

STUDENTS *with* **SOLUTIONS**

*A creative challenge for youth to
share their bullying prevention ideas*



Share Your Ideas About Speaking Up!

Inviting K-12 students, with support from adults, to share their ideas on how kids and teens can speak up and advocate for themselves and others to help prevent bullying. All 2025 Students with Solutions Challenge submissions will be eligible to be featured on NBPC websites. There are also opportunities to receive some awesome prizes! This challenge is a creative way for adults to engage youth in conversation about bullying prevention while they learn about speaking up for themselves and their peers.

Why is Advocacy and Self-Advocacy Important?

Advocacy is helping others get what they need. Self-advocacy means communicating on your own behalf, letting others know what you need, and taking action in a direct and respectful manner. Whether you advocate for others or yourself, speaking up about what is needed can create change in your world. So, tell us how you speak up!

What is the connection between Advocacy, Self-Advocacy, and Bullying?

When you know that you have the power to influence the difficult issues you are experiencing, you start to understand that you do not need to be “stuck” in a harmful situation. Actively participating in speaking up about problems will help you be better prepared to resolve some of them yourself or know when a problem, like bullying, requires adult help. Here are some resources to review:

- [What youth can do if they are experiencing bullying](#)
- [What youth can do to help peers who are experiencing bullying](#)
- [How tell an adult](#) (elementary students)

Share Your Ideas About Speaking Up!

Steps to Participate

1. Refer to the Messaging Guides ([Elementary](#) or [Middle & High School](#)) on this year's SWS Challenge: "Speak Up About Speaking Up!" Include at least three (3) of the ideas or messages into your video or artwork.

2. Encourage participants to remember key points from the messaging guide, e.g., a problem like bullying will not usually stop until a caring adult gets involved. Ask students to reflect on the following question:

Why is it important to speak up for yourself and others?

3. Brainstorm how you might apply your ideas into video or artwork. Here are some ideas to get you started:

- Discussing in a small group and then reporting highlights
- Writing responses on sticky notes and displaying them on a wall or board
- Sharing ideas with an educator

4. Create your video and artwork/poster using the messaging guides.

5. Submission details:

- Send in your submission(s) by March 31, 2025, to be eligible to be featured on NBPC websites
- Use the following naming convention: sws2025_school_lastname
- Share video file via YouTube, Dropbox, WeTransfer, or Google Drive link(s) in the submission form
- Share artwork/poster (jpg, png, tif, or pdf) via Dropbox, WeTransfer, or Google Drive link(s) in the submission form
- Submission questions? Email: Bullying411@PACER.org

Receive Prizes!

Selected videos and artwork will be featured on the [Kids Against Bullying](#), [Teens Against Bullying](#), and [NBPC](#) websites, along with a behind-the-scenes look about the students participating (with permission). In addition to being featured on NBPC websites and social media, everyone who enters is eligible to receive prizes through random drawings. Prizes include posters, T-shirts, and more! Drawings will be held throughout the open submission period and recipients will be notified via email.

[Enter Submission](#)

