. These ideas may or may not be applicable to all grade levels at your school; however, they may be adapted where appropriate.

Please visit the website www.antibullying.novascotia.ca for more information.

Promote Respect:

- Kick off PEBS by discussing, modeling and positively reinforcing expected behaviours from your school matrix
- Create art work that celebrates peace, respect and diversity
- Review the safe internet use policy with students
- Create and post anti-bullying slogans
- Create anti-bullying role plays or scripts
- Create anti-bullying postcards with student messages
- Have a guest speaker or community groups present at your school on peace and/or diversity
- Hold anti-bullying art, poetry, song or film contests
- Read stories and have conversations about bullying
- Have older students visit and discuss bullying with younger students
- Have an anti-bullying poster competition
- Incorporate motivational and inspirational music and poetry in your day
- Prepare performance pieces, such as dance or drama for the school to experience
- Use story starters, such as, “If you won a million dollars, how could you use it to stop bullying?”
- Use local, national, and international media and stories to have discussions about bullying
- Have parents in for the day to listen and share their experiences with students related to bullying
- Create a school wide anti-bullying website or link other related sites to your school site

Promote Empowerment:

- Have students and educators participate in the educational games found on the Media Awareness Network website, http://www.media-awareness.ca/english/games/index.cfm
- Hold a youth forum or conference to discuss issues that are important to students
- Have a technology and internet specialist present to students and/or parents /guardians on that day to educate them on the dangers of online use and ways they can keep their children safe
- Create an anti-bullying school banner to hang in your school and have all the students and staff sign to show their commitment
- Develop a student/teacher committee to plan other anti-bullying day activities throughout the year
- Develop an anti-bullying policy for your school
- Plan individual class, and whole school assemblies to discuss solutions to bullying and cyberbullying
- Encourage students to wear something pink on that day if they have it
• Develop a list of student/educator responsibilities related to bullying situations
• Develop “Eliminate Bullying” plans for your school
• Discuss the effects of cyber-bullying and face-to-face bullying
• Set up peer support circles to discuss issues students are facing and brainstorm solutions
• Use the day to help others or participate in a community service event
• 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
• Write your local Member of Parliament (MP) or Member of the Legislative Assembly (MLA) 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
• Join up with other schools in your community to share events for the day

Promote Safe and Respectful Spaces

• 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 role reversal day so you can experience life from another perspective
• Hold a diversity festival for the day to appreciate others
• Involve local businesses in your day to encourage a sense of community
• Develop peer mentoring teams in your school
• 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 healthy, positive relationships

If your school develops a creative idea for celebrating the day and you would like to share it with others for future reference, please forward it to Kathleen Richard, Anti Bullying Coordinator with the Nova Scotia Department of Education and Early Childhood Development at richarkz@gov.ns.ca and it will be included on next year’s list.