

Baltimore County Public Schools
 Team BCPS Bullying Prevention Week
 Suggested School Activities (October 4 – 7, 2016)

The Superintendent’s Student Advisory Council and the Baltimore County Student Councils requests that all schools support Team BCPS Bullying Prevention Week which will be held Tuesday, October 4 through Friday, October 7, 2016. These student leaders have worked hard over the past few months to develop suggested activities for the week that will demonstrate unity within BCPS around the issues of bullying, harassment, and unwanted teasing. The advisory council also suggested a color for students and staff to wear each day of the week to represent character traits that all people should demonstrate. Principals may elect to implement the activities as listed or create their own activities to rally support against bullying and promote a school system that appreciates diversity.

Colors and Words of the Day

	Tuesday	Wednesday	Thursday	Friday
Color	Green	Yellow	Red	Purple
Word	Equity	Empathy	Respect	Positivity

Tuesday – Kickoff

Principals will receive pledge posters that students can sign to support a school community that does not participate in or support bullying. This activity can be done during lunch or homeroom. It is recommended that student council members or a staff member oversee this process to ensure that students appropriately sign the posters. Elementary students who sign the pledge will receive stickers featuring this year’s slogan “**Bullying: Be Smart, Don’t Start.**” Secondary students who sign the pledge will receive a wristband with this year’s slogan.

Wednesday – Thursday – Suggested Activities

Make a New Friend Day	Give each student entering the cafeteria for lunch a colored slip of paper or number that corresponds with a specific table. This activity is designed to encourage students to sit with people they do not normally sit with and create new friendships. The Student Advisory Council provided conversation starters (page 3) to help facilitate conversation with students. <i>(Note: Students should be given the opportunity to opt out if they don’t feel comfortable participating.)</i>
Random Words of Kindness Day	Schools are asked to create one or more bulletin boards in a main hallway with “ Bullying: Be Smart, Don’t Start ” written in large letters in the middle. This will be a place where students and staff can write kind words about another person to create a visual reminder of the power of words-specifically, kind words. It is recommended that Student Council members or a staff member oversee the bulletin board to ensure that students appropriately participate.

Bus Behavior	The wheels on the bus go round and round. One idea for the Bullying Prevention Week is to decorate the bus. With the bus driver's approval, have a group of students go on the bus ahead of time and leave positive happy notes on the seats with post-it notes. This activity can only be done with the agreement of the bus driver. This would be a great way to spread positivity and joy.
Tell Your Story	Attention all BCPS students! If you like to write, then this activity is for you. In support of Bullying Prevention Week, develop a written description of how bullying has changed your story or the story of someone you know. The categories are poetry/song, story, and essay. This is a great way for people to describe how bullying has changed their stories or that of someone they know. Send stories to the Office of Communications at communications@bcps.org by Friday, October 28, 2016.
Resilience & Self Confidence	Through this activity, students will promote self-confidence, self-acceptance, and resilience. Students and staff can write on post-it notes or use some other medium to share things about which they are proud. They can list their best accomplishment, their heritage, and anything of the sort. This will get students and staff thinking about themselves. They can then collectively place them in one area that the school selects.
Guest Speaker/ Assembly	For this activity, a guest speaker or host would be invited to do a presentation for students. Student participation is encourage in the selection process. This could easily prompt student dialogue around the subject of bullying/discrimination. Contact the local police precinct to request a speaker to discuss online safety and cyber-bullying.
Selfie with A New Friend	Students should be encouraged to talk to someone new, make a new friend, and then take a selfie! This would be a great activity for lunch. Selfies should be posted to social media using the hashtags #nff , #newfriendfriday , or #DontStart .
Cover the Mirror	Cover all of the restroom mirrors with post-it notes or a large sheet of paper and have students write positive messages to remind them that they are a beautiful and an important part of the school. Everyone is beautiful, no matter their race, size, or appearance. They don't need a mirror to let them know.
Video Booth	Create a video booth for students and staff so that they can show their appreciation for one another. By using a video camera and creating an enclosed set, schools could easily create a video booth. Have two chairs for participants and provide a wall of topics to talk about inside the video booth (i.e., best school experience). Principals are encouraged to share the activity using the hashtag #DontStart and by e-mailing the Office of Communications at communications@bcps.org .
Art Project	Calling all BCPS artists! Students are encouraged to create posters or any artistic display that promotes bullying prevention and then post their displays around the school and/or tweet a picture of the display using the hashtag #DontStart . Artwork images also can be submitted via e-mail to: communications@bcps.org .

Pay It Forward	Give back to others by participating in random act of kindness such as opening the door for someone or carrying their books to class. It is encouraged that students and staff members write down random acts of kindness on a post-it note and put them around the building. Once someone takes a post-it, they should perform the act and give the post-it to someone else.
Positive Music Video	For this activity, select a song that holds a positive message on self-image or self-esteem and create a music video/lip-dub to go along with it. This is a great activity to boost school spirit.
Design an App	Design an anti-bullying app. The app must be child friendly, safe to use, and educate young people about bullying in a fun way. This is a good opportunity to get students talking and thinking about internet safety.
Celebrate Diversity	Show the diversity in your school by holding a diversity event. Ask students to talk about what makes them different and have them share their talents at the event.

Friday – Cyber-Bullying Awareness and Reflection Day

As students reflect on the week, they are encouraged to post positive words, statements, and pictures of their support for their school and others to their social media sites. They should then tag five people and challenge them to do the same. The target goal for Team BCPS is 5,000 posts using the hashtag **#DontStart**.

Social Media awareness resources:

- <http://www.iroc2.org/>
- <http://www.icanhelpdeletenegativity.org/>

A Tech Free Day could also be coordinated for students to give up social media for the day.

Conversation Starters

- What does bullying mean to you? Do you think there is bullying at our school?
- Do you ever feel lonely or left out? Why?
- What is lunch time like at school? Who do you sit with, what do you do and what do you talk about?
- Have you ever been scared to go to school? Why?
- What is it like on your bus? Do you sit with the same people? Is there ever trouble?
- Has anyone ever hit or pushed you or things like that? What do you do when that happens?
- Is there a lot of name-calling here? Has anyone ever called you mean names or teased you?
- Have you ever seen or heard about someone getting bullied at your school. How did you feel about that?
- What do you do when you see bullying going on?
- What are the bullies like? Do they make you afraid? Angry?
- Have you ever tried to help someone who was being bullied? What happened?

- Do you think there is any adult here who you could talk to about this? Do you think there are other things you could try to do?
- Do you ever purposely leave someone out of your activities? Why do you do that?
- Have you ever called someone a mean name? What was going on when that happened?
- Have you ever hurt someone at school on purpose?

Please don't forget to share highlights from the week by using the hashtag **#DontStart** or by e-mailing the Office of Communications at communications@bcps.org. Schoolwide Bullying Prevention Week plans should be sent to Nora Murray at cmurray2@bcps.org to be used as a part of an upcoming BCPS news story.